

## GFL COVID-19 Education



- If any athlete or coach is feeling sick (with COVID-19 signs/symptoms below) **STAY HOME**
- COVID-19 Signs/Symptoms:
  - Fever or chills
  - Difficulty breathing or shortness of breath
  - Fatigue
  - Muscle or body aches
  - Headache
  - Congestion or runny nose
  - New loss of smell or loss of taste
  - Sore throat
  - Nausea or vomiting
  - Diarrhea
- Coaches of both Football and Cheer are recommended to wear a mask
- A parent/guardian must assist the athlete with answering the screening questions/temperature screen prior to entrance onto the athletic fields
- **Athletes whose Parents/Guardians decline to answer the screening questions/temperature screen will not be allowed to participate or enter onto the athletic field.**
- All parents need to be educated regarding a physician's note if there are any circumstances that may affect the athletes temperature or screening question
- It is the coaches' job to educate all parents on what to expect of both them and the athlete during each phase.
- Parents are entitled to know how you (as the coach) are going to run practice and still be in compliance with social distancing rules and how you plan to reduce the spread of infection.
- There will be no exemptions for any athlete or coach if they have a positive screen or temperature over 100.4 unless there is a physician's note present.
- **Associations that do not follow the screening rules or allows any athlete/coach on the field with symptoms or a positive screen will be fined.**
- **Coaches that do not follow the screening rules or allows any athlete/coach on the field with symptoms or a positive screen will be suspended for the 2020 Season.**
- No more than 25 athletes/coaches on the field at one time
- Athletes need to remain 6 ft. apart while conditioning/practicing
- No shared water bottles, clothing items or equipment (includes balls for phase 1)

- No team snacks or drinks after practice or games
- No chewing gum, chewing seeds or spitting on fields to limit exposure of saliva to other individuals
- Allow frequent breaks until conditioning level increases, keeping in mind most athletes have done very little working out for the last 3 months of this pandemic.
- Athletes should only bring the bare minimum to conditioning
  - Their OWN towel
  - Their OWN water bottle
  - Leave large equipment bags or backpacks at home

#### **THINGS TO PRACTICE/SHOW COACHES DURING THIS MEETING**

1. Show them how to use the thermometer
2. Take them through one brief screen

#### **DOCUMENTS TO REVIEW FOR COACHES**

1. Cleaning Education Flyer
2. GFL How to Screen Athletes/Coaches
  - a. Contains FAQs
3. GFL Infection Control Guidelines COVID-19
  - a. Contains MASK document
  - b. Contains Positive Screening Log
  - c. Contains example of Screening Questions sign

#### **DOCUMENTS TO SEND OUT TO PARENTS**

1. Cleaning Education Flyer
2. GFL Infection Control Guidelines COVID-19
  - a. Contains MASK document
  - b. Contains Positive Screening Log
  - c. Contains example of Screening Questions sign