

Chatham Football Club Safety Protocols – COVID Related – 8/25/20

Programs included in this plan: Tackle Football, Flag Football, Cheer

Note: Temperature Check, SDOC/Chatham Recreation COVID Waiver and Pre-practice/session Health Questionnaire and Face Covering requirements cover all programs. For ease of use of this plan, those requirements will not be specifically noted for each program. If there are specific program related protocols it is noted by program.

Proposed Key Dates and Duration of Season:

Tackle:

Heat Acclimation/Conditioning (no equipment) – 9/11 6-7:30 pm, 9/12 10-12 am

Equipment Distribution – 9/13 – Times TBD (requesting being completed prior to noon)

Pre-season practices 9/14- 10/3

Week 1: 9/14-9/17 6-8 pm

Week 2: 9/21-9/24 6-8 pm

Week 3: 9/29 – 10/2 6-8 pm, 10/3 9-11 am

5 game Season - 10/4, 10/25 (Home), 10/11, 10/18, 11/1 (Away)

Regular Season practices 10/6-10/31 T & Th 6-8 pm, Sat 9-11 am

Post Season practices (tentative based on regular season) 11/10-11/21 T & Th 6-8 pm, Sat 9-11 am

Flag:

Practices/Game Sessions 9/21-11/7

Varsity (4/5th Grade) Monday 6:30-7:45, Saturday 10:30-11:45 am

JV (3rd Grade) Thursday 6:30-7:45, Saturday 9-10:15 am

Post Season/Playoffs 11/9-11/21, same times and breakdown as above.

Cheer:

Practices broken down by grade, venue tbd. 9/14- 10/31

5 game Season - 10/4, 10/25 (Home), 10/11, 10/18, 11/1 (Away)

Post Season practices (tentative based on regular season) 11/10-11/21

COVID Related Safety Protocols:

General Program Guidelines:

- Face coverings will be required for all coaches and players until strenuous activity begins. Stretching and warm ups are considered strenuous activity. At that point, face coverings will be required for coaches if they are within 6 feet of another coach or player.
- The Rec and School District COVID waiver (same document) will need to be signed and returned prior to the first practice. This is a one time waiver covering the entire season. Still TBD if this can be done electronically. NO ONE coach/player can begin until this is signed.
- Prior to each practice, parents/guardians will need to submit a daily symptom statement. This will be submitted electronically and the player will not be allowed onto the field if it is not submitted prior to the start of practice.
- A coach from each team will need to be at an entrance point to ensure both the COVID waiver and daily symptom questionnaire is received. If both are received the coach will take the player's temperature (cannot be higher than 100.4) . If all those requirements are passed the player will enter the field. If any of those items are not met, the player will be told to go home. Drivers, whether it is a parent or car pool, must remain until the player under their care is on the field. Parents will not be allowed off the parking lot pavement at any time.
- Upon entering the field, the players will go to their designated team area where they will wait with face coverings on. As of now, they will need to remain distanced.
- Once practice starts (group stretching) masks can be removed until practice ends.
- All participants will be required to have a clearly marked water bottle with their name/number to minimize the risk of using another person's water.
- It is being strongly recommended that each participant bring a backpack/drawstring bag, again clearly marked with name/number, to separate personal items such as water, face coverings when not in use, hand sanitizer, etc.
- Lost and Found will not be an option. If the item is not clearly marked so that it can be returned directly to an individual, it will be discarded.
- If any participant falls ill or becomes injured during a practice/session/game, there will be one coach assigned as a safety coach who will attend to the participant. In the hopefully unnecessary event of the coach having to perform CPR, our coaches have been trained by Chatham Emergency Squad members that administering breaths are NOT required. Although we will perform chest compressions, we will await professional assistance with proper equipment to administer air if required.
- With any injury or need for a player to be removed from practice, the parent will be called to come and pick up the participant. No coach will transport any player who does not reside in their own home or is a part of a regular call pool.

Tackle Specific Protocols:

Check in can begin at 5:30 or ½ hour before any practice. No player can be at an entrance point/off the parking lot before this time.

Entrance points: (A coach will check for COVID waiver, Daily Symptom Questionnaire and check temperature of each player at each of these points) Clear signage will be placed at each entrance for the first two weeks to set the process

8th Grade – Gate by Lum Field Brick Building

7th Grade – Main Entrance Left Side

6th Grade - Behind Backstop Lum Ave baseball field

5th Grade – Swinging Gate at end of dugout Lum Ave baseball field

During practice:

- Each team will get pads and dummies from the shed at the beginning of practice and bring them to their designated area.
- All pads and dummies must be wiped down with disinfectant wipes prior to their return to the shed.
- Blocking sleds, Tackle mats, the gauntlet device and all large equipment that is used by multiple teams must be wiped down with disinfectant wipes immediately following a grade's specific team's use.
- Balls must be kept in a mesh bag (we will supply) and sprayed with disinfectant spray or wiped down with disinfectant wipes at the conclusion of each practice, at a minimum.

During games:

- All players and coaches (home and visitors) will be temperature checked during their weigh in process. This takes place on the field side of the snack shack. Entrance to that location will be relegated to the gate that leads from the path to the restroom building.
- All other SDOC requirements for buildings, press box and facilities will be adhered to.

Flag Specific Protocols

Check in can begin 15 minutes prior to any session. No player can be at an entrance point/off the parking lot before this time.

Entrance points: (A coach will check for COVID waiver, Daily Symptom Questionnaire and check temperature of each player at each of these points) Clear signage will be placed at each entrance for the first two weeks to set the process

Teams playing on Field 1 (closest to Castle Park) – Gate by bleachers closest to Castle Park

Teams playing on Field 2 (closest to woods) – Main Gate in middle of field

- Flags and jerseys will be distributed at first session. Players/parents will be responsible for that jersey and flag set for the season. Jerseys cannot be replaced. If a flag set is lost or forgotten, best efforts will be made to replace, but will not be guaranteed. If flag set is not with player at a session and there are no replacements, the player will be sent home.
- Balls must be kept in a mesh bag (we will supply) and sprayed with disinfectant spray or wiped down with disinfectant wipes at the conclusion of each session, at a minimum.

Cheer Specific Protocols

Check in can begin 15 minutes prior to any session. No participant can be at an entrance point/off the parking lot before this time.

Entrance points: (A coach/parent coordinator will check for COVID waiver, Daily Symptom Questionnaire and check temperature of each player at each of these points)

Grades practice independently so entrance point will depend on the yet to be determined location.