

MONROE LIONS

2020 SEASON

RETURN TO PLAY PROTOCOL





Return to Play Protocol

Guidelines for Players, Coaches and Families

The following guidelines will be enforced for the 2020 season and will mirror the State of CT, Town of Monroe, CIAC and Shoreline Youth Football Conference guidelines for fall sports. All guidelines are subject to change.

Stay home if you're feeling or experiencing any symptoms of Covid-19. See CDC guidelines for specific symptoms

If a player has temperature higher than 100.3 keep them home

Anyone (player, coach, parent, spectator etc.) repeatedly coughing and/or sneezing will be asked to leave the premises

All attendees should practice every day preventive actions:

- 1. Washing hands with soap and water**
- 2. Use hand sanitizer**
- 3. Abstain from touching face**
- 4. Cover your cough or sneeze with a tissue you're the inside of elbow**
- 5. Families/Players should maintain clean equipment**
- 6. Wash practice clothes after every practice**
- 7. Clean mouthguards frequently**
- 8. Coaches clean whistles regularly**

* This document is subject to change due to state and local protocols



Return to Play Protocol

Guidelines for Players, Coaches and Families

PRACTICE GUIDELINES

In addition to following the guidelines on page 2:

Teams will be considered PODS – this means that all Pods/Teams will operate as an individual unit and not interact with other grade levels

- no scrimmaging with other grade levels
- no sharing footballs (team to team)
- no sharing tackling equipment – each team will be distributed their equipment at beginning of season

Coaches will disinfect footballs before and after every practice

Teams/Pods will adhere to CIAC “Cohorts of 15 plan” for specified dates of practice.

No huddles for practice or gameday

No sharing of water bottles – player’s name must be written clearly on outside of bottle

All non-players (coaches, officials, parents) must wear masks. Players must wear to and from practice. Players can remove masks when practice starts.

* This document is subject to change due to state and local protocols



Return to Play Protocol

Guidelines for Players, Coaches and Families

PRACTICE GUIDELINES

Players will be dropped off for practice at the main parking lot of the pool.

There is **NO PARKING** at the **Senior Center** for the 2020 Season (practice or game day.)

NO PARENTS will be allowed at practice for 5th- 8th grades

ONLY 1 parent will be allowed at practice for 3rd grade, 4th grade and Flag Football
- Parent who is attending can only watch from the designated area (see map)

3rd/4th grade and Flag Football parents attending practice must practice social distancing and wear masks

All players, families and spectators must use the bathroom facilities located at the Pool Complex

* This document is subject to change due to state and local protocols



Return to Play Protocol

Guidelines for Players, Coaches and Families

GAME DAY GUIDELINES

In addition to following the guidelines on page 2:

Only rostered coaches and team administrators will be allowed on the sideline (team badge required).

A maximum of only 2 Parents/Family Members per player will be allowed to attend games to reduce the amount of people at the park.

All families must adhere to the designated parking areas:

- Monroe Lions (main parking lot) Visiting team (overflow lot)
 - **NO PARKING AT THE SENIOR CENTER FOR THE 2020 SEASON!**
- See enclosed map

Family/Spectator viewing sections will be clearly displayed on game day. All parents must watch from the designated area. No parent is allowed to stand behind the team bench between the 35 yards lines.

All parents/spectators must wear masks and practice proper social distancing while at games.

Bathroom located at the Pool Complex

Concessions available at Pool Complex

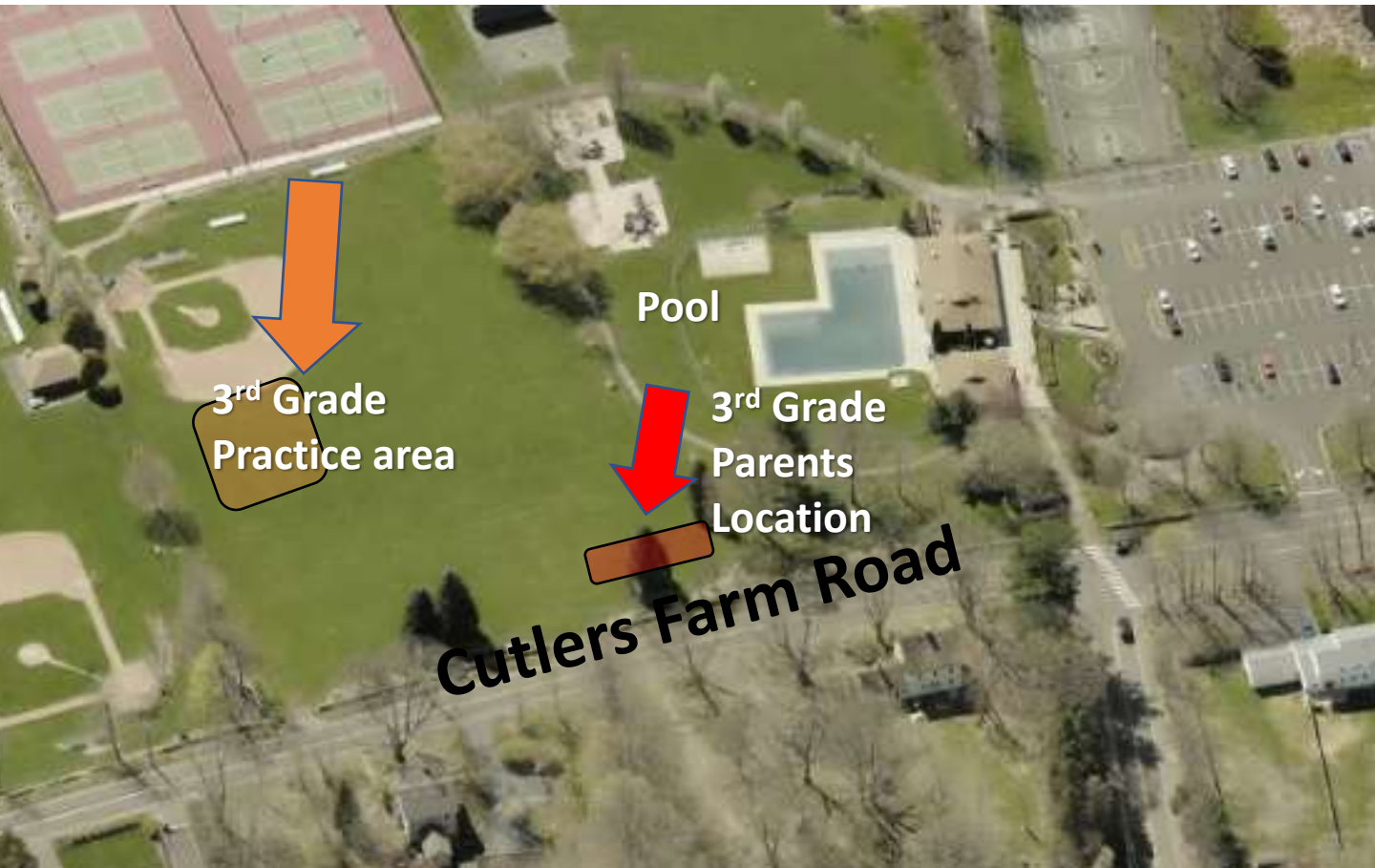
* This document is subject to change due to state and local protocols



Return to Play Protocol

Guidelines for Players, Coaches and Families

3rd Grade PRACTICE Parent location





Return to Play Protocol

Guidelines for Players, Coaches and Families

4th Grade PRACTICE Parent location





Return to Play Protocol

Guidelines for Players, Coaches and Families

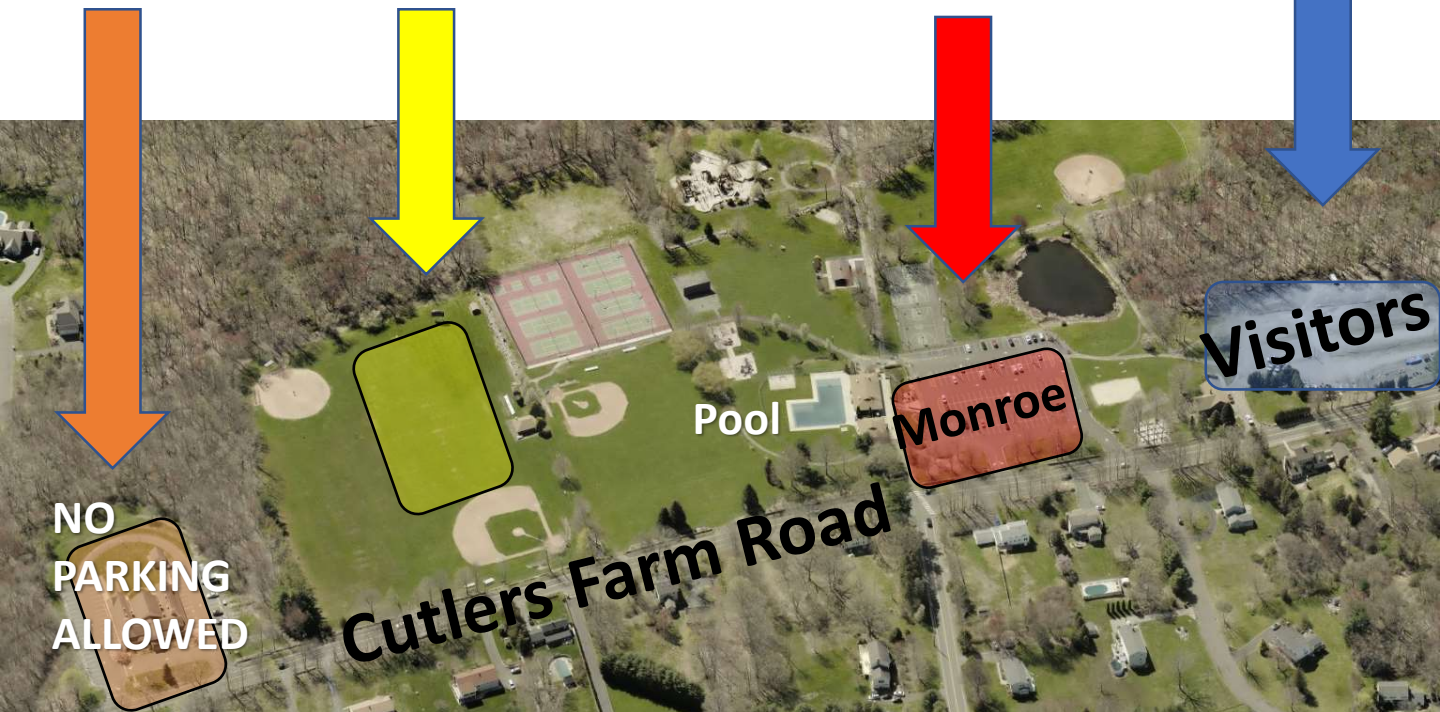
GAMEDAY PARKING

Senior Center
NO
PARKING
ALLOWED

Football Field

Main Parking Lot
MONROE TEAM
PARKING only

Overflow Parking Lot
VISITING TEAM
PARKING only



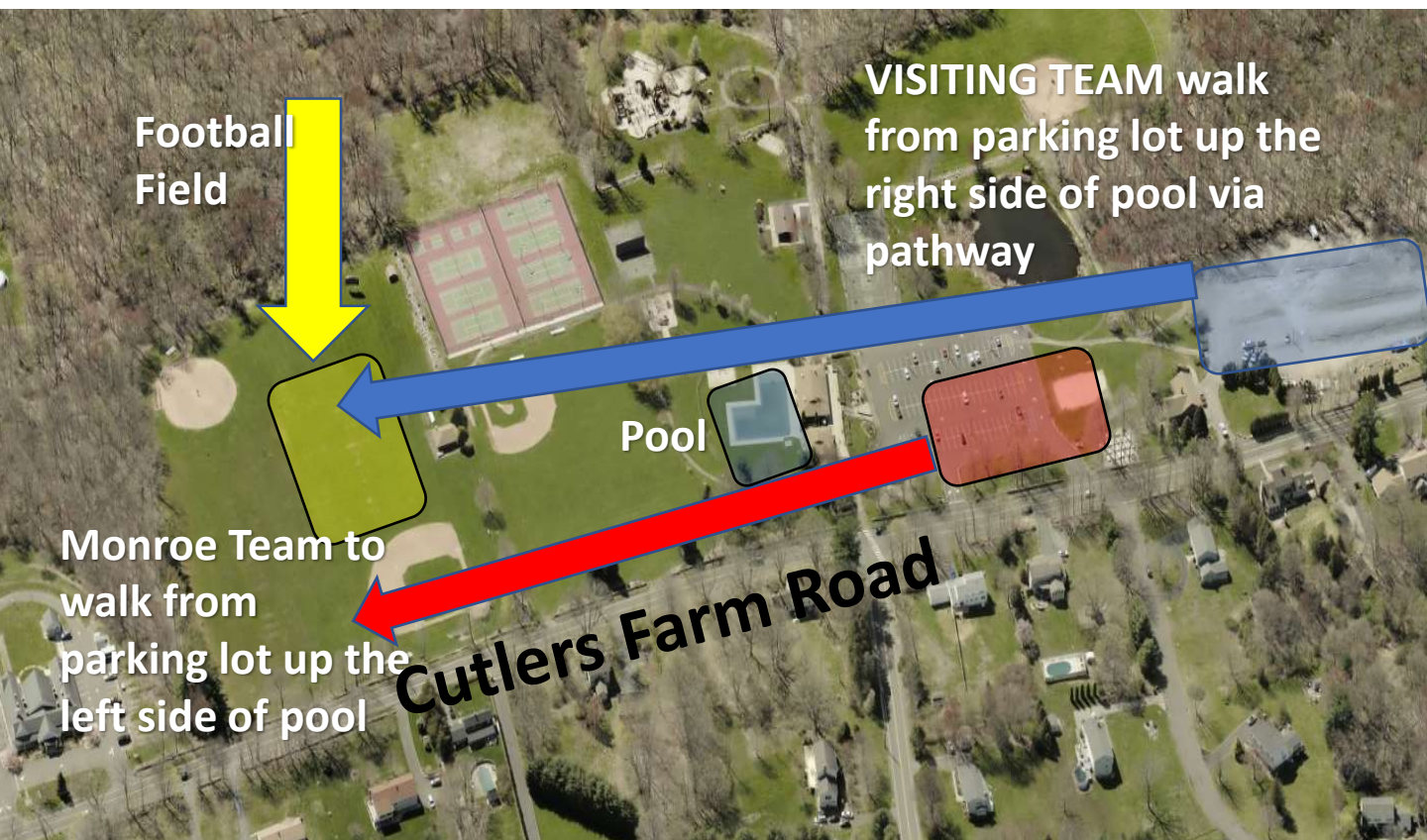
* This document is subject to change due to state and local protocols



Return to Play Protocol

Guidelines for Players, Coaches and Families

GAMEDAY ENTRANCE/EXIT PLAN





Return to Play Protocol

Guidelines for Players, Coaches and Families

GAMEDAY FIELD AREA ASSIGNMENTS



**VISITING
TEAM
Gathering
Area –
(Baseball
Outfield)**

**Football
Game
Field**

**MONROE TEAM
Gathering Area**

**Senior Center
NO PARKING
ALLOWED**

Cutlers Farm Road



Return to Play Protocol

Guidelines for Players, Coaches and Families

Please wear a mask.



6 ft

Maintain a distance of 6 feet whenever possible.



cdc.gov/coronavirus

Zoom in (Ctrl+Plus)

KEEP YOUTH ATHLETES SAFE

Reduce the Spread of COVID-19 in Youth Sports

- Reduce physical closeness between players when possible**
 - Allow players to focus on building individual skills, like batting, dribbling, kicking, and strength training
 - Limit full contact between players to game days (avoid during practice)
 - Increase space between players in the practice areas, including on the sideline, dugout, and bench
 - Avoid high fives, handshakes, fist bumps or hugs
- Minimize sharing of equipment or gear**
 - Encourage players to bring their own equipment, like gloves, balls, and helmets (if possible)
 - Clean and disinfect shared items between use
- Limit travel outside of your area**
 - Consider competing against teams in your local area (neighborhood, town, or community)
- Identify small groups and keep them together**
 - Avoid mixing between groups
 - Stagger the arrival and drop off of each group to limit interaction
 - Have scrimmages within team to limit exposure

Implement plans to space out spectators by 6 feet at games or competitions. Limit nonessential visitors, spectators, and volunteers.



STAY SAFE ON AND OFF THE FIELD



Stay home if you are sick.



Bring your own equipment and gear (if possible)



Cover your coughs and sneezes with a tissue or your elbow.



Wash your hands or use sanitizer before and after events and sharing equipment.



Tell a coach or staff member if you don't feel well.



cdc.gov/coronavirus



Return to Play Protocol

Guidelines for Players, Coaches and Families

OFFICIAL INFORMATION, GUIDANCE AND OTHER RESOURCES

- [CIAC Fall Sports Plan](#)
- [State of Connecticut COVID Resources Page](#)
- [Center for Disease Control and Prevention](#)
- [World Health Organization Coronavirus Information](#)

* This document is subject to change due to state and local protocols