



# ***W.O.Y.F.C.A***

***2020 Return to Play Guidelines***

***PRE-SEASON TRAINING CAMP***

# ***Letter to Parents:***

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this year's athletic season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume youth sports while following CDC considerations to protect players, families, and our community.

The health and safety of our athletes, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. We are:

- Intensifying cleaning and disinfection within our facilities and premises by cleaning and disinfecting frequently touched surfaces on the field or play surface at least daily or between use as feasible, cleaning and disinfecting shared objects and equipment between use, and ensuring safe and correct use and storage of disinfectants.
- Reducing physical closeness or contact between players when possible [some examples, by allowing players to focus on building individual skills, keeping children in small groups, and staggering arrival and drop off times, putting signs at playing fields to ensure that coaches and players stay 6 feet apart, discouraging unnecessary physical contact, such as high-fives, close huddles, etc.]
- Postponing travel outside of our community.
- Promoting healthy hygiene practices [insert examples, such as providing hand sanitizer before and after practices and games, encouraging children to cover coughs and sneezes with a tissue or to use the inside of their elbow, and reminding them to not spit]

Continued...

# ***Letter to Parents Continued...***

- Requesting that coaches, volunteers, and parents wear a cloth face covering during practices and games. Players may opt to wear a cloth face covering on the sidelines.
- No sharing of personal equipment. Players will only bring clearly labeled water bottles, or personal bag labeled to events, Limiting the sharing of team equipment.

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

If someone does get sick during practice or at a game, we have plans in place to isolate and contact parents/guardians to transport that person to their home or healthcare facility. If you have a specific question about this plan or COVID-19, please contact **Nicole Hutzler or your Head Coach** for more information. You can also find more information about COVID-19 at [www.cdc.gov](http://www.cdc.gov).

**We have outlined our current Pre-Season Training Camp procedures, and will make adjustments as needed throughout the camp. *Please read them carefully with your athlete, without the active preparedness of our athletes and parents, we will be unable to host the camp.***

We look forward to seeing you. Now, let's play!

Thank you and stay healthy,

*W.O.Y.F.C.A. Volunteer Board and Coaching Staff.*

# ***Pre-Season Training Camp***

While we are currently awaiting for more updates from the Local CDC, School District, MPA, and SMYFL before determining the structure of our Fall 2020 Football and Cheering Seasons. Let's practice physical distancing, and get active. Over the next couple of weeks we are hoping to host all teams in the form of Pre-Season Training Camps.

This is a completely **optional and FREE pre-season** conditioning and skills and drills training camp. We have divided the camp into age groups, you must attend for your age group, and drop-off and pick-up times are strict. Non-participants (parents, relatives, friends and siblings) cannot be accommodated and will not be allowed on the practice field.

**Schedules will be posted weekly**, as we confirm attendance and coaches availability.

# ***Waiver of Liability: Specific to COVID-19.***

**YOU MUST SIGN** release prior to participation.

Please read carefully- It is important that you understand the current risks associated with participation, and feel comfortable with the guidelines we are providing.

It is recommended that **you print and fill out to bring** for first practice. There will be copies available at check-in table if needed.

**WAIVER CAN BE FOUND** by [CLICKING HERE](#)

# ***Pre-Season Training Camp Schedules:***

***\*\*UPDATES ARE POSTED WEEKLY- Schedules subject to changes based on coaches/field availability.\*\****

## **Mondays:**

-5:00-6:15pm : PeeWee Football (Grades  $\frac{5}{6}$ )

-6:45-8:00pm : Junior High Football (Grades  $\frac{7}{8}$ )

## **Tuesdays:**

-5:30pm-7:00pm: Mighty Mites Football (Grade  $\frac{3}{4}$ )

## **Wednesdays:**

-5:30-7:00pm: Flag Football (Grades K-2)

## **Thursday: July 30th:**

-5:00-6:15pm : PeeWee Football (Grades  $\frac{5}{6}$ )

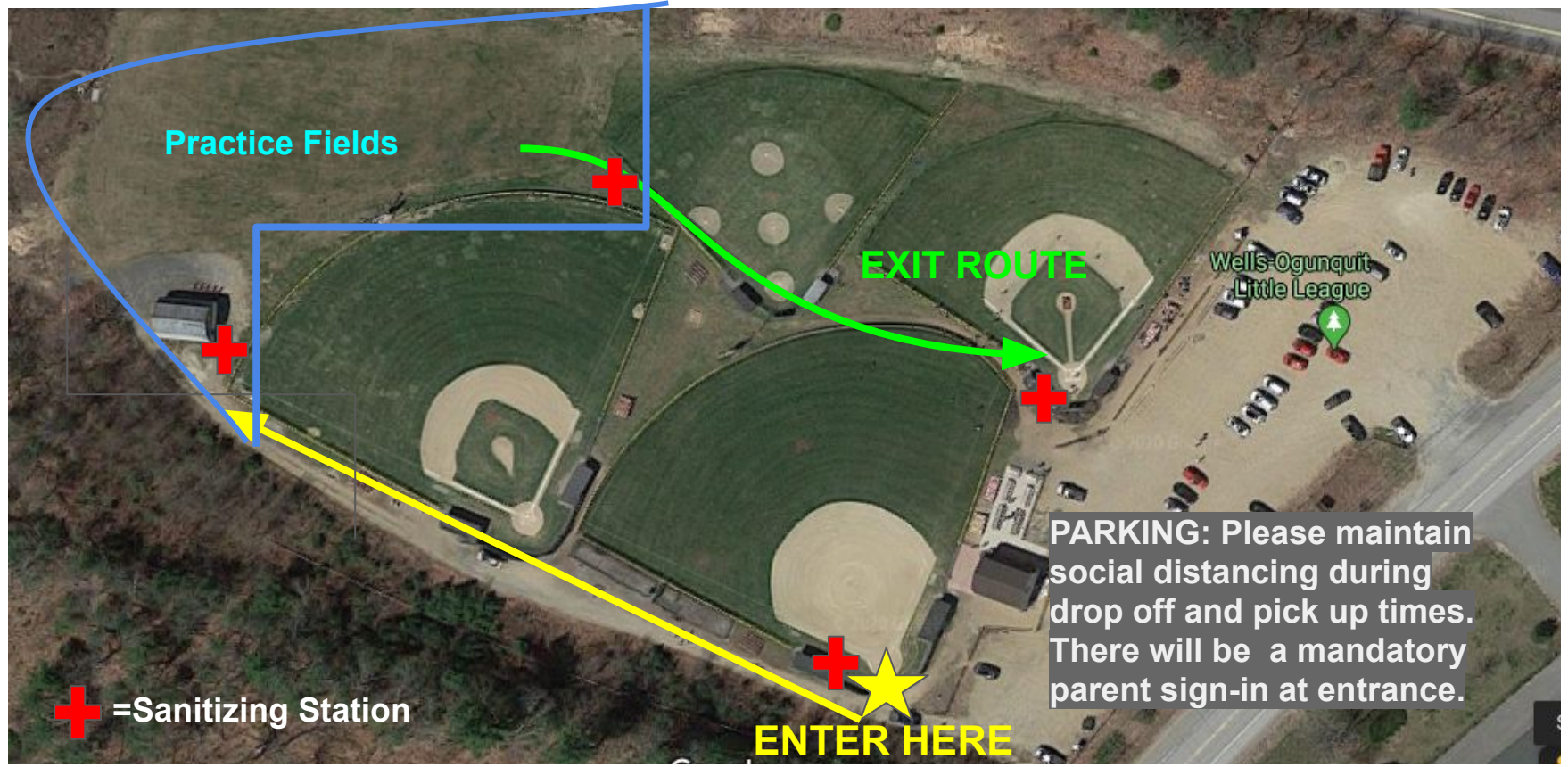
-6:45-8:00pm : Junior High Football (Grades  $\frac{7}{8}$ )

## **Friday: July 31st:**

-5:30pm-7:00pm: Mighty Mites Football (Grade  $\frac{3}{4}$ )

***\*Cheering Training  
Camp dates will be  
out soon...***

# Entrance/ Exit Procedures for Pre-Season Training Camp



Practice Fields

EXIT ROUTE

Wells-Ogunquit  
Little League

**PARKING:** Please maintain social distancing during drop off and pick up times. There will be a mandatory parent sign-in at entrance.

+ =Sanitizing Station

ENTER HERE

## ***Drop-Off Procedures:***

There will be a **check-in table** with a volunteer stationed at the Entrance of the access road (as marked in prior image). The following procedures will take place:

- Parents/Guardians are **REQUIRED** to be present at drop-off for each practice/game.
- Parents/Guardians will **wear masks** to check-in table at ENTRANCE.
- Parents/Guardian are required to attest to required **CDC screening questions** for their child prior to each practice/ game.
- All participants/coaches will be subject to **temperature checks** prior to participation (anyone over 99.9 will be sent home immediately).
- **Water Bottle's** (must be clearly labeled) for each athlete is required prior to participation.
- Parents/Siblings will **not** be permitted to access practice field. Parents may wait in their vehicles in the parking lot.
- Parents must **pick-up promptly** at the end of training camp.



# ***Format for Pre-Season Training Camp***

- Volunteer Coaches will wear facial coverings when providing 1:1 instruction or when social distancing cannot be maintained. (exp. Help with equipment, injury, 1:1 verbal instruction)
- Athletes will be required to maintain physical distancing of 6 feet prior to, during, and after scheduled activities.
- Athletes will be grouped into small “squads” with a designated coach whenever possible.
- Contact between participants will be kept to a minimum or avoided all together.
- Hand-Sanitizing stations will be available and required use for athletes between drills/stations and during water breaks.
- Shared equipment will be sanitized often between teams and squads.
- Volunteer Coaches will frequently remind athlete of behavior and physical distancing procedures.
- Players may be removed due to unsafe/risky behaviors at the coaches discretion.

## ***Pick-up Procedures:***

- PROMPT** pick up is a **MUST**. (athletes must be picked up following their particular practice schedule)
- We **NEED** to clear the practice field and parking lot quickly and safely to reduce unnecessary contact.
- Pick up will be at the EXIT** location on the map provided.
- Parents are not permitted on the practice field- and must **PICK UP** by parking lot EXIT location.
- Athletes may be picked up by non-parents (however parents are required at drop-off)

# ***Working together: Tips from your Coaches.***

- Please **securely tie** your child's cleats/ shoes prior to practice. (this is avoid unnecessary contact between coaches and children)
- Bring **multiple labeled water bottles** in a clearly labeled backpack for easy access, and will keep water cooler.
- Remind/Practice physical distancing of 6-feet** with your child. We can only host these camp with everyone's careful participation and distancing.
- If a **child's behavior causes anyone to feel unsafe** they will be asked to sit, and parents will be contacted to discuss plan.
- NO Car-pooling** (each child must have their own parent/guardian present at drop off)

# YOUTH SPORTS RECOMMENDATIONS

Reduce the Spread of COVID-19



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



Stay at least 6 feet  
(about 2 arms' length)  
from other people.



Cover your cough or sneeze with a  
tissue, then throw the tissue in the  
trash and wash your hands.



When in public, wear a  
cloth face covering over  
your nose and mouth.



Do not touch your  
eyes, nose, and mouth.



Clean and disinfect  
frequently touched  
objects and surfaces.



Stay home when you are sick,  
except to get medical care.



Wash your hands often with soap  
and water for at least 20 seconds.

## Check out these resources

### [Working Together with New Coronavirus Rules](#)

[CDC Considerations for Youth Sports](#)

[USA Football- COVID-19 Updates](#)



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

3/18/21 4:46:11 PM