



W.O.Y.F.C.A

2020 Return to Play Guidelines

FALL SEASON

REGISTER NOW

www.woyfca.org

- In order to participate you **MUST** be registered.
- (Direction's when your ready to pay: 9/25 ask date if you used "Pay-Later" Option.

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 [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 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.

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.

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](#)

COVID-19 Screening Questions-

**Please screen yourself/
your child prior to
Attending a Practice/
Game.**

[Screening Link](#)

Daily Home Screening for Students

Parents: Please complete this short check each morning and report your child's information [INSERT YOUR SCHOOL REPORTING INSTRUCTIONS] in the morning before your child leaves for school.

SECTION 1: Symptoms

If your child has any of the following symptoms, that indicates a possible illness that may decrease the student's ability to learn and also put them at risk for spreading illness to others. Please check your child for these symptoms:

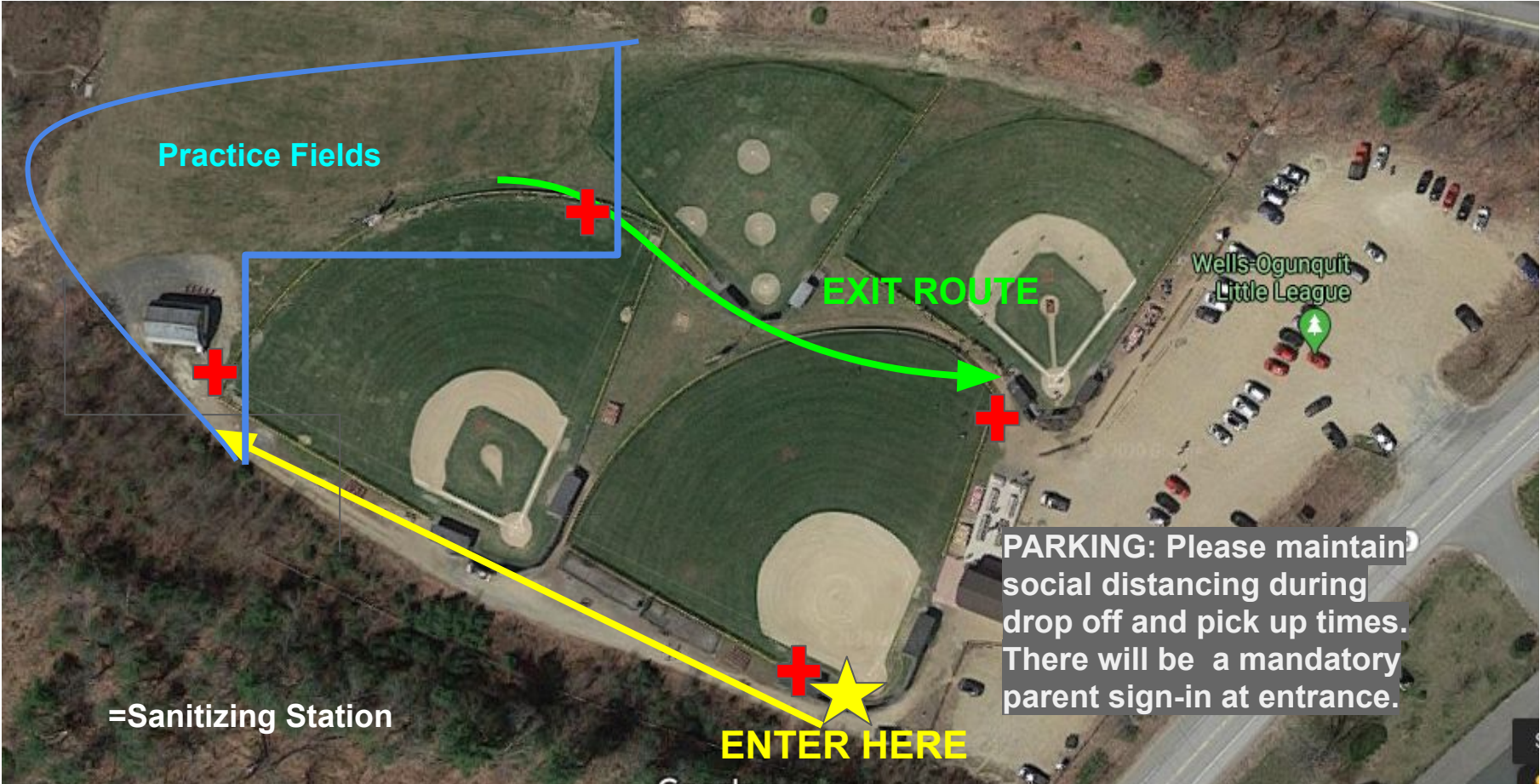
<input type="checkbox"/>	Temperature 100.4 degrees Fahrenheit or higher when taken by mouth
<input type="checkbox"/>	Sore throat
<input type="checkbox"/>	New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)
<input type="checkbox"/>	Diarrhea, vomiting, or abdominal pain
<input type="checkbox"/>	New onset of severe headache, especially with a fever

SECTION 2: Close Contact/Potential Exposure

<input type="checkbox"/>	Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19
<input type="checkbox"/>	Traveled to or lived in an area where the local, Tribal, territorial, or state health department is reporting large numbers of COVID-19 cases as described in the Community Mitigation Framework
<input type="checkbox"/>	Live in areas of high community transmission (as described in the Community Mitigation Framework) while the school remains open



Entrance/ Exit Procedures for Franco Field



Entrance/ Exit Procedures at Agamenticus Field

Directions from Wells:

- Route 1 South from center of Ogunquit.
- Right on Agamenticus Road.
- 1 Mile on the left is the practice field. You will see a small parking lot and tennis courts, and a Field.

GPS: 355 Clay Hill Road,
Ogunquit ME (Agamenticus
Rd turns into Clay Hill Rd)

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

Agamenticus Field

Spectator Area

Practice Field

Check-in → Enter

+ = Sanitizing Station



Gear: (Will be distributed throughout practices)

- Equipment needed for practice should be **worn all practice**. (come to practice in pads and helmet, leave in pads and helmet)
- **Avoid putting your helmet down** in the event you have to take it off. (# decals will be provided for helmets once jerseys have been assigned.)
- All **mouthpieces must be permanently attached to the facemask** of the helmet. If the mouthpiece can be detached from the strap, it must be modified to not allow it to be removed from the strap.
- Strap-on face shields are **not** allowed under the helmet
- Pom Poms will **not** be used
- Players **must** nightly wipe down their helmets with a disinfecting wipe/solution. This includes the facemask and chin strap



WOYFCA Safety Guidelines:

SANITIZING:

- 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.
- Please WIPE DOWN your players helmet and other contact equipment with a sanitizing solution daily after use.



WOYFCA Safety Guidelines:

WATER BOTTLES

- Must have your own, and do not share
- Players without water will not be allowed to practice/play



CONTACT TRACKING

- Attendance of Participants taken at every event/ practice.

TEMPERATURES

- Players and Coaches temperatures will be taken upon arrival
- Temp > 99.5 will not be allowed to stay.
- Must be normal temp for at least 24 hours before returning.



WOYFCA Safety Guidelines continued..

MASKS

- Players will not be required to wear masks unless participating in a sit down classroom-type situation (e.g. game films)
- Coaches are required to wear masks where social distancing is not possible.
- EMTs/Trainers are required to wear masks
- Masks must cover nose and mouth

SPECTATORS

- **PRACTICES:** State of Maine regulations governing outdoor gathering size (Current 100)
 - **All tackle, and cheer** practices will be drop-off only this year @ Franko.
 - **FLAG:** Spectator area will be available at the field in Ogunquit. You must practice social distancing.
- **GAMES:** We are evaluating the situation for Game Spectators/ [More info](#) to come. Your coordinator will discuss volunteer/ spectators allowed based on team size.

COVID-19 Response Plan

If Exposed or tested positive, What should you do?

1. Seek medical advice from your child's doctor.
2. Notify WOYFCA' COVID Response Coordinators @ woyfca1@gmail.com, not the coach, at the email address shown above. Include the following information: (all information will be kept confidential)

Your Full Name

Your Phone

Your Child(ren)s Names that are participating in WOYFCA programs

Which WOYFCA program (football/cheer) at what level (Middle School, Pee Wee, Mite, Flag)

3. Do not allow the player to attend practice
4. Quarantine the player at home and follow all CDC recommendations.
5. As an organization, we will notify all necessary participants using contact tracing information collected and following local health department recommendations. (NO NAMES WILL BE GIVEN)

GAME Schedule Status.

This a very fluid situation. We are committed to developing as many fun and safe competitions within our own teams, as well the possibility of scrimmages with other local towns if the circumstances allow. Each team will be notified by their head coach or coordinator as details arise.

You will be notified when details are finalized.

You can follow us on [FACEBOOK](#) for immediate update!

You can follow updates on our League: [SMYFL](#) or [FACEBOOK](#).

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)

-Our Coaches and Board members are encouraged to take a NFHS Course for COVID-19. <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>

-**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.

- This is new for all of us. **Please be patient** and know we are trying our best, and we understand you are trying your best as well!

Please watch with your athlete!

YOUTH SPORTS RECOMMENDATIONS

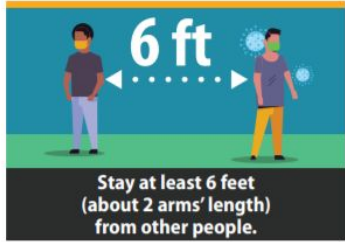
Reduce the Spread of COVID-19



cdc.gov/coronavirus

Stop the Spread of Germs

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



Check out these resources:

[Maine Principals Association \(MPA- HIGH SCHOOL\)](#)

[Working Together with New Coronavirus Rules](#)

[CDC Considerations for Youth Sports](#)

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



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

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