

SWMFL 2021 Spring Season Practice Guidelines

The following Southwest Midget Football League Practice Guidelines are for 2021 Spring Season based on IDPH Sports Safety Guidelines

- Groups Allowed up to 50 participants, with maintaining at least 30 ft between groups.
- Screen all athletes before any activities via on-site or self-temperature checks. (Fever is temp over 100.3)
- Responses to screening questions for each person should be recorded and stored (if possible, in compliance with applicable law) so that there is a record of everyone present in case a participant develops COVID – 19 for contact tracing purposes.
- Any person with positive symptoms reported should not be allowed to take part in practices or games and should contact his or her primary care provider or other appropriate health-care professional.
- If any player, cheerleader or coach on a specific level or group, (Mighty Mites, Widgets, PeeWees, Lightweights, Varsity) tests positive for COVID – 19, that level or group including all players should follow CDC guidelines for self-quarantine. Additionally, the SWMFL Executive Board needs to be notified within 24 hrs of any such positive test result for COVID – 19.
- Following IDPH Return to Sports Guidelines for a Positive COVID 19 test Guidelines
 - If a player/cheerleader/coach tests positive for COVID 19 , the entire level that that individual is a member of, is quarantined for 5 days starting from the day of the positive test result. If anyone within that time frame develops symptoms, they should get and an immediate COVID test - If they played a game, the same will go for the other Franchise
- Following IDPH Return to Sports Guidelines for a Close Contact of a person with a Positive COVID test result
 - If a player/cheerleader/coach has a confirmed "Close COVID Contact", that player/cheerleader/coach is quarantined for 5 days from the date of notice of the close contact, and is recommended to get a COVID test as well as, continue monitoring for symptoms.
- Any Player/cheerleader or coach that tests positive for COVID – 19, cannot return to participation of any kind without written permission from a health care professional.
- Workouts/ practices should be conducted in “pods” of players when all possible with the same 5-10 players practicing together.
- Allow for at least 6 feet social distance for all participants not actively exercising or involved in the sporting activity (e.g., on the bench or sidelines, in the stands) if any football player is not participating in an activity, they must wear a mask e.g., if the player has his helmet off, he must have a Mask on, NO EXCEPTIONS.
- Cheerleaders should minimize contact between participants by maintaining at least 6 feet of distancing during routines & practices, including when changing formations, and by prohibiting lifts, stunts, pyramids, and tosses as well as shared equipment (e.g., signs, flags, poms)
- No sharing of water or water bottles of any kind.
- No sharing of equipment i.e. helmets, shoulder pads etc.
- When at all possible, ride with the same people to and from practices.
- Cleaning and disinfecting of premises should be conducted on a weekly basis in compliance with protocols from the CDC and EPA.
- Clean and disinfect common areas (e.g., restrooms) and surfaces which are touched by multiple people (e.g., entry/exit doorknobs, stair railings) frequently.
- Hand sanitizer or hand washing stations available to participants.
- Minimize sharing of high-touch equipment between non-household individuals. If equipment is to be shared, sanitize equipment before and after use (see EPA approved list of disinfectants).

SWMFL 2021 Spring Season Game Guidelines in Addition to the Practice Guidelines

- SWMFL Franchise's should display signage at entry with face covering requirements, social distancing guidelines, cleaning protocols, behavioral guidance, and any reduced capacity limit, in multiple languages as needed.
- SWMFL Franchise's should allow for at least 6 feet social distance for all participants not actively exercising or involved in the sporting activity (e.g., on the bench or sidelines, in the stands). If a sporting facility has stations for individual recreation activities, sport organizers should ensure at least 6 feet. between stations. If stations cannot be moved, sport organizers should limit the number of open stations to ensure participants can maintain at least 6 feet social distance whenever possible.
- SWMFL Franchise's should prohibit access to locker rooms. Participants should arrive to the venue dressed for play.
- SWMFL Franchise's should designate an area for spectators with existing seating (e.g., bleachers) or in space around area of play. Organizers should ensure there is space available such that spectators can maintain at least 6 feet social distance between themselves and spectators that are not members of the same household or party.
 - Display visual markers (e.g., tape, cones) at least 6 feet apart for seating.
 - Remove any furniture and restrict spectators' access to any areas not conducive to maintaining at least 6 feet social distance.
 - If seats cannot be moved, venue operators should limit the number of open seats to ensure spectators can maintain at least 6 feet social distance (e.g., zip tie unused seats, remove seat bottoms, cover unused seats).
- SWMFL Franchise's venues should configure space to ensure there is at least 30 feet social distance between spectators and participants.
- SWMFL Franchise's venues that provide concessions should follow Restaurant and Bar guidelines for all food and beverage operations in line with the regional Tier mitigation levels as outlined in the Restore Illinois guidelines.
- For contact tracing purposes, SWMFL Franchise's should maintain a log of spectators and non-participant visitors in attendance by having a list of participants household that will be attending games. This list will be kept by the Athletic Director and available to the Executive Board if needed.
- SWMFL Franchise should encourage the attendance of spectators to immediate household members or guardians of participant. Others should be considered only if space allows.
- When possible, spectators from the same household should sit together.
- Participants should sanitize hands regularly.
- All attendees should refrain from handshakes, high fives, fist bumps, hugs, "go-team" hand raises, etc
- The "Coaches & Players box will be extended to the 10-yard line.
- Each team will use their own football.
- Per IHSA and IDPH, cloth face masks must be worn by both players and coaches at all time – players can have the mask attached to their helmet's facemask.
- All players must have a mouthpiece, but it does not have to be attached to the helmet's facemask.
- There will be an extra Timeout at the 5-minute mark of each quarter.
- All players and coaches will have the temperature taken prior to the start of any game.

