

## **SWMFL COVID 19 Practice Guidelines**

The following Southwest Midget Football League Practice Guidelines are for 2020 Fall Camps, Practices, & 7 on 7 workouts based on IDPH Sports Safety Guidelines & USA Football Return to Play 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.
- Any person with positive symptoms reported should not be allowed to take part in workouts 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 and coaches are quarantined for a minimum of 14 days. Additionally, the SWMFL Executive Board needs to be notified within 24 hrs of any such positive test result for COVID – 19.
- 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 and a Negative COVID – 19 test result.
- Workouts/ practices should be conducted in “pods” of players when all possible with the same 5-10 players always working out together. All drill, workouts, 7 on 7 practices/play, Flag Football must remain NON CONTACT.
- Intra-team scrimmages allowed, with parental consent for minors; no competitive play
- Maintain at least a six-foot distance between all players, coaches & spectators, if not able to maintain social distancing, masks are required to be worn by anyone over the age of 2 yrs old.
- Everyone should report to workouts in proper gear and immediately return home to shower at end of the workout.
- No sharing of water or water bottles of any kind.
- Hand sanitizer available at all Workouts with all groups.