

SWMFL COVID 19 Practice Guidelines

The following Practice Guidelines are in addition to, or super seed, USA Footballs YOUTH TACKLE PRACTICE GUIDELINES which includes, Pre-Season Heat Acclimatization, Progressive Contact, Pre-Season Practice Limits & Regular Season Practice Limits in accordance with the SWMFL By Laws.

Phase 1: Football and Cheer Workouts (Pre-Season Camps)

- 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 should be conducted in “pods” of players with the same 5-10 players always working out together.
- 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.
- Focus on football movements and overall athleticism, running drills unopposed without contact and no cheer stunting allowed.
- Equipment is not yet shared between players, this including but is not limited to, footballs, tackling dummies, donuts, sleds and other equipment.
- Locker rooms should not be utilized during Football Phase 1.
- 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.

Phase 2: Modified Practices from Aug 3rd – Aug 7th (Aug 3rd first day of Practice)

- 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 should be conducted in “pods” of players or cheerleaders with the same 5-10 players always working out together.
- 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.

- Individual drills that are either unopposed without contact or against bags or soft surfaces with coaches remaining six feet from players is allowed. No Cheer stunts allowed.
- Sanitize bags and sleds between each use.
- Passing, kicking, punting, and shotgun snaps between players are acceptable, however, hand-offs and snaps under center are not due to a lack of physical distancing.
- All equipment, including footballs, should be sanitized as frequently as possible during practice.
- Screen all athletes before any activities via on-site or self-temperature checks. (Fever is temp over 100.3)
- No sharing of water or water bottles or water troughs/wagons of any kind.
- Hand sanitizer available at all practices with all groups.

Phase 3: Modified Tackling Practices Aug 8th – Aug 12th

- 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.
- Maintain at least a six-foot distance between all players when applicable, coaches & spectators, if not able to maintain social distancing, masks are required to be worn by anyone over the age of 2 yrs old.
- Continue to encourage the use of drills at the “Air” and “Bags” levels of contact.
- Bags and sleds are to be sanitized between each use.
- Introduce contact, including blocking and tackling with partners or within small groups. This may include limited 1-on-1 contact drills and 7-on-7 skeleton drills, but large group contact drills should be limited.
- Encourage small-sided type games and activities, such as 3-on-3 or 4-on-4 situations
- In contact drills, continue to keep players within the same small group of 5-to-10 teammates.
- No sharing of water or water bottles or water troughs/wagons of any kind.
- Hand sanitizer available at all practices with all groups.

Phase 4: Return to Regular Practice Activities

- 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 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.
- Maintain at least a six-foot distance between all players when applicable, coaches & spectators, if not able to maintain social distancing, masks are required to be worn by anyone over the age of 2 yrs old.
- No sharing of water or water bottles or water troughs/wagons of any kind.
- Hand sanitizer available at all practices with all groups.