



## **K-3rd Grade Flag Football Covid-19 Guidelines**

We look forward to having you or your registered participant be a part of one or more of the K-3<sup>rd</sup> Grade Flag Football programs! **Remember: if you are feeling sick, be North Dakota Smart and stay home!** Once a program begins, the West Fargo Park District will issue a credit/refund in the case of illness.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestions or runny nose, nausea or vomiting, and/or diarrhea. Temperature checks will not be taking place of participants, but we do have the ability to do so if this is deemed necessary.

It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days after exposure based on the time it takes to develop illness!

### **Participants Responsibilities**

- Wear proper required personal protective equipment (PPE) if you choose, not required!
- Wash hands regularly with soap and water. When washing is not possible, hand sanitizer shall be utilized. Sanitizer will be available on each field in a bucket but we highly recommend parents supply their own in case supply runs out or is not being used enough.
- Avoid touching eyes, nose, and mouth.
- Practice social distancing, staying at least 6 ft apart on sidelines and during practice/games. Referees will have players on the line of scrimmage 1-2 yards back from the opposing team and players on the line of scrimmage will need to be an arm's length from their teammates.
- Opposing teams on the sidelines should practice social distancing of at least 6ft apart.
- DO NOT come to football if participant has a temperature of 100.4 or higher or is experiencing signs of Covid-19.
- NO SUNFLOWER SEEDS ALLOWED since there is spitting involved.
- No high fives, fist bumps or handshakes.
- If teams huddle, stay an arm's length from each player in the huddle.

### **Equipment**

- Equipment will be sanitized between sessions or more if applicable. During games, footballs will be sanitized thoroughly at half time and when session is over or more if applicable. Hand sanitizer and hand washing is highly recommended during your football session.

### **Spectators**

- It is HIGHLY RECOMMENDED that only 1-2 spectators from each family have a spectator watching participants. If you need to bring another child/children due to not having access to someone to watch them, please make sure they are social distancing from other spectators and not running around the park.
- It is HIGHLY RECOMMENDED those with underlying health conditions to stay home.
- Practice social distancing, staying at least 6ft. part from other spectators.
- Spectators will not be allowed along the team's sidelines. Please sit on opposite side or outside end zones. BRING YOUR OWN LAWN CHAIR.

- NO SUNFLOWER SEEDS ALLOWED since there is spitting involved.

### **Employee/Volunteer Coach Responsibilities**

- Wear proper required personal protective equipment (PPE) when within 6ft of players. Wearing PPE is highly recommended to our coaches but not mandatory.
- Wash hands regularly with soap and water. When washing is not possible, hand sanitizer shall be utilized.
- Avoid touching eyes, nose, and mouth.
- No high fives, fist bumps or handshakes. If teams huddle, stay an arm's length from each player in the huddle.

### **Restrooms**

- Restrooms will be available during football programs.
- Use proper hand washing protocols before returning to the field.

### **Severe Weather**

- West Fargo Park District- Weather Cancellation line 701-551-7138.

*\*\*All Covid-19 guidelines are subject to change.*