



Indoor Flag Football Covid-19 Guidelines

We look forward to having you or your registered participant be a part of WFPD Indoor 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

- Face masks are MANDATORY when you enter Rustad Recreation Center due to the mask mandate. Face masks are REQUIRED for all participants at this time while practicing and in games.
 - Players will be able to lower their mask in moments of exhaustion but will be asked to be subbed out during games or step aside at practice.
 - Wearing a mouth guard while playing with a mask will be the parent's choice if their child needs to wear one or not.
 - We will honor those that have a medical reason to not wear a mask, with verified proof (please have on person at all times in case asked).
- 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 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, each team will have four footballs and will play with those footballs when they are on offense. Hand sanitizer and hand washing is highly recommended during your football session. Sanitizer will be on the player benches to use.

Spectators

- **Only ONE spectator from each family is allowed to watch.** 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 facility. Children must sit by their parents or will be asked to leave. ABSOLUTELY NO OTHER CHILDREN OTHER THAN THE PARTICIPANTS OUT ON THE TURF.

- It is HIGHLY RECOMMENDED those with underlying health conditions to stay home.
- Practice social distancing, staying at least 6ft. part from other spectators.
- Spectators can sit on end zones or opposite side of players benches. **BRING YOUR OWN LAWN CHAIR.**
- NO SUNFLOWER SEEDS ALLOWED INSIDE ON THE TURF.

Employee/Volunteer Coach Responsibilities

- Face masks are REQUIRED to be worn by staff and volunteer coaches at all times due to the mask mandate.
- 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/water fountains

- Restrooms will be available during football programs.
- Water fountains are only available to fill water bottles. Water fountains are not available to drink from. Bring a water bottle.
- 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.*