



## YOUTH FOOTBALL & CHEER

### RETURN TO PLAY PROTOCOLS AND PROCEDURES

The Plant City Dolphins (PCD) recognizes there are a number of actions we can take to help lower the risk of COVID-19 exposure and reduce the spread during competition and practice. We will adhere to all CDC guidelines and regulations as they are developed to protect players, families, and communities and slow the spread of the Coronavirus Disease 2019 (COVID-19).

The more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity.

The Dolphins of Plant City (PCD) recognizes the risk of COVID-19 spread increases in youth sports settings as follows:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

PCD will adhere to the following schedule for our player interactions.

~~8-10-2020~~

➤ ~~June 1, 2020~~ - allow local Plant City based youth leagues to begin scheduling organized practices or tryouts only in small groups of 10 or less, no games, no scrimmages, and no tournaments.

~~TBD~~

➤ ~~June 15, 2020~~ – allow local Plant City based youth leagues to begin scheduling games among their own players, still no games or scrimmages with non-Plant City based teams from outside our local area, still no tournaments. Plant City and non-Plant City based travel ball teams can begin scheduling organized practices, pending field availability, but no scrimmages or games.

~~TBD~~

➤ ~~July 6, 2020~~ – allow scheduled games or scrimmages between local and non-Plant City based teams, allow regional tournaments to schedule resumed weekend play on City fields, all pending field availability.



**Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, or water bottles).** We will minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.

**Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline).** During times when players are not actively participating in practice or competition, attention will be given to maintaining social distancing by increasing space between players on the sideline, or bench. Additionally, coaches will encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.

**Nonessential visitors, spectators, volunteers.** Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.

PCD will encourage behaviors that reduce the spread of COVID-19. The most important of which is educating our staff, players and parents of the importance of staying home under the following circumstances:

- ☞ Actively encourage sick staff, families, and players to stay home.
- ☞ Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.
- ☞ Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.
- ☞ Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC's criteria to discontinue home isolation.

In addition, PCD will implement measures to reduce close contact situations as follows:

- ◆ Identify adult staff members or volunteers to help maintain social distancing among youth, coaches, umpires/referees, and spectators (if state and local directives allow for spectators).
- ◆ Space players at least 6 feet apart on the field while participating in the sport (e.g., during warmup, skill building activities, simulation drills)
- ◆ Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
- ◆ Prioritize outdoor, as opposed to indoor, practice and play as much as possible.
- ◆ Create distance between players when explaining drills or the rules of the game.
- ◆ If keeping physical distance is difficult with players in competition or group practice, consider relying on individual skill work and drills.
- ◆ Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of congregating or forming a group.
- ◆ Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household.



## **Coach and Staff Training**

PCD will train our coaches, officials, and staff on all safety protocols and to be on the lookout for signs and symptoms of persons with COVID-19. If necessary we will conduct daily health checks or symptom checks of coaches, officials, staff, and players safely and respectfully, and in accordance with any applicable privacy and confidentiality laws and regulations.

## **Designated COVID-19 Point of Contact**

We will designate a youth sports program staff person to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.

## **Active or Suspected COVID-19 Contact**

Finally, in the event a player, coach or staff member contracts COVID-19 we will do the following:

Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.

Immediately separate coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity.

Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure (see “Notify Health Officials and Close Contacts” below). If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.

Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility.

## **Notify Health Officials and Close Contacts**

✓ In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify local health officials, program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality.

✓ Work with local health officials to develop a reporting system (e.g., letter) youth sports organizations can use to notify health officials and close contacts of cases of COVID-19.

✓ Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.



**Assumption of the Risk and Waiver of Liability**  
**Relating to Coronavirus/COVID-19**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

**Hillsborough County Parks and Recreation** has put in place preventative measures to reduce the spread of COVID-19; however, TCYFCC **cannot guarantee** that you or your child(ren) will not become infected with COVID-19. Further, **attending TCYFCC event could increase** your risk and your child(ren)'s risk of contracting COVID-19.

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By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending TCYFCC event and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the TCYFCC event may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Club employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at the TCYFCC event or participation in TCYFCC programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless TCYFCC, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of TCYFCC , its board members, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any TCYFCC event.

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Signature of Parent/Guardian

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Date

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Print Name of Parent/Guardian

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Name of Participant(s)