



Mount Horeb Youth Football In-Person Athletics Plan

Athletics are integral to our students and we are excited to welcome our students back to the MHBYF Program. As we plan for the return, we do so with precaution and planning. To achieve our goals of safety, we will continue to follow and enforce requirements from Public Health Madison Dane County.

Safety Protocol

- Athletes are **REQUIRED** to wear a mask at all times as soon as they arrive at practice.
- Six (6) feet physical distancing is required at all times between individuals not from the same household or living unit except when individuals are actively participating in the sport.
- All sports that cannot maintain physical distancing at all times are limited to 100 individuals outdoors, not including employees.
- Students and Staff must self-screen for symptoms including fever prior to arriving.
 - Parent/Guardian will complete a screening checklist form at the beginning of the season **NO FORM – NO PRACTICE**
 - Students must complete a daily checklist that is reviewed and signed by the athlete. This does not require parent signature.

All attendees (students and staff) must be free of symptoms

- Fever (100.4) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting Diarrhea

No one should attend or participate if they currently have symptoms or have been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days.

If an athlete is going to be absent from any practice or competition, he/she must call or email the coach so that the program is aware of the situation. Please call before 4:00 at the latest so we are aware of your absence.

Social distancing:

- Practice – Coaches are responsible for ensuring that social distancing is maintained between athletes.

- Spectators - Absolutely no spectators or non-coaching staff or students are allowed to attend outdoor practices.
- Athletes will be reminded to maintain social distancing when arriving and departing.

SPORT SPECIFIC PROCEDURES- Football

- Athletes will receive a practice schedule and will be expected to attend all practices unless he/she is showing symptoms or not feeling well.
- Athletes will follow socially distancing while doing individual (position) drills. All team sessions and drills, included.
- Athletes will follow socially distancing between drills and will not be brought together for team huddles.
- Coaches will remain socially distanced through all instructions, interactions, and drills.
- Social distancing will also be reinforced while athletes are waiting for their turn in a drill.
- Record keeping of attendees is required.
- Food will not be allowed at practice
- No shared bottles or coolers may be used. Student-athletes will be required to bring their own water bottles with a clear label.
- Only one athlete will be permitted to use the restroom at a time.
- Athletes will be reminded to avoid touching their face. Sneezing and coughing should be done away from others and cover using the inside of the elbow area. Hands should be washed or use hand sanitizer after each occurrence.
- Athletes are asked to leave practice immediately following their assigned time and will not congregate near cars.
- It will be recommended that they go directly home to shower, and clothing that was worn should be washed after every use.
- **All coaches and players will wear masks on the sidelines, during the games and while playing - Players will be required to wear a mask while playing regardless of the locations of the game.**
-

SPORT SPECIFIC EQUIPMENT

- Footballs will be sanitized after every use by a designated coach.
- We will have at least 6 different footballs in cycle at any given time. This gives time to sanitize the footballs properly and still continue with pace of play.
- Bags and other equipment being used will be sanitized between uses by coaches.