

# 2020 SOKY FLAG FOOTBALL PROGRAM

This document has been developed utilizing guidance from SOI, CDC and state of Kentucky Governor's Office. All content is subject to change.

## **PHASE 1 (Practices only)**

**September 1<sup>st</sup>:** – Special Olympics flag football practices may begin.

**NOTE: All participants must have a signed and dated SOKY COVID-19 Disclaimer on file at the SOKY office to participate. Participants include athletes, coaches, volunteers, etc.**

**\*Travel Advisory:** On July 20, 2020, the Kentucky Department for Public Health issued a travel advisory with the recommendation of a **14-day self-quarantine** for travelers who travel to a “hot spot”, which is any area that has a COVID positivity rate of 15% or higher. To find current list visit;

<https://coronavirus.jhu.edu/testing/testing-positivity>

### **SOKY Flag Football Protocol – these are in addition to facility protocols**

- **Arrival:** All participants and spectators should be shown/asked the COVID-19 Health Screening questions. You should have already received this document. If you do not have this document, it can be found on the SOKY website under the COVID-19 Resources. The questions can be sent out prior to each weekly practice asking participants to review, or questions can be asked as participant is being picked-up or participants can be asked as they enter the field.
  - Participants are asked to stay home from any flag football activity if they are feeling unwell or are immunocompromised and wish to limit exposure.
  - All participants will be required to sanitize their hands prior to the start of practice.
  - Congregating of athletes, coaches, or other persons should be limited as 6 ft social distancing should be practiced and all participants **must** wear a mask.
- **Education prior to Activity:** Each flag football activity should begin with a reminder to all participants to wear a mask and practice social distancing. Coaches should also properly educate athletes on proper handwashing, coughing into arm, etc. You are encouraged to hang signage (if facility has none) to help remind participants about the mandatory mask rule, social distancing expectation, etc. You can find and download signs from the COVID-19 Resource page on the SOKY website.
- **Mask/Face Coverings:** A mask/face covering must be worn by all participants while at the practice/competition facility. Participants include coaches, athletes & volunteers. Athletes can lower their face mask during live play.
- **Equipment:**
  - **Footballs** - The only equipment to be shared is the football. All teams should have plenty of footballs to where you can cycle them through after being thoroughly sanitized.
  - **Flag Belts** - Each athlete is to have their own flag belt (no sharing).
  - **Mouth Guard** – Athlete must wear a mouth guard (no sharing). This year, you do not have to have the 4-inch stem to allow for face covering.

# 2020 SOKY FLAG FOOTBALL PROGRAM

- **Best Practices:** All participants should adhere to the physical six-foot distancing guidelines (to the greatest extent practicable). No team water jugs, or shared food/drinks are permitted.
- **Attendance Tracking:** Coaches should use the SOKY Attendance Tracking Form to keep an accurate attendance record for all practices. Coach should keep forms from all practices as this will allow for contact tracing should an occurrence of COVID-19 occurs to a participant. (Form can be found on SOKY website/COVID Resource page)
- **Symptoms:** Any participant that experiences COVID-19 symptoms (shortness of breath, fever, cough, etc.) should be immediately removed from the flag football activity and instructed to seek medical attention immediately. At this time, the **SOKY COVID-19 Exposure Protocol** should be followed (form can be found on SOKY website/COVID Resource page) which includes contacting the SOKY State Office immediately.
- **Team Huddles:** Team huddles are highly discouraged. If team huddles happen, all participants must be wearing a mask until breaking away from the huddle. Play calling arm/wrist bands may be used as an alternative to huddling.
- **Bench Seating:** All participants should always spread out among the bench areas and maintain social distancing. It is recommended to mark places on the bench, where each participant should sit. All participants must wear a mask while in and around the bench area.
- **Celebratory Best Practices:** To encourage sportsmanship coaches should encourage alternative, socially distanced, signs of mutual respect (i.e. tip of the cap, wave, salute, or bow).
- **Virtual Meetings:** Team meetings can occur in-person, but we strongly encourage virtual meetings. If meetings are in-person, all protocols regarding social distancing and wearing masks should be practiced.
- **Spectators:** Any individual not essential for the conduct of any flag football activity is encouraged not to attend. Any parent/guardian attending a flag football activity must adhere to the physical six-foot distancing guidelines and a mask/face covering.
- **Departing:** Following all flag football activities, participants will be required to sanitize hands prior to leaving the facility. Congregating of athletes, coaches, families, or other persons prior to or following any bowling activity is not allowed.
- **Transportation:** Bus or large Passenger Vans (church vans, 15-passenger vans, etc.) are not allowed. All participants are encouraged to either drive, ride independently or with those from the same household. **If ridesharing is necessary, then all passengers in the vehicle must wear a mask.**
- **Concessions/Food Services:** All food services will be run in accordance with current orders and guidelines provided by the facility and local state authority. It is expected that there are no team meals or sharing of food and/or drinks during any bowling activity. Team meals outside of any flag football activity should only occur in compliance with the guidelines issued for restaurants in the state of Kentucky.
- **Restrooms/Locker Rooms:** All public restrooms, and locker rooms will be maintained to lower risk of spread of virus through frequent cleaning habits and monitoring of the number of individuals in the room at the same time.