

Rockland County Pop Warner for the 2020 season.

## **Social Distancing - Guidelines for Practices**

### **Indoor Practice:**

Only Participants (Coaches, Players and Rostered individuals) are allowed inside the Practice Facility.

Players, Coaches and Rostered individuals must be picked up outside the Practice Facility.

### **Outdoor Practice:**

Only Participants (Coaches, Players and Rostered individuals) are allowed inside the Practice Area

Non Participants must remain a **minimum of 30 yards (90 feet)** from the Practice Area  
Players, Coaches and Rostered individuals must be picked up outside the Practice Area.

Limiting the number of non-participants into the practice facility or area will help mitigate (limit) the risk of contamination

## **POP Warner Phases and Guidelines**

### **RETURN TO PLAY FOR FOOTBALL TEAMS**

We acknowledge that Phases for each state and county may not coincide with this 'Return to Play' policy. For each phase, state/ local guidelines take precedence if they are more restrictive than this phased approach. We acknowledge that some Regions, Leagues or Associations will be allowed by their State/Local guidelines to progress to Stage 4 more rapidly than others.

### **POP Warner Phase 1 Virtual Training - Stay at Home Order**

### **POP Warner Phase 2- Socially Distanced Training**

Stay at Home Orders Are Relaxed, but Group Activities are Limited to 10 or Fewer People, parks and outdoor facilities begin to open, and allow visitors continuing to follow social distancing guidelines:

#### **Quadrant Style Practices •**

- Fields will be broken up into quadrants
- 10 player max per Quadrant
- Players cannot leave Quadrant until coaches issue a rotation

- Players will not contact each other in the quadrant and will be instructed to stay 6 feet apart in all drills - drills will be skill-and/or conditioning based
- Spectators will not be encouraged during this phase - if spectators are present, they must maintain social distancing protocols
- Players should arrive 15min before practice and not earlier, they must leave directly after
- Mixing of groups will be avoided
- Take shower and wash all clothing after each practice
- Sanitize any surfaces – bleachers, chairs, etc. – after each practice • Bring Water Bottle Clearly Marked with Name.
- Bring Towel Clearly Marked with Name.
- Participants bring their own snacks, if necessary.
- Participants' gear to be kept in separate areas from other participants
- Wash Hands before Attending; Avoid touching eyes nose mouth.
- Players will be asked to come dressed and spread out their water bottles/hand sanitizer 6 feet apart
- Coaches will follow social distancing guidelines, which include but are not limited to
  - staying 6 feet apart from players and others, wearing masks when necessary and using
  - verbal cues
  - No Huddles
  - Clean balls, tackling dummies and all other equipment after each pract

### **POP Warner Phase 3: Practice**

- Mitigating Efforts are Lifted and Training Facilities are Open, Group Sizes are increased to 25 or more

#### **Practices with contact:**

- Limit the number of teams at each practice and number of players per field
- Encourage “open space” between fields
- Spectators will not be encouraged - if spectators are present, they must maintain social distancing protocols which include wearing face masks, personal hand sanitizer, but are encouraged to stay in their personal vehicle instead
- Mixing of groups will be discouraged - Please refrain from gathering in the parking lot or open spaces near the field. Stay with the assigned group/team.
- Athletes must bring their own, well-marked water bottles
- Huddles will be discouraged
- Clean balls, tackling dummies and all other equipment after each practice

## **POP Warner Phase 4:**

### **Return to Normal**

- Return to Normal Large and Small Group Training Season
- Mixing of Teams and Players Can Occur Normally

## **RETURN TO PLAY FOR CHEER AND DANCE TEAMS**

For all Phases: If Sick or Cough Stay Home: If a child has had flu symptoms (fever > 100° F, cough, hills, sore throat, body aches, tiredness, difficulty breathing, loss of taste/smell, etc.), they should not attend and a parent should contact their healthcare provider.

### **Phase 1:**

Virtual Training - Stay at Home Order

Individual training sessions in their own home using their own equipment.

- Seek a Safe training Area; Appropriate Surface, free of obstructions.
- Coaching would only occur virtually.
- No athletes work or train together unless they are living in same home
- Wear Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
- Focus on individual development and skills: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance

### **Phase 2:**

Socially Distanced Training, Stay at Home Orders Are Relaxed, Group Activities are Limited to 10 or Fewer People

Public indoor facilities are closed, parks and outdoor facilities begin to open, and allow visitors continuing to follow social distancing guidelines.

### **Quadrant Style Practices**

- Check in and Check out procedures (Stay in car until time of practice).
- Parents / Spectators away from area (Sit in car – Drop-Off – Pick-Up Only).
- Separate Entry and Exit Locations.
- Attendance Taken on Entry.
- Masks for Coaches, Officials, Spectators/Parents.
- Wear Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
- Take shower and wash all clothing after each practice
- Sanitize any surfaces – bleachers, chairs, etc. – after each practice
- Athletes Tie Hair back slick and away from their face, leaving personal items in bags.
- Bring Water Bottle Clearly Marked with Name.
- Bring Towel Clearly Marked with Name.
- Participants bring their own snacks, if necessary.
- Participants' gear to be kept in separate areas from other participants
- Wash Hands before Attending; Avoid touching eyes nose mouth.

- Outdoors Safe Training Area: Appropriate surface/environment for the Activity, free of obstructions.
- Team broke down into 10 total or fewer team members including the Coach.
- Participants cannot leave the area/session until coaches issue a rotation or end of practice.
- Athletes 6 feet apart, wearing masks as per State or local guidelines.
- Provide alcohol based hand sanitizer stations.
- Creative Greetings without contact, Discourage High Fives, handshakes, hugs, bring it in/Huddles,
- etc.
- Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, NO stunting, spotting, partner work, no hands on correction.

### **Phase 3:**

#### **Practice**

Mitigating Efforts are Lifted and Training Facilities are Open, Group Sizes are increased to 25 or more

#### **Practices with contact:**

- Check in and Check out procedures (Stay in car until time of practice).
- Parents / Spectators away from area (Drop-Off – Pick-Up only).
  - If the facility permits, Indoor Limit 1 Guardian per Athlete away from the practice area.
  - If outdoor area permits, guardian positioned in lawn chair/blanket a safe distance between families

#### **Separate Entry and Exit Locations**

- Attendance Taken on Entry.
- Masks for Coaches, Officials, Spectators/Parents.
- Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
- Athletes: Tie Hair back slick and away from face, leave personal items in bag.
- Bring Water Bottle Clearly Marked with Name.
- Bring Towel Clearly Marked with Name.
- Participants bring their own snacks, if necessary.
- Wash Hands Before Attending; Avoid touching eyes nose mouth.
- Athletes 6 feet apart, wearing masks when necessary.
- One team to 9 Panels Matted Surface at a time.
- Each athlete is on a line or middle of the strip.
- Creative Greetings without contact, Discourage High Fives, handshakes, hugs, Bringing it in, etc.
- Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, Stunting, spotting, partner work
- Recommendations to Review with Indoor Facility:
  - Mats vacuumed after use, increased schedule of sanitizing mats.
  - Disinfect high touch point sanitizing at end of day.

- Door handles, benches, light switches.
- Provide alcohol based hand sanitizer stations
- Coaches and Athletes use a special pair of “mat only” soft soled shoes that you disinfect and do not wear off the mat.

#### **Phase 4:**

##### **Return to Normal**

Return to Normal Large and Small Group Training Sessions; Mixing of Teams and Players Can Occur Normally

##### **Return to Normal**

- Check in and Check out procedures (Stay in car until time of practice).
- Parents / Spectators away from the area (Drop Off – Pick Up Only).
  - If facility permits, Indoor Limit 1 Guardian per Athlete away from the practice area.
  - If outdoor area permits, guardian positioned in lawn chair/blanket a safe distance between families
- Separate Entry and Exit Locations.
- Attendance Taken on Entry.
- Masks for Coaches, Officials, Spectators/Parents.
- Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
- Athletes Tie Hair back slick and away from their face, leaving personal items in bags.
- Bring Water Bottle Marked with Name.
- Bring Towel Marked with Name.
- Participants bring their own snacks, if necessary.
- Participants’ gear to be kept in separate areas from other participants
- Wash Hands Before Attending; Avoid touching eyes nose mouth.
- Athletes 6 feet apart, wearing masks when necessary.
- One team to 9 Panels Matted Surface at a time.
- Each athlete is on a line or middle of the strip.
- Creative Greetings without contact, Discourage High Fives, handshakes, hugs, Bringing it in, etc.
- Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, Tumbling, Stunting, Spotting, Partner Work, Pyramids and Running Routines
- Recommendations to Review with Indoor Facility:
  - Mats vacuumed after use, increased schedule of sanitizing mats.
  - Disinfect high touch point sanitizing at end of day.
  - Door handles, benches, light switches.
  - Provide alcohol based hand sanitizer stations.
  - Coaches and Athletes use a special pair of “mat only” soft soled shoes that you disinfect and do not wear off the mat.

## **CDC Recommendations**

- Advise Sick Individuals of Home Isolation Criteria
  - Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC's criteria to discontinue home isolation.
- Isolate and Transport Those Who are Sick
  - o 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 COVID19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. 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. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.
- Clean and Disinfect
  - Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
  - Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning external icon and disinfection products, including storing them securely away from children

INSTRUCTIONS FOR POP WARNER COVID-19 DISCLOSURE,  
ACKNOWLEDGMENT & WAIVER

- 1) This form is to be completed by all youth athletes and all coaches, volunteers and league officials attending Pop Warner events, as the "Participant".
- 2) Parent signature is required for all youth athletes. Witness signatures are required. Anyone may witness the participant and parent signatures.
- 3) Form is to be filled out for first camp session, for first practice, and at start of competition. Retain the originals with the Participant Agreement. Scan and send the completed COVID-19 Waivers to [compliance@popwarner.com](mailto:compliance@popwarner.com).
- 4) If the first question is answered "yes", the date of confirmation or exposure is filled out next.
- 5) If the date of exposure is within 14 days, the participant is excluded.
- 6) A participant excluded because of exposure may return after the 14-day period and must fill out another form.
- 7) If any of the symptoms are checked, the participant is excluded.
- 8) A participant excluded from camp may return 14 days after they are symptom free.
- 9) If temperature is not cleared, participants are excluded.
- 10) A participant excluded for temperature may return 14 days after their temperature returns to normal.
- 11) Under "Duty to Inform" – all three boxes must be checked.
- 12) If participant has tested positive for COVID-19, they may not return without medical clearance.