



This guide is curated from multiple sources and the Fair Lawn Football Association (FLFA) COVID-19 Policies and Procedures Manual to be used as our organization's guidelines and protocols for a safe return to football and cheerleading. All state, borough laws, and executive orders will supersede these guidelines.

Only if permitted by the state and local government, will FLFA return to safe sports play. Safety is a shared responsibility, and all must lead by example and adhere to the guidelines from FLFA, CDC, state, and local authorities. The league will also be releasing COVID-19 guidelines and this document, and the policy manual will be updated as needed throughout the season.

Appointed FLFA members (i.e. parent, coach, board member) will assist at the field to maintain guidelines and protocols. Any athletes or FLFA members who refuse to abide by guidelines and protocols will be asked to leave the field.

General Safety Protocols

- **Face coverings WILL/MUST be worn by ALL in accordance with the New Jersey Department of Health and Fair Lawn Borough COVID-19 measures unless engaged in physical activity where a cloth mask cannot be worn.**
- Mass gatherings will be limited as much as possible and in accordance with limitations set by the state
- Athletes, coaches, and volunteers should wash their hands before leaving home and take their temperature if possible
- Parents/guardians are not permitted on the field
- Stay home if sick or exposed. Sick athletes, coaches, or volunteers are not permitted to take part in any FLFA activities if they have exhibited any COVID-19 related symptoms unless they have been properly cleared by a treating physician per the Return to Play procedures in the COVID-19 Policies and Procedures Manual.
- Any athlete, coach, or volunteer who has visited a state that is on the NJ Travel Restrictions List are not permitted to take part in any FLFA activities until they have quarantined for 14-days with no symptoms. Any planned vacations must be properly disclosed to the Head Coach.
- Athletes, Coaches and volunteers will be screened via temperature check when they arrive at the field
- Social distancing must be practiced at all times when able to do so. Athletes must space their personal belongings six feet apart.
- Coaches, and volunteers shall wear face coverings at all times.
- Multiple gates will be used to reduce the flow of traffic onto the field.
- Practices will be staggered in order to reduce the number of athletes, coaches, and volunteers on the field at the same time.
- No handshakes, high-fives, or large team group-like gatherings are permitted.
- Team water bottles, coolers, food, etc. are prohibited.
- All athletes **MUST** bring their own water bottles **CLEARLY LABELED** and **ARE NOT PERMITTED TO SHARE!**
- All athletes must continue to practice good hygiene (WASH YOUR HANDS)



Stay home if sick or exposed

We are asking that players and coaches stay home if they are showing any COVID-19 symptoms or have possibly been exposed to COVID-19.

If you are not feeling well, someone is exposed, or a player is feeling sick, please contact the coach ASAP. Please do not use the TeamSnap global chat to let us know so you can keep your information private.

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
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

Arriving to practice or games

Upon arrival to practice or games, we will be setting up a screening area designated for each team outside the fence before practice. We will be taking each athlete, coach, and volunteer's temperature and asking a couple questions to ensure compliance with state executive orders and to ensure the safety of all involved in the program.

- Face coverings should be worn from the car to the screening area, then to the designated fence position to put on equipment.
- Athletes, coaches, and volunteers should walk to the screening area, which will be outside the practice field. If there is a line to be screened, maintain a distance of six feet from the person in front of you.
- Athletes, coaches, and volunteers' temperature will be taken. Per CDC guidance, anyone with a fever at or above 100.4 F or any other COVID-19 symptoms will not be permitted to take part in any FLFA activities if they have exhibited any COVID-19 related symptoms unless they have been properly cleared by a treating physician per the Return to Play procedures in the COVID-19 Policies and Procedures Manual.
- Each athlete, coach, and volunteer will be verbally asked the following questions. No data will be shared or written down during this process in order to protect the information.
- If screening is passed, athletes, coaches, and volunteers will enter the field through an assigned gate.
- Sanitizer will be applied upon entry to the field to all.
- Parents/Guardians are not permitted on the field but must ensure their child is permitted on the field after temperature checks and questionnaire is completed
- One-way gates will be established to maintain proper social distancing when entering or exiting the field.

1. Are you or anyone in your household experiencing any COVID-19 symptoms?
 - a. Fever or chills
 - b. Cough
 - c. Shortness of breath or difficulty breathing
 - d. Fatigue
 - e. Muscle or body aches
 - f. Headache
 - g. New loss of taste or smell
 - h. Sore throat
 - i. Congestion or runny nose
 - j. Nausea or vomiting
 - k. Diarrhea
2. Have you had any recent contact in the previous 14-days with anyone who has tested positive or has been exposed to COVID-19?
3. Have you traveled out of state in the past 14-days?
 - a. If yes, where? (The screener will cross check the current [New Jersey travel advisory state list](#)).

If any of the athletes, coaches, and volunteers' responses are yes to the above, they will not be permitted to participate in any activities.



- Respect social distancing of six feet at all times when able, especially when there may be down time.
- No fist bumps, high fives, group celebrations, “breaking it down” in close proximity, etc.
- On the sidelines and during drills when in line, maintain six feet of distance. This includes bags and equipment. We will be marking spots along the fence to ensure compliance.
- No spitting
- Do not share equipment, water or food with others
- Wash or sanitize hands regularly. Please bring your own hand sanitizer
- After practice sanitize all equipment
- When practice is over walk directly to your car and vacate the area.
- Football: Stations will be broken up to no more than 10 athletes unless they are working on full offense or defense
- Cheer: Stunt groups will be assigned and will keep to the same groups throughout the routine. **MASKS ARE REQUIRED WHILE PRACTICING STUNTING!**
- Team water coolers are NOT PERMITTED! We will NOT be distributing any drinks to athletes.
- **Spectators at Vander Plaat field will not be permitted near sidelines where athletes, coaches, and volunteers are present and may be subject to watching outside the fenced area – additional guidelines for other towns will be presented by the league and communicated as required.**
 - Must adhere to six feet social distancing based on the state guidelines
 - May not enter the field area
 - All areas must be cleaned, and trash must be thrown away. We will not tolerate PPE left on the field (i.e. masks, gloves, wipes)

After practice or games

- All FLFA equipment will be properly sanitized and issued/personal equipment should as well while at home. Pom Poms will not be used during the 2020 fall season.

Frequently Asked Questions

Are temperature checks required prior to participating in FLFA activities?

Yes, per the [New Jersey Guidance for Sports Activities](#), temperature checks are required prior to each practice, game, or session.

How will the entire program fit on one field and maintain social distancing?

In order to limit the amount of athletes, coaches, and volunteers on the field at the same time, practices will have a staggered start time, where the first session will leave the field prior to the next session arriving. Games will have additional time in between as well to allow for all to leave and arrive as required.

Will coaches and volunteers be required to wear masks and practice social distancing?

Yes, at all times masks should be worn and social distancing as much as possible. There may be times where coaches and volunteers may be within six feet to demonstrate a drill, hold a bag, or assist with stunts and building.

Will athletes be required to wear masks and practice social distancing?

Athletes are required to wear cloth type face coverings when arriving to the event and just prior to starting physical activities. When the event has concluded, masks should be donned for the remainder of the period. During games, masks can be worn while on the sidelines if social distancing is not possible. Spots will be marked to promote social distancing during games.

My athlete has a medical condition that prevents them from wearing a mask, can they participate?

Yes, please discuss the issue with your Head Coach and a medical note may be required.

Have all coaches and volunteers been trained in the COVID-19 procedures?

Yes, coaches and volunteers have been issued the COVID-19 Policies and Procedures Manual and have been trained on the material.

I normally don't drive my athlete to practice as I am at work, can someone bring them for me?

Yes, someone can bring them, but please let your Head Coach know in the event they need to be contacted to pick up the athlete or they do not pass the screening.

I heard there is a COVID-19 Policies and Procedures Manual, where do I access it?

The COVID-19 Policies and Procedures Manual will be posted on the FLFA website.

Will there be picture day and a team picture?

Yes, however a team picture will be socially distanced.



Will there be the end of the year brunch, dinner, and senior celebration?

The end of year brunch, dinner, and senior celebration will be evaluated toward the end of the season and if Executive Orders and the COVID-19 situation allow, we will hold it. The safety of all involved with FLFA is paramount and will factor heavily into the decision.

Will there be Senior Day prior to the last home game?

Yes, a socially distanced Senior Day will occur, pending COVID-19 conditions.

If there is no dinner, will there be any celebration or slide show?

Virtual celebrations will be considered as well as posting a slide show online.

Has the league issued COVID-19 protocols that all other programs must follow?

The league will be issuing them shortly and we'll adhere to them and adjust our plans.

How do I give any suggestions to make the COVID-19 procedures easier or more effective?

Any input can be given to the FLFA Board at any time and are welcomed and appreciated.

Some major college leagues and programs, as well as High Schools and local towns have cancelled their seasons, will FLFA be cancelling or the league?

At this time, the league (NBFL) and FLFA are moving forward with the season as currently planned, following the protocols mentioned in this document and the COVID-19 Policies and Procedures. Unless cancelled by State or Local authorities, we expect to complete the season regardless if High School is cancelled. This is based on the current trends of COVID-19 transmission and if they change, the season will be reevaluated.

What if school is cancelled or postponed as it was in March?

If the state order prohibits school as it did in March, the season will be paused.

What if schools are mandated to online only, either by state orders or district decisions?

The Board and League will review the situation and advise on the season status.

If someone is exposed or tests positive, what actions will FLFA take to ensure the safety of all involved?

The COVID-19 Policies and Procedures Manual details the programs contact tracing procedures and actions in the event someone tests positive or is exposed. The measures in place are meant to reduce the risk as low as possible and as safety is a shared responsibility, if we all follow them, the impact may not be significant.

Safety of all will not be compromised and is the top priority in the new normal we are all living in right now. In the event someone is positive or exposed, their name will be kept confidential, however they and anyone in close contact with the person may have to be quarantined from FLFA activities for 14-days or if any of the Return to Play guidelines are met. Safety is more important than FLFA activity and we will not sacrifice safety for competition.