



Getting Back On The Field... Return To Play

Extreme Team Sports (ETS) is dedicated to protecting the health and safety of our sports community. We understand that our players want to get back on the field, but this must be done with strict focus on the safety of the players, coaches, referees and families and follow state and local guidelines for resumption of activities. The purpose of this document is to provide the ETS / NFL Flag Football organization, the athletes, parents, and coaches with information that all can use to assist with the return-to-play activities specific to the situation of the COVID-19 pandemic.

With the limited amount of contact associated with flag football, it should be considered a “medium risk” sport activity, which allows for play as long as precaution manners are followed.

However, social distancing should NOT be taken lightly, and all aspects of the playing environment must be assessed and modified to identify and reduce the risk of spreading the virus.

The information in this document is NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and we will follow the guidelines necessary to getting the players back on the field.

Although the young and healthy may be subject to less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly, particularly in those with risk factors that may occur within our communities. Health consequences may be long-standing and only apparent weeks after initial infection and recovery. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of eliminating the risk of infection. This should always be at the forefront when designing and considering return-to-play.

Criteria for Participation (players, coaches and staff):

- All games, practices, scrimmages, other must be in compliance with all guidelines being issued and followed by the league (UIL/School Dist., State, County, Other).
- Social distancing should be maintained before and after games, practice, other.
- Because of increased activities and exposure risks, any individual with a pre-existing medical conditions is required to provide UPDATED written clearance from a physician before returning to full participation.
- Participants must not exhibit any signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days.
- Participants must not have above normal temperature readings. Anyone with a temperature of 100.4°F or above shall not be permitted to remain on site of ongoing activities.
Note: (Game Day) Before participating in the activity, ALL team participants will have their temperature checked with a touchless thermometer.
- Upon arrival to the game, practice, or any other activity as a group, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If an athlete has any signs or symptoms of COVID19, the athlete should be sent home and instructed to contact his/her healthcare provider as soon as possible.
- Each team coach should keep appropriate supplies (hand sanitizer, facial tissues, other)
- Participants should use their own water bottle, snacks, towel and any other personal items.
- Establish a cleaning schedule/protocol for equipment with the proper use of disinfectant before, during, and after games, practices, other.
- Ensure participants are abiding by the guidelines issued and being followed by the league regarding appropriate personal protective equipment, (face covering, etc.) Face mask are permitted but not required to be worn by the players during games and/or practice while on the field, and participating in the activity.
– **Note: Players off the field (sideline, bench, other) must wear face covering over their mouth and nose, when in close proximity to others.**
- Coaches should do their best to maintain "Social Distance" when giving instructions to the players. Coach must also wear a face covering over their mouth and nose when in close proximity to the players, others...

League Responsibilities:

- Will collect from each participant the signed "ETS Release / Waiver" form PRIOR to every athlete's participation.
- Anyone who has an underlying health condition should consult with his/her doctor before participating in the activity.
- ETS/NFL Flag does not provide insurance coverage for Covid-19 related claims.
- Have an effective communication plan in place.
- Identify strategies for working with public health officials to notify adult leaders, youth and their families if the organization becomes aware of a participant or adult leader who has developed COVID-19 and may have been infectious to others while at a youth activity.
- Maintain participant confidentiality regarding health status.
- Have an action plan in place, in case of notification of a positive test result.
- Anyone who tests positive for Covid-19 must quarantine for at least 14 days and not show any signs or symptoms of Covid-19, have no fever for at least 72 hours without fever-reducing medication or have 2 negative COVID-19 tests in a row with testing being done at least 24 hours apart and submit to the League prior to returning to activity, a signed written clearance from a medical doctor showing that the person has been cleared to participate.

Coach Responsibilities:

- Ensure the health and safety of the participants.
- Masks are permitted but not required to be worn by the players during on-field activities.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Follow all state, county and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (water,snacks, bag ,etc.)
- Ensure coaches are the only ones to handle equipment (ie; cones, disk ,etc.);
(*Do not enlist parents or others to assist*).
- Practices should be conducted outdoors when possible and compliant with social distancing per state, county or local health guidelines.
- Coaches are responsible for keeping players safe.
- Coaches should wear mouth and nose covering when in close proximity to players, others.
- Do not use scrimmage vest or pinnies – Plan ahead for players to wear specific colors or players should be given their own pinnies for the duration of the season
- Have fun, stay positive – players and parents are looking to you for leadership.

Parent Responsibilities:

- Ensure your child is healthy and check your child's temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- When all possible, adhere to social distancing.
- Follow guidelines issued and followed by the League, UIL/School Distr., County, State.
- Ensure child's clothing and any league issued equipment is washed after games and practice.
- Ensure all equipment are sanitized before and after every games and practice.
- Notify your coach and/or league director immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after games / practices.
- Be sure your child has necessary sanitizing products with them at every game and practice.
- Remain in the "spectator area" at all games and practices. Respect the personal space of others.
- When on the sidelines as a spectator, wear a mask that covers your nose and mouth.
Note: Only 1 Head Coach, 2 Assistant Coaches and 1 Team Mom allowed on the sidelines.

Players Responsibilities:

- Take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after game/practice activities.
- Bring and use hand sanitizer with you at every game and practice.
- Players are required to have mask (face/nose covering) but not required to be worn by the players during on the field activities.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social distancing where applicable.
- Wash and sanitize all equipment before and after every game and practice.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all ETS issued and followed guidelines.
- Always respect others personal area.