

2020 Football Practice Guidelines

Players and coaches must self-screen daily, answering questions on a provided sheet. If any symptoms are identified they are unable to practice.

If a player or parent is feeling ill they must stay home.

All players must bring their own supply of water. If that supply runs out before the end of practice they can no longer participate.

There will be no sharing of water between players.

Players must wear a facemask after exiting their car and until they are instructed to remove them by a coach.

Players will place their belongings on the sideline at least six feet from where their closest teammate has placed their belongings.

Coaches will wear facemasks at all times.

With the exception of coaches, team moms, executive board members, elected general board members and those with handicapped placards, there will no parking in the main lot.

Parents will be required to either watch practice from their vehicle or socially distance themselves along the upper fence while wearing a facemask.

Sled pads, half bags, full bags, balls used will be sanitized regularly during and at the conclusion of every practice.

Each football team will utilize a designated Port-O-Let. These will be locked, with a coach holding a key. These will be sanitized daily at the end of practice.

If one player on a football team tests positive for COVID-19 the entire team must self-quarantine for 14 days.

The football teams must not have any contact with one another while at practice, reporting directly to your designated area of the field.

There will be no high-fives, hugs or any celebratory contact between players or coaches and players.

Horseplay on the field prior to practice will not be permitted. Players can use that time for special teams or individual work under the supervision of a coach.

Hand sanitizer will be available at the field. Players are urged to bring their own sanitizer.