



Tucson Youth Football & Spirit Federation, Inc.  
1011 N. Craycroft Rd #470 Tucson, Arizona 85711  
(520) 322-9779



## 2020 TYFSF FOOTBALL & CHEER RETURN TO PLAY PROTOCOL

1. **Temperature Check:** Athlete with the assistance of their parents are required to take their temperature before leaving the house and they should stay at home with any reading of 100.4 Fahrenheit or higher. Each association will assign a designated certified volunteer to take the (cheerleaders/football players) temperature before practice and before games with non-contact forehead thermometer before they enter the field/facility. Any reading of 100.4 or higher would result in that player or cheerleaders being retested after 10 minutes if the temperature is still high the child would not be allowed to participate for that day. **If there are any symptoms of sickness at all other than fever stay home, and a doctor's note would be required for the student athlete to return.**
2. **Association screening** for players, coaches, and volunteers, players should wear face covering during downtime, but not during physical activity
3. **Cleaning/Disinfecting:** Players and families are responsible for cleaning and disinfecting their helmet and shoulders pads after every practice and game. Uniforms must be washed or rinsed off after every game and practice.
4. **Equipment:** No player or cheerleader can share equipment and uniforms.
5. **Water Bottles:** Cheerleaders, football player and coaches will bring their own water bottles to all team activities to help to reduce transmission risk. Players and coaches are responsible for taking their water bottles home each night for cleaning and sanitation. We will not have players as water boys this season. Parents will be asked to supervise water breaks during time outs.
6. **We are recommending no Handshakes before and after games:** Obviously with social distancing practices, players, cheerleaders, and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, etc. Teams will line up on their sideline and yell good game. This would change if the CDC, State and Local government changes the protocol.
7. **Coaches only coin toss with officials before game**
8. **Lip guard mouthpiece:** All players must wear a lip guard mouthpiece in practice and games. The majority agreed with this.
9. **Half time snacks:** Players and parents must provide individual pregame snacks, half time snacks and after game snacks, these can be prepackaged.
10. **Acknowledgement/Waiver/Release:** Sadler Waiver/release agreement COVID-19 must be signed and on file at every game and practice in addition to the other game day and participation forms must be signed and on file.
11. **Signs and tape should be posted to assist with imposing social distancing requirements**
12. **Teams:** Larger teams should be divided into smaller groups during drills and practices and practices should be staggered
13. **Transportation:** We are recommending that players and cheerleaders ride with family members or designated carpool members to every practice and games.
14. **Hand sanitizer and the washing of hands:** must be enforced when participants use the rest rooms. Each team must have hand sanitizer at their practice. Each team is required to have hand sanitizer station during practice and game



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**Screening Question:** These questions should be asked by individual teams prior to practice and games

- 1. In the last 14 days have you traveled outside your normal, daily routine? (Yes or No)**
- 2. Do you have new or worsening onset of any of the following symptoms: fever, cough, shortness of breath, runny nose, sore throat, chills, body aches, fatigue, headache, loss of taste/smell, eye drainage, congestion? (Yes or No)**
- 3. Have you been exposed to someone being tested for COVID-19 (Yes or No)?**
- 4. Are any members of your household been in close contact on quarantine for exposure to COVID-19? (Yes or No)**

