



CLIFTON SPRINGS YMCA

**FLAG
FOOTBALL
PLAN**

**Sept. 1
-
Oct. 8, 2020**



ARE YOU READY FOR SMALL FOOTBALL...? WE ARE TOO!!!

Welcome to the 2020 Flag Football Season. This year's main goal is to bridge the gap for kids that are unable to play tackle football due to the current COVID regulations. With the support of Midlakes varsity football coaching staff and the Midlakes Junior Eagles Football program, the YMCA will host a skills and drills Flag Football Program.

The Clifton Springs YMCA's priority is to provide flag football skills and drills in a safe and effective manner. This plan prioritizes the health and well-being of all players, parents, volunteers and coaches, taking into account CDC guidelines and recommendations of state and local government authorities.

How can we play football with the current COVID-19 regulations?

We will use every possible precautionary measure to keep players, parents, volunteers and coaches safe.

Coaches and volunteers will be required to wear a mask at all times!

Players will be required to go through a COVID-19 screening process. Players will be required to wear gloves and a mouthpiece. Due to state guidelines we ask that players bring a water bottle and cleats. Players are not to share due to COVID regs.

Once players, volunteers, and coaches have checked in and passed through the COVID check-in, parents and/or guardians are asked to leave the premises in order for the program to exist. We will stagger the times to help move the flow of traffic.

CONDITIONS FOR PLAY

EXTERNAL FACTORS

- New York State permits youth sports—with restrictions.
- Local health departments give clearance to open facilities
- Mitigation efforts in local communities continue to result in declining cases, hospitalizations.

INTERNAL FACTORS

- Coaches and volunteers are trained and prepared to operate under new operating guidelines.
- Cleaning and sanitizing operating procedures are in place in adequate supplies are available to properly execute
- Adequate PPE supplies are available for both players, volunteers and coaches.

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Waiver



WHAT A PLAYER AND THEIR FAMILY CAN DO TO MINIMIZE THE TRANSMISSION OF COVID-19

- If you are sick, stay at home. If you have a temperature, stay home. If someone in your house is sick, stay home. If you have allergies and cannot control sneezing, stay home.
- Pre-plan your preparation routine to avoid lingering/socializing prior to practice to reduced occupancy/distancing. Make sure your flags and belt are disinfected and in working condition prior to the start of practice.
- Limit the items you touch after check in. Only touch the items we will use during practice.
- **1 parent and player must wear a mask at registration (check point #1). Player will then proceed to check point #2 to go through a further COVID screening and prep for practice.**
- Volunteers and coaches will wipe down each piece of equipment we use before and after practice.
- Wash your hands with soap and water before and after you leave the field. If not possible, use hand sanitizer when you enter and before you leave the field.
- Remember physical distancing requirements whenever possible.
- It is highly recommended for Parents, Guardians, Players, Volunteers and Coaches to use appropriate physical distancing when ever possible.

PLAYER PROMISE

I will behave in a responsible way that respects the rights, safety and dignity of all players, volunteers and coaches.

As such I agree to:

- Be respectful, responsible, honest and caring to all players, volunteers, and coaches.
- Not come to practice if I have a fever or symptoms of illness
- Create a safe and caring environment by abiding by physical distancing requirements
- Use a face covering or cover my face or nose as appropriate.
- Follow hand sanitizing and handwashing protocol.
- Clean all equipment before and after use
- Use only the items that I am required to bring to practice. I will not share due to the COVID regulations.
- Limit my time to no more than 70 minutes at each practice. Arrive no more than 5 minutes before my start time. I will be pickup no more than 5 minutes after my practice is completed.

This plan is designed to be flexible so that we can adapt and refine our response plans as needed. We will coordinate with Ontario County Health Department and other officials so timely and accurate information can guide our appropriate levels of play. We will also pay close attention to local and regional cases, outbreaks and changes as they occur.

Levels

The primary objective of our Flag program is to learn the game and have fun. We want every player to have an enjoyable experience. To that end we will work very hard to make sure that the fundamentals are being taught and that all participants have the opportunity to learn, have fun and have a positive experience. It is an opportunity for each child to make new friends and to experience the pride of being part of a team. It is also an opportunity for players to better understand the game of football.

Groups/levels

This will be the grade you are entering for the 2020-2021 school year. Each practice will build off of the previous practice. Practices will progress throughout the season. Pending levels, practices will have roughly 50% skills and drills with 50% of structured 6 on 6. The percentage of practice/6 on 6 will depend on the growth of each group throughout the program. Pending team size, some groups may go 7 on 7.



1st - 2nd grade (MONDAY & WEDNESDAY 6:15PM-7:15PM)

Players will have the opportunity to play EVERY POSITION
Coaches will QB's during practice.

3rd - 4th grade (TUESDAY & THURSDAY 6:15PM-7:15PM)

Players will have the opportunity to play EVERY POSITION
Coaches will QB's during practice.

5th - 6th grade (MONDAY & WEDNESDAY 6PM-7:30PM)

Players will have the opportunity to play EVERY POSITION
Coaches/Players will QB as season progresses

7th - 8th grade (TUESDAY & THURSDAY 6PM-7:30PM)

Players will have the opportunity to play EVERY POSITION

Restrooms

Due to COVID guidelines bathroom facilities will not be available. Practices are for one hour, so please do your best to go before you come to practice.

Spectators

Due to COVID guidance, once players are registered, all parents are asked to leave the area in order to maintain a safe environment for players, volunteers and coaches.

Do not enter the event if you, or anyone you live with, are exhibiting any signs of illness including sneezing, coughing, sniffles, fever, or generally don't feel well.

Only players, volunteers and coaches are permitted to be on the field.

Players

CALLING ALL KIDS!!!

GROUPS

1st-2nd grade, 3rd-4th grade, 5th-6th grade, 7th-8th grade.

Protocol

At check-in, the athletes temperature will be taken before they are able to participate that day.

Every time a player, volunteer, or coach gets to the field they must sanitize their hands at designated hand sanitizing stations.

Groups will be escorted on/off the fields before and after games. Groups should refrain from congregating around the field prior to their games.

Coaches and volunteers will not be allowed to shake hands or have any physical contact with each other. Players and coaches are asked to refrain from high fives or any other physical gestures of celebration.

Groups are discouraged to congregate around the fields or in public areas when not participating.



Fundamentals

Every player will have the experience throughout the season to play every position regardless of physical size or ability. Every player will be coached on the basic fundamentals of football through a progression of each skill.

1. Proper stretching
2. Form running
3. Ball handling-handing off, receiving a handoff, pitching
4. Throwing
5. Catching
6. Stance
7. Centering ball - Short and shot gun
8. Pass Patterns
9. Blocking-run/pass
10. Rules of the game

Rules

A Code of Conduct and Hold Harmless Agreement must be completed before participant is eligible to participate.

The volunteers and coaches are expected to set positive examples for the players in all aspects of the game and particularly in sportsmanship.

Each participant shall consider himself/herself personally responsible, not only for his/her own conduct, but for the conduct of all others participating in the flag football program.

There shall be no profanity at any time in the presence of players, volunteer, or coaches.

All criticism shall be constructive, and given in private for the benefit of each player.



Equipment

You are to use the provided hand sanitizer and disinfectant wipes to be used before, during and after practice, and whenever appropriate, such as if/when coming into contact with the ball or any other players, coaches or shared equipment.

Players must refrain from sharing equipment in general.

Coaches are required to wear face masks at all times. **Players are not required to wear mask during playing time. Players must wear a facemask to check point #1 .**

Players should be discouraged from removing and re-inserting mouth guards while on the field. If a mouth guard falls out, players should be instructed not to re-insert it until it can be sanitized with clean hands.

All players should bring a personal water bottle with their name on it to use during practice. Due to COVID water will not be available. There will be no communal coolers or water at the fields. Players will be encouraged to bring their own water. Water will NOT BE AVAILABLE.

Coaches will be given antibacterial wipes, to disinfect the football in play 3-5 times per game.

Gloves - Players must provide their own gloves. They will be unable to participate without them. Football receiving gloves would be the first choice. Proper PPE medical gloves are also appropriate. Players are required to properly disinfect their glove for each practice.

Layout

The field will be 50 x 40 yards.

Games will not be played due to COVID regulations. Multiple stations with specific skills and drills will make up a majority of the practice.

Check Points: #1 check point is the registration table. (MASK REQUIRED)
#2 check point is COVID screening and practice prep.

Restricted 6 on 6 will be implemented at coaches discretion.



EXPANDED PLAN COMPONENTS

PREPARE VOLUNTEERS/COACHES AND PREVENT/REDUCE SPREAD OF INFECTION

Monitor players, volunteers, and coaches to reduce transmission, including:

- Watching for symptoms of COVID-19 infection
- Sending those home who experience these conditions and encourage testing.
- Providing guidance to participants regarding when to seek medical attention.
- Actively encouraging participants to stay home if they have symptoms.
- Anyone sick should follow CDC-recommended steps. Participants should not return to flag until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments.
- Participants who are well, but who have a sick family member at home with COVID-19 should notify officials at check point #1.
- If a participant is confirmed to have COVID-19 infection, the YMCA will inform fellow participants of their possible exposure but maintain confidentiality. The Y will instruct fellow participants about how to proceed based on CDC Public Health Recommendations.

WE WILL ESTABLISH VOLUNTEER AND COACHES TRAINING ABOUT HOW THEY CAN REDUCE THE SPREAD OF COVID-19:

- Follow the policies and procedures related to illness, cleaning and disinfecting.
- Stay home if sick, except to get medical care.
- Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Cover mouth and nose with a tissue when they cough or sneeze or use the inside of elbow. Throw used tissues in the trash and immediately wash hands with soap and water for at least 20 seconds.
- Learn more about coughing and sneezing etiquette on the CDC website.
- Clean and disinfect frequently touched objects and surfaces.
- Dirty surfaces can be cleaned with soap and water prior to disinfection.
- Practice physical distancing



CLEANING/SAFETY PRODUCTS



SAFETY MASKS

Coaches & Volunteers can wear approved mask of their own.



HOLLERHORN
DISTILLING

ON HAND LOTIONS
NATURAL BODY CARE
HANDCRAFTED IN UPSTATE NEW YORK

Alcohol Antiseptic 80%

Hand Sanitizer
Non-sterile solution

Made under emergency measures.
Not for consumption (non-potable alcohol)

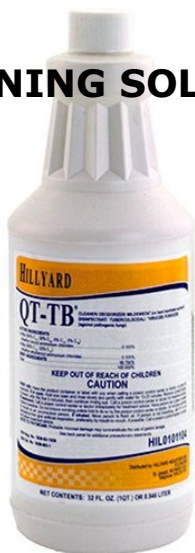
2 fl oz • 59 ml

Drug Facts

Active Ingredients	Purpose
Ethanol 80%.....	Antibacterial
Uses	
For handwashing to decrease bacteria on skin.	
Warnings	
Flammable. Keep away from flame and heat. For external use only.	
When using this product	
Do not use in eyes. In case of contact with eyes, rinse with water.	
Stop use and ask a doctor if	
irritation and redness develop and persist.	
Keep out of reach of children.	
If swallowed, get medical help promptly.	
Directions	
Apply a palmful of product and cover all surfaces of the hands. Rub hands until dry.	
Other Information	
Store under 105°F	
Inactive Ingredients	
purified water USP, glycerol, hydrogen peroxide	
WHO-recommended formulation manufactured under emergency measures by On Hand Lotions LLC, 8629 State Rt. 21, Naples, NY 14512 NDC 74993-001-01 and Hollerhorn Distilling DSP-NY-21157	

BATCH _____/_____

CLEANING SOLUTION



Noirsennitril BlackNitrile

Powder-Free
Examination Gloves





CLIFTON SPRINGS YMCA CODE ON CONDUCT, WAIVER, RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

The Clifton Springs YMCA's Waiver and Hold Harmless Agreement (below) was reviewed by our liability insurance carrier and determined it would protect the YMCA in the event a member alleges they contracted the virus COVID-19. The YMCA was advised a supplemental waiver specific to COVID-19 was not needed to be signed by members prior to using YMCA facilities.

In consideration of participation with the Clifton Springs YMCA Flag Football Program, I agree to release, indemnify and hold harmless the YMCA, and its officers, employees and coaches, with respect to any and all accidents, injuries, losses or damages to person or property that results from my/my child's participation in YMCA programs or facilities, whether arising from negligence of the YMCA or otherwise, to the fullest extent permitted by law. I do further agree on behalf of myself, and my heirs, executors and administrators, to waive, release and forever discharge any and all rights and claims for damages which may have accrued, or which may hereafter accrue, to me/my child arising out of or connected with participation in the YMCA Flag Football Program, use of the YMCA facilities in property, or use of equipment within the YMCA facilities and property.

I understand that even when every reasonable precaution is taken, accidents can sometimes occur. I further understand that the activities of the YMCA have inherent risk of injury and I hereby assume all such risk and hazards incidental to my or my family's participation in the programs, use facilities, or use of equipment with in the facilities.

Participant #1 Name (print)

Participant #2 Name (print)

Parent/Guardian Name (print)

Parent/Guardian Name (signature)

Date