



# COVID-19 Flag Football Guidelines

The intention of JC Parks is to provide the information and guidance necessary to assure and protect the health and safety of everyone involved and mitigate the possible spread of the Corona virus while maintaining the integrity of the game of flag football. We will comply with national, state, and local guidelines, including the [Sports Recommended Guidance](#) from the Cole County Health Department.

The following guidelines shall be followed by teams, coaches, players, parents, and fans when participating in flag football practices and games at JC Parks complexes and fields. The cooperation of everyone involved will prove critical in helping to ensure compliance.

## **All teams, coaches, players, parents, and fans SHOULD:**

- Maintain a minimum of 6 feet social distancing when conducting all activities (e.g., warming up, watching the game, speaking with officials, using restrooms, walking through venue).
- We strongly recommend all individual equipment be spaced out at least 6 feet apart along the team sidelines. Teams must clean up their trash and wipe down all hard surfaces in between each use. Between games, please keep teams separate, minimize traffic in and out of areas, and allow extra time for this transition.
- Keep close gatherings (e.g., team huddles, in-game coach-umpire conferences) brief (1 minute or less) and at least 6 feet apart.
- Eliminate all close contact (e.g., handshakes, high fives, fist bumps, hugs).
- Not conduct “good game” handshakes with opponents after games. Instead, in the interest of good sportsmanship, each team should wave to the opponents and officials from across the field.
- Bring their own sanitizer, disinfectant wipes, etc. and use it frequently.
- Not attend practices or games if they are ill, displaying signs of illness, deemed high-risk, or the most vulnerable (e.g., senior citizens and others with known medical conditions). Temperature checks at home each day are encouraged.
- Wear Personal Protective Equipment (e.g., a face mask) if they choose.
- Avoid contact with your T-zone (eyes, nose, and mouth). For example, do not spit, chew gum, and chew/spit sunflower seeds.
- Not share food and drinks (e.g., team water jugs). Instead, use individual water bottles or jugs that are clearly marked with their names.
- Handle any player injuries as normal. Coaches should involve parents when necessary.

## **All Officials will also:**

- Sanitize or wipe down all game footballs as often as they deem necessary.
- Conduct brief (2 minutes or less) pre-game meetings, but with only the two head coaches to review league/division rules, if necessary.
- Maintain a reasonable distance between themselves and others.

**JC Parks will also:**

- Strongly recommend as all fans remain 6 feet apart unless they are immediate family members. Attendees should bring personal lawn chairs and spread out.
- Provide sanitizer, if supplies allow. We strongly encourage teams to bring their own sanitizer as well.
- Provide full concessions at all complexes/fields with proper barriers in place and follow all Restaurant Recommended Guidance from the Cole County Health Department.
- Regularly clean all restrooms, concessions, and common areas.
- Keep all entrances/exits as open as possible to enhance traffic flow.
- Ensure sufficient communication to everyone involved regarding safe practices for all attendees.

These guidelines may be modified at any time. This is not an all-inclusive list, rather a number of measures that can be taken to minimize the potential spread of the virus. These measures can be easily implemented and highly effective. They should lead to a safe, healthy, and enjoyable environment where the kids and adults in our community can play, have fun, and enjoy the game.

Thank you for your cooperation, patience, and understanding.