



Gwinnett Football League

PHASE ONE - RETURN TO CONDITIONING

Recommendations & Requirements for Coaches/Athletes/Parents:

- COACHES/ATHLETES WHO FEEL SICK SHOULD STAY HOME
 - Contact and follow the advice of your medical provider
- Coaches MUST educate parents on what is expected of athletes during phase 1
- Workouts are conditioning only, no balls or sports equipment
- No team huddles where team is in close proximity or touching each other
- No competitions or interactions between other teams
- No parents or visitors allowed during workouts
- Frequent breaks for athletes should be given until conditioning levels
- There should be no communal or shared water bottles
 - All athletes/coaches will be required to bring their own separate water bottle for workouts
- There should be no shared athletic towels, clothing or shoes between athletes
- Coaches MUST recommend to parents/athletes that all personal items are labeled to avoid touching of other people's things and coaches need to encourage athletes to spread out their belongings during workouts
- No team snacks or drinks after workouts
- There should be no chewing of seeds, gum or spitting on the field
- Refrain from touching your face
- There must be a minimum distance of 6 feet between each individual at all times
- Coaches and athletes will be educated on proper handwashing techniques
 - See "Handwashing and Hand Sanitizer" document below
- Recommendations will be made for athletes to wash all workout items used that day (clothing, equipment, water bottles, etc.) at home.
 - See attached "Cleaning Flyer for Parents"



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Screening:

- All coaches and athletes will be temperature screened prior to start of conditioning
 - All temperature screening must be done with a no contact thermometer such as an Infrared Thermometer by Medsource
- All coaches and athletes (with help of parents) will answer the Covid-19 Screening Questionnaire prior to start of conditioning
- It is recommended that parent/guardian dropping of athlete to practice wear a mask upon arriving to temperature screen and questionnaire station
- Athlete/parent or coach will be told they have screened out and informed they cannot remain
- Athlete will sit in a designated isolated area until transportation arrives or instructed to go home by way of parent/guardian
- Athlete/Coach will only be allowed to return: With a note clearing them to participate from a physician
- Any individual with a physician's note to participate, even if screens "Positive" from the questionnaire must be recorded on the appropriate "Positive Screening Log" and returned into your association EACH day

"Screened out"

- Screened out means that temperature taken is over 100.4 degrees F without a physician's note to participate in conditioning stating they are clear of Covid-19
- Screened out also means that the coach/athlete answered YES to any of the Covid-19 Questionnaire questions without a physician's note to participate in condition stating they are clear of Covid-19. These athletes still need to be recorded on "Positive Screening Log"



Handwashing and Hand Sanitizer Instructions

Soap and Water

- **Wet** your hands with clean running water (warm or cold), turn off the tap, and apply soap
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice
- **Rinse** your hands under clean, running water
- **Dry** your hands using a clean towel or air dry them

Alcohol-based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains **at least 60% alcohol**. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities

- **Put** enough sanitizer on your hands to cover all surfaces
- **Rub** your hands together until they feel dry (this should take around 20 seconds)

Do NOT rinse or wipe off the hand sanitizer before it's dry; it may not work well against germs



MASKS

MASK OPTIONS

- There is no need to require or recommend “medical grade” masks for athletic activity.
 - HOWEVER, surgical masks must be discarded after each use. N95 masks can be stored in a paper bag when not being worn and should only be discarded when soiled, moist or damaged.
- Cloth masks are acceptable including the use of a bandana, scarf etc.
- The mask must be secured to the individual such as tied or attached by elastic
- Cloth material that is held over the nose/mouth by a hand is not permitted.

MISC. MASK RECOMMENDATIONS

- Any student who prefers to wear a cloth face covering during a contest should be allowed to do so.
- In the absence of guidelines to the contrary, we recommend that cloth face coverings be worn by students during Phases 1 and 2 as outlined below. Exceptions are swimming, distance running or other high intensity aerobic activity.
- Cloth face coverings may continue to be used during Phase 3 when not engaging in vigorous activity, such as sitting on the bench during contests, in the locker room and in the athletic training room.
- Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
- Coaches, officials and other contest personnel may wear cloth face coverings at all times during Phases 1 through 3. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)



POSITIVE SCREENING LOG

Name	Reason for positive screen (record temp if above 100.4)	Physicians note?	Notes
<i>EXAMPLE: John Doe</i>	<i>Said "YES" for Fever in last week</i>	<i>YES - Note from PCP for Strep Throat diagnosis on 06/02/2020. Note states that patient is COVID-19 free.</i>	<i>Finished anti-biotics on 06/09/2020</i>
<i>EXAMPLE: Jane Doe</i>	<i>Temp. read 101 degrees F</i>	<i>No note from PCP</i>	<i>Patient states they are getting over an ear infection. Athlete was instructed to go home for the day until they can provide a physician's note.</i>



GWINNETT FOOTBALL LEAGUE & NORTHSIDE HOSPITAL DULUTH QUESTIONNAIRE

Coaches/Athletes/GFL Employees/Spectators should answer the questions below before being allowed to work out or enter the athletic field(s). If the answer is yes to any of the questions below, the athlete should not participate in any workout until athlete presents with a physician's note:

- **Do you or have you had a fever in the last week?**
- **Have you been diagnosed with COVID-19?**
- **Have you been in contact with anyone diagnosed with COVID-19?**
- **Have traveled to a "hot spot" for COVID-19?**



REFERENCES

1. Center for Disease Control – CDC – Hand Hygiene in Healthcare Settings
<https://www.cdc.gov/handhygiene/>
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html>
2. National Federation of State High School Associations (NFHS), Sports Medicine Advisory Committee (SMAC). “GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES” (2020)
3. Newtown Recreation. “COVID-19 Policies for Youth Activities for Newtown Park – Procedures and Requirements for safe return to play at Newton Recreation (June 2020).
4. NHSSCA Georgia, GHSA Sport Medicine Advisory Committee “Covid-19 Return to Activity Recommendations” (2020) pages
5. Northside Hospital System “COVID-19 Employee Screening Competency Checklist & Screening Tools” PowerPoint (April 3, 2020).
6. Northside Hospital System “COVID-19 EVS Education Information” PowerPoint (April 28, 2020)
7. Northside Hospital System “Physician Office Cleaning (April 3, 2020)
8. Northside Hospital System “Process for Screening all Patients/Visitors Outpatient Radiology” (April 29, 2020)
9. The Den, National Athletic Trainers Association “Athletic Training and Athletic Healthcare Services: Infection Prevention and Control Guidelines” (2020)
10. Zachazewski, Jim, ATC, PT, DPT and Michael Belanger, ATC, PT. Brigham and Women’s Hospital Department of Orthopedic Surgery Sports Medicine Service, Boston, MA. The Den, National Athletic Trainers Association “Athletic Health Care Infection Control Policy Considerations” (2020)
11. Zachazewski, Jim, ATC, PT, DPT and Michael Belanger, ATC, PT. Brigham and Women’s Hospital Department of Orthopedic Surgery Sports Medicine Service, Boston, MA. The Den, National Athletic Trainers Association “Infection Control in Interscholastic Athletic Training Rooms Post COVID-19”