***Objective:*** *To allow safe return to football and cheer activities in accordance to CDC, MHSAA, Federal and local government rules and regulations. This will represent phase 1 of the return to play.*

***Essential Items:*** *These items must be on-hand every session.*

* *Wash/Sanitization Stations*
* *Hand Sanitizer*
* *Disinfectant*
* *Masks*
* *Gloves (various sizes)*
* *Non-Thermometer*

***Social Distancing:*** *In order to safely return to play, the MHSAA has outlined groups of people that are broken into 3 groups of importance to the return to play. Only Tier 1 & 2 currently allowed to attend sporting events.*

* *Tier 1: Athletes, coaches, officials, event staff, medical staff security*
* *Tier 2: Media (limited to 2 people)*
* *Tier 3: Spectators, vendors*

***Limitations:***

* *100 people currently limited in outdoor setting with proper distancing requirements.*
  + *If you cannot safely distance with 100 people, then the amount of people must be reduced until proper distancing can be met.*
* *Each session must be conducted in PODS*
* *Each POD will consist of no more than 10 participants*
  + *Must remain the same group of 10. Cannot mix with another participant or coach.*
  + *Limit 2 coaches for each POD*
  + *This will limit exposure in case of infection and allow for ease of contact tracing.*
* *No team drills during phase 1.* 
  + *No passes or handoffs*
  + *No sharing of balls*
  + *No man-on-man blocking/tackling/coverage*

***Participant Requirements:***

* *Each player and coach must register to be assigned to a POD.*
* *Each registration will require written documentation of a negative Covid-19 test taken no more than 14 days prior to the start of initial camps/practices.*
* *Signed waiver by each coach, parent/guardian acknowledging the risks of return to play with Covid-19.*
* ***ABSOLUTELY NO CONTACT*** *allowed between participants.*

***Pre-Workout Procedure:***

* *All participants/coached are required to answer survey questions prior to coming to the field that day. All questions must be answered truthfully to avoid possible infection.*
* *All coached are expected to arrive at least 45 minutes before scheduled session. All players at least 30 minutes prior.*
* *Absolutely* ***NO PARENTS*** *will be allowed onto the field of practice/play*
* *Upon arrival each participant must wear no less than a cloth face mask properly covering the nose and mouth.*
* *A station for check-in where an acknowledged receipt of survey questions and a temperature check will be done.*
  + *Any person experiencing symptoms related to Covid-19 will not be permitted to participate in activities and should contact their primary care physician.*
* *All survey questions and temperature checks will be recorded and documented.*
* *All participants will be required to wear gloves (football or disposable).*
* *All participants will be required to bring own reusable water bottle. No plastic bottles as this creates health risk for disposal. There will be* ***NO SHARING*** *of water.* ***NO EXCEPTIONS!!!***
* *Upon entering the field, hand sanitization is required.*

***Positive Case Detection:***

* *If any participant tests positive for Covid-19, they are required to quarantine for the period of 14 days.*
* *Participant may only return to team activities after the conclusion of the required quarantine period, official test results of 2 negative tests within the span of 5 days, and a physician approval.*
* *Contact tracing will be conducted for any participant that tests positive.* 
  + *The participants POD and coaches, at minimum, will be required to self-quarantine for the period of 10 days without experiencing symptoms related to Covid-19.*
* *All equipment possibly used by infected participants will immediately be isolated and thoroughly cleaned and sanitized.*

***Field of Play:***

* *The field of play and practice areas will have designated sections marked/labeled for each activity, drill, or age group.*
* *Entrance and exit of the field of play will be marked and one-way only.*
* *Anything designated to the area (i.e. equipment, PPE, etc.) must always stay in that designated area.*
* *Each area is to be properly distanced according to current guidelines to keep separation of each POD.*
* *Each area will be required to have proper PPE along with a waste basket. Coaches are required to keep each area they go to cleaned and sanitized before, during, and after use.*
* *Designated areas of play, at no time may be altered, unless approved and conducted by the Field Marshall (Cory McDonald).*

***Equipment:***

* *All hands should be cleaned and sanitized before using any equipment.*
* *A set schedule will be in place to thoroughly clean all equipment used.*
* *There will be* ***NO SHARING*** *of any personal equipment (i.e. towels, gloves, shoes, etc.).*
* *All equipment, including balls will be cleaned after each use and before the next workout or rotation.*
* *Individual drills using equipment allowed but will be cleaned before use by the next coach or participant.*

***Medical Staff:***

* *A medical staff will be established, that will handle all injuries and emergencies.*
* *This medical staff will include but not limited to:*
  + *Parent volunteers with first responder/medical knowledge.*
  + *Coach on staff with a valid CPR certification.*
* *No coach or parent not considered medical staff, will not be permitted to assist in the evaluation or treatment of any injuries or emergencies that occur with any player or cheerleader.*