

Youth Flag Football Return to Play

This guidance was formed from various recommendations from Centers for Disease Control & Prevention and Iowa Department of Public Health as a resource for mitigation efforts to help ensure player, spectator and staff safety during voluntary summer sports activities.

Player & Team Safety:

1. No one should attend or participate in league play if they currently have symptoms or have been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days.
2. Parents/Guardians should monitor their children's health by checking temperatures and watching for any symptoms of COVID-19 prior to bringing them to practices or games.
3. Players are highly encouraged to not touch their mouth guard once it has been placed in their mouth and to sanitize their hands after it has been touched.
4. Play is limited to 5 on 5 per game or scrimmage. No more than 10 participants should be on the field at a time. Participants not on the field should social distance on the sidelines.
5. Players must bring their own water bottles.
6. No handshakes, hugs, high fives, fist or elbow bumps, or any other deliberate contact.
7. No spitting. Spitting will result in automatic removal from the field.
8. Frequency of cleaning at the facility has been increased however there is no guarantee that surfaces are sanitized. This includes benches, bleachers, picnic tables and playground equipment.
9. Players must provide their own hand sanitizer and antibacterial wipes for disinfecting hands and equipment regularly during practices and games.
10. Players and spectators are asked to maintain social distancing in the facility parking lot before and after games. We encourage teams to play their games and exit the facility.
11. All players and spectators should accept personal responsibility for public health guidelines
12. Masks, when not on the field, are strongly recommended.

Coaches and Referees

1. Wearing masks is strongly recommended.
2. There will be no coin toss. The home team will begin with the ball possession and the away team will begin with ball possession after half time. Home team will be wear light jersey.
3. Each team will have a designated game ball that they will sanitize in between possessions (wiping them down). The City will provide wipes for game days.
4. Teams must be on opposite sides of the fields.
5. All shared equipment should be wiped down in between users. Whistles should not be shared.
6. All program volunteers should use hand sanitizer before and after handling equipment or wash their hands.

****Disclaimer – these safety measures may be subject to change**