

2020 Return to play for the Fall Season

KVL/Sunflower Families

As we plan to start the fall football season, we would like to start off by saying thank you for choosing KVL/Sunflower Football Conference & Cheerleading. While things may look different this year, KVL/Sunflower is committed to making everyone's experience as safe as possible. With tackle football, flag and cheerleading practices beginning to start. Below is KVL/Sunflower current return to play guidelines for the 2020 fall season. Please read these guidelines carefully. Begin a plan to adhere to them throughout the entirety of the season. These guidelines will be adjusted as necessary, and any changes will be promptly communicated to every participant and coach. This is a lot of information and is very new to the way practice, games and team activities will occur this year. KVL/Sunflower recommends that each team appoint a Safety Representative to help lead the group in adhering to these Return to Play guidelines. KVL/Sunflower will allow one extra registered coach this year to help with adherence to help with the guidelines. This will allow the representative to obtain a sideline pass and to have access to the practice and game fields during this season.

Return To Play Overview: Pre-Activity Self Screening: We will continue to emphasize the following factors in recommending who should and should not be attending games and/or practices. Please consider each of these factors in determining whether you plan to attend a practice or game.

1. **Temperature Check-** In a controlled temperature environment, take the temperature of everyone who will be attending a practice or game. If a temperature is measured at MORE than 100.3 degrees, do not attend the scheduled event. Player, coaches, and spectators must be fever-free, without medication, for at least 48 hours before returning to practices or games.
2. **Symptoms Check-** Players, coaches, and spectators experiencing a cough, shortness of breath, sore throat, congestion, headache, chills, nausea/vomiting, loss of sense of smell and taste, diarrhea and/or muscle/joint pain MAY NOT attend the scheduled activity.
3. **Are you considered a vulnerable individual?** As defined by the CDC vulnerable individuals include people ages 65 and older, those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring similar therapy, and anyone else with serious health conditions, including but not limited to high blood pressure, chronic lung disease, diabetes, obesity, and asthma.
4. **Have you or anyone in your household been to, or had contact with someone who has visited any of the restricted travel advisory locations listed on the CDC website within the past 14 days?**
5. **Has the person attending the activity had close contact with anyone in the past 14 days who has been diagnosed with COVID-19?** (Note, this is not intended to apply to individuals whose normal duties in the course of their employment may involve such contacts while using proper Personal Protective Equipment (PPE) and taking other appropriate precautions, e.g., health care professionals, dental hygienists, hospital support staff)

Return to Play- 2020 Fall Season Practice Format: Practice

Practice will look different than in years past. Using these best practices to mitigate exposure is a valuable step. Parents- After completing Pre-Activity Self Screening, parents can bring their child to practice. To reduce gathering sizes, it is suggested that, after dropping off your child and confirming that practice has started, parents and siblings leave and return to pick up your child at the conclusion of practice. Parents and siblings who choose to stay for practices should practice social distancing, and siblings should stay with parents at all times during said practices. Practice Gear and Equipment- We recommend washing practice gear and disinfecting your athlete's equipment following each practice. Disinfectant spray works very well with equipment and is relatively inexpensive. Hygiene- We recommend washing hands or using hand sanitizer frequently, including during breaks in practice when possible, as well as regularly bathing following any type of training/games throughout the season. Grouping for Practice- Maintain static small groups when possible. All non-essential personnel should NOT be on the practice field. Each player and coach will need their own water bottle, towel and any other personal items. There should be no sharing of water bottles or towels. Spectator Format (Game Day): Masks will be required by all individuals at all KVL/Sunflower game locations WHEN social distancing cannot be maintained, including sidelines, bathrooms, and near concession areas. Seating- Bleachers will be closed for the fall football session. Please be prepared to bring your own chair and set up your location 6 feet away from others who are not part of your immediate family or household. The entire length of the sideline (and on certain fields, the areas behind the end zones), will be available for seating.. Restrooms- Restrooms will be cleaned and sanitized regularly. Please wash your hands after using these facilities. Port-o-Pottys will be cleaned and sanitized regularly throughout the day. Concessions- Our concession team will follow the recommendations from the State of Kansas when preparing food and beverages. All concession staff will be wearing masks and gloves and will be designated as either food preparation or transaction attendant may be limited menus during the fall season. While standing in line to place your order, each person will be required to stand 6 feet apart. These spots will be designated on the ground. Only the main concession stand will be open. Courtesy Cart- While KVL/Sunflower will have emergency transportation available, our courtesy cart service will be unavailable

Return To Play- 2020 Fall Season Pre and Post Game

- All spectators are required to leave the facility immediately following the game to allow time for the next game's spectators to find a spot. Spectators waiting for the next game are not allowed to find their spot and sit until the spectators from the previous game have exited. Cheerleading Guidelines: On Field-Squads should align individual placement such that each cheerleader is 6 feet from the person to the left, right, front, and/or back to adhere to social distancing recommendations. Stunts- Before preparing to execute a stunt formation, cheerleaders need to use hand sanitizer. Pregame Banner Run-throughs will not be allowed this fall. Halftime performance can go on as planned, provided that cheerleaders need to use hand sanitizer if the performance involves stunting. Game Format- Players, Coaches and Officials: Pre-Game Meetings- One designated coach from each team and one official will meet before each game but will stay 6 feet apart. No player captains will attend. Football- Pre game. KVL/Sunflower current rules, the game ball is supplied by the offensive team for each series. The ball should be cleaned regularly throughout the game. All coaches should have disinfectant towels and hand sanitizer available as part of their game day supplies. Huddle- Encourage huddles to be spaced out horizontal in rows (rather than circles) to provide distance between players. Sanitary Precautions- Each player, coach and parent should be prepared with their own anti-bacterial wipes and hand sanitizers to clean hands and sanitize equipment regularly throughout the game when a player is off the field. Player Benches- There will be no player benches on the sidelines to promote distance between players and coaches. Face Coverings are permissible and are required for all coaches and team game administrators if/when they are unable to maintain social distancing for more than a brief period. Coaches may wear either masks or plastic face shields. Water Bottles- Team water dispensers are not allowed. Each player and coach should have their own water bottle. Sharing water bottles is not allowed. Player Bags/Equipment Bag- All individual player bags and coach's equipment bags should be placed along the fence line and separated. Gloves- Permissible but should be cleaned and sanitized after each practice and/or competition. Pre and Post Game- Teams are not allowed to take the field for pre-game warm up until both teams from the previous game have completely left the playing field. There will be no post game hands shake.

Return To Play- 2020 Fall Season line

To continue the act of good sportsmanship, teams will line up on their sideline and wave to the opposing team shouting “good game.” Coaches will need to prepare their teams for this new format. Following each game, each team should clean their sideline completely and exit the field immediately. Completion of Game- All players, coaches and spectators are required to leave the complex once the competition is completed. Flag Specific Guidelines: Flags- Each player is required to wear their own set of flags. (Even suggested by KVL/Sunflower in the past) for the head coach to be responsible to collect the flags after every practice and game. KVL/Sunflower suggests that this year each player is responsible for their flag set for the season.. Flag Pulling- Once a defensive player pulls the flag of the offensive player, they are to raise the flag in the air to notify the official that the play is dead, then drop the flag on the ground to have the offensive player pick it up. Mouthpieces for flag are required during the 2020 season. If a player does wear a mouthpiece, they are instructed to clean and sanitize after each use, never share it with anyone, and handle it as few times as possible with their hands. Tackle Specific Guidelines: Plastic Splash Guards- Approved plastic splash guards are permitted but must be NOSCAE and NFHS approved and be clear without presence of any tint. If it becomes damaged or does not function as designed at any time during a game or practice, the player should be sent out of the game or practice until the equipment is functioning properly (which may include removal of the splash guard, provided the helmet can still function properly). Mouthpiece- Mandatory for tackle football and need cleaning and sanitizing following each practice and/or competition, can never be shared and should be handled as few times possible with their hands. Volunteer Chain Crew are required to have masks on while performing their duties. There will be no refunds once games begin for all KVL/Sunflower players and cheerleaders.

Return To Play- 2020 Fall Season Reporting of Positive Tests for COVID-19

KDHE Guidelines: Individuals must self-isolate and be symptom free for 14 days if they are an immediate family member of or live in the same household as someone who has tested positive for COVID-19, or if they have had close contact (defined as contact under 6 feet for more than 15 minutes) with anyone who has tested positive for COVID-19 (not including individuals whose normal duties in the course of their employment may involve such contacts while using proper Personal Protective Equipment (PPE) and taking other appropriate precautions, e.g., health care professionals, dental hygienists, hospital support staff). Any player, coach, or spectator who tests positive for COVID-19 shall not return to practice or games for a minimum of 14 days or, if longer, until such time as they are free of symptoms. They may, however, return earlier with both a negative test and a completed return to play form from an approved health care provider. Any player, coach, or spectator who has been tested for COVID-19 and is awaiting the results of their test is strongly encouraged not to attend practices or games until a negative test result has been received. Parents are required to notify the head coach and league office if

their child has received a positive test for COVID-19. This information will not be released to the team unless done so by the parents of the child who has tested positive. Coaches are required to notify the league office if they have tested positive for COVID-19. This information cannot be released to the team without permission from said coach. How to Inform KVL/Sunflower of a positive test? If a player, coach or volunteer who has been in direct contact with the team that tests positive for COVID-19, please contact league office with details. In the event that a player or coach tests positive for COVID-19, some or all of the other players and coaches on that person's team could be required to self-isolate for the recommended 14-day period. Such situations will be evaluated on a case-by-case basis, and KVL/Sunflower will endeavor to follow the recommendations of local health officials in making any determinations