



The Mt. Lebanon Football Association (MLFA) Board of Directors has reviewed guidelines from numerous local and national organizations in an effort to determine the best way to reopen our league safely.

We have come up with a plan of action that consists of changes for the upcoming season. Our goal is to open youth football in July of 2020 in the safest way possible. We will follow the latest guidance from the CDC and modify this plan as needed, while adhering to available state and local COVID-19 guidelines to protect our players, coaches, referees and fans.

We acknowledge the personal nature of your decision to allow your child to return to sports and we want to provide you with as much information as possible so that you can make the best decision for your child.

The MLFA is striving to provide the safest environment possible for our children to return to play. As such, we have developed the following principles which we will encourage all participants to follow:

1. Be considerate of others.
2. Physical distancing is required at all times when not actively engaged in sport participation.
3. Refrain from bringing/sharing any food. Personal water or drink containers with names on them are very highly recommended.
4. Wash hands with soap or hand sanitizer regularly. The league will provide a supply of hand sanitizer with at least 60% alcohol, but we strongly encourage each player/family to also bring their own hand sanitizer with at least 60% alcohol.
5. Wearing a mask when not actively engaged in workouts and competition, which includes before and after every activity, walking to and from the field, while on the sidelines, etc. and any other time six feet of social distancing is not possible.
6. Feel sick? Stay at home.

From a parent's perspective, we are asking parents to:

- Ensure their child is maintaining good hygiene
- Check their child's temperature before games and practices
- Notify coaches if their child is not feeling well
- Ensure their child's equipment and uniform are properly sanitized after each game and practice
- Provide their child with hand sanitizer for each game and practice
- Limit congregating before and after practices and games by your child and you by:
 - Keep your child in the car until the start time for each practice or game
 - Parent/Guardians should not attend practices, or if necessary stay in their car during practices
 - Keep social distancing at games when feasible
 - Leave activity site promptly after each game or practice to minimize unnecessary contact with players, coaches, and spectators from the next game or practice
- Do not touch game balls during the course of a game (allow participating players, coaches, and umpires-referees retrieve balls that go out of play)

From a player's perspective, we are asking players to:

- Stay home if they are not comfortable returning to play
- Sanitize their hands before, during, and after practices
- Wash and sanitize their equipment after each practice and game
- Bring their own personal drinks to all team activities. Drinks should be labeled with the person's name. Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.
- Not to share their water or equipment
- Players are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but players are required to wear face coverings to and from the field, when on the sidelines, etc. and any other time six feet of social distancing is not possible.
- Respect social distancing and to place their equipment 6 feet apart from other players

From a coach's perspective, we are asking coaches to:

- Survey players and coaches in attendance of their health before and during practices and games and send anyone home that is showing symptoms, have a temperature of 100.4 degrees or higher, or is sick
- Respect player and parents not comfortable with returning
- Confirm the attendance of all players and coaches in attendance at games and practices
- Respect social distancing and attempt to remain 6 feet apart from others
- Monitor that there is no use of shared or team beverages or food.

- Everyone attending the sporting event, including coaches, officials, athletes, staff, and spectators, age two and older must wear face coverings (masks or face shields), unless they are outdoors and can consistently maintain social distancing of at least six feet.

Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This includes refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. Alternative signs of good sportsmanship (tipping of a cap, waving) after a game are encouraged.

As a Club and an Athletic Association as a whole, we will:

- Modify practices to focus individual skill building as much as possible and will limit any activities to groups of 10 or less when applicable
- Reduce the number of games by delaying the start of the season at least two weeks, and limiting any postseason games.
- Provide each MLFA team with their own core equipment during practice (cones, footballs, etc.). Any shared league equipment (shields, tackling rings, etc) will be sanitized between use, by both the surrendering coach and the acquiring coach
- Stagger start times for practices. Also, we will allow 20 minutes between games to exit fields before any other team takes the field. This will allow for cleaning of any shared facilities/equipment (down markers, etc) to be sanitized. Coaches, players, and fans will be asked to leave the facilities promptly after the end of their games to limit interaction with next attendees
- Educate all athletes, volunteers and families about the symptoms of Covid-19 and when to stay home. Also, the athletes will be educated on proper hand washing and sanitizing.
- Not permit any food, candy, gum, etc during any football activity. Also, no player will be permitted to spit or do any activity that increases the risk of exposure to saliva during a practice or game.
- Communicate all recommended precautions and guidelines to provide a safe environment
- Not offer concessions during the season
- Have two designated COVID contact people
 - Chip Dalesandro (412) 600-7118 chip142@verizon.net
 - Jason Baer (412) 913-6910 jasonbaer@yahoo.com

Suspected or Confirmed Cases of Coronavirus:

Consistent with applicable law and privacy policies, having coaches, staff, umpires/officials, and families of players (as feasible) self-report to the MLFA if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19, and other applicable laws and regulations. All info regarding the MLFA COVID plan and any other notification will be

posted to our website, www.mtlebanonfootball.com, and/or all families/players/coaches/officials, etc, will be notified by the league's designated COVID point(s) of contact by way of electronic communication.

In the event of a suspected or confirmed case of Coronavirus, we have established the following guidelines as well:

- Contact Designated Covid Point of Contacts.
 - Chip Dalesandro (412) 600-7118 chip142@verizon.net
 - Jason (412) 913-6910 jasonbaer@yahoo.com
- Contact your child's coach so we can communicate to the risk of exposure to the rest of the teams/families. Be assured, we will not share any personal information, our communication will simply alert other participants that they may have come into contact with a suspected or confirmed case of Coronavirus.
- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact health officials about suspected cases or exposure.
- You should not attend any sports related activity until cleared by a medical professional

All of the above information are guidelines and recommendations based on the most current available information and are subject to change at any time.

The decision to participate in the sport is the sole decision of each family and the MLFA not responsible for anyone who contracts any illness, including COVID-19 as a result of participating in the MLFA.