



KAUAI YOUTH FOOTBALL

Practice Guidelines

- All players must use their own equipment – helmet, shoulder pads, shoes, etc. No sharing allowed. No exceptions! If a player forgets their equipment, parents are to be notified and they can either bring the player's equipment or they can pick up their child from practice.
- Parents need to sanitize their child's bag and equipment before and after every practice and game. Visual bag check by coach at each practice to ensure parents are sanitizing each day.
- Parents must take their child's temperature prior to any practice or game. Any player with a temperature of 100.4 degrees or higher will not be allowed to participate in any KYF activity. Any player that exhibits any signs of illness will not be allowed to participate in any KYF activity. Player may return to KYF activity after being symptom free for seventy-two (72) hours. (Temperature and return to field timeline determined by CDC guidelines). (Symptoms including fever, chills, cough, shortness of breath or difficulty of breathing, headache, fatigue, sore throat, body aches, etc.)
- No physical contact between players, coaches, and parents, etc. (i.e. hand shaking, fist bumps, etc.).
- Each player must bring their own soap and hand sanitizer to every practice.
- Each player and coach to provide their own water flask and extra water with their name labeled on flask. No Sharing.
- No congregating before or after any KYF activity.
- Parents are to pick up their child on time.
- Only coaches and players are allowed on practice areas.
- Footballs need to be switched out and sanitized frequently.
- If a player or coach develops symptoms consistent with COVID-19, such as fever, cough, or shortness of breath, etc. they shall not participate in any practices or games until they provide a negative test. If they test positive for COVID-19, they shall immediately contact the league organizers so proper notification can go out to staff and parents about their possible exposure to the virus while maintaining confidentiality as required by Americans with Disabilities Act (ADA) and other applicable laws and regulations. They are not able to participate for seven (7) days from positive test or onset of symptoms whichever is first.
- If a player or coach have been in close contact with someone that has COVID-19 or COVID-19 symptoms they are required to stay home for five (5) days, take a test on day 5 (if vaccinated) or day 7 (not vaccinated) and may return with a negative test to participate in any practices or games.
- If a player or coach travels out of state, player or coach will not be allowed to participate in any practices or games for five (5) days (vaccinated) take a test 3-5 days after and seven (7) days (unvaccinated) take test day 5 and may return with a negative test.

***THE ABOVE STATED GUIDELINES ARE SUBJECT TO CHANGE.**

Revised March 2022



KAUAI YOUTH FOOTBALL

Game Guidelines

- Visual Bag and Equipment check by coaches to ensure parents are sanitizing each day.
- All players must have their own equipment. No borrowing or sharing allowed.
- Each player must bring their own soap and hand sanitizer to every game.
- Each team to provide adequate bench/seating for players.
- One coach per team will be responsible for footballs. Only that coach can gather footballs. That coach must wear gloves and sanitize footballs.
- Hand Hygiene – players and coaches must wash their hands before and after each series (offense/defense) on sidelines. Continuous hand sanitizing during the game. Players and coaches are responsible for their own hand sanitizer and soap.
- No physical contact between players, coaches, parents, etc. (i.e. hand shaking, fist bump, etc.).
- Footballs should be switched out between each series and sanitized.
- Each player and coach to provide their own water flask and extra water with their name labeled on flask. No Sharing.
- Social distancing must be followed by all coaches, players and parents/spectators.
- Once game is done everyone including coaches, players, parents/spectators must leave the stadium in a reasonable time. No congregating in the parking lot or in the stadium.
- If a player or coach develops symptoms consistent with COVID-19, such as fever, cough, or shortness of breath, etc. they shall not participate in any practices or games until they provide a negative test. If they test positive for COVID-19, they shall immediately contact the league organizers so proper notification can go out to staff and parents about their possible exposure to the virus while maintaining confidentiality as required by Americans with Disabilities Act (ADA) and other applicable laws and regulations. They are not able to participate for seven (7) days from positive test or onset of symptoms whichever is first.
- If a player or coach have been in close contact with someone that has COVID-19 or COVID-19 symptoms they are required to stay home for five (5) days, take a test on day 5 (if vaccinated) or day 7 (not vaccinated) and may return with a negative test to participate in any practices or games.
- If a player or coach travels out of state, player or coach will not be allowed to participate in any practices or games for five (5) days (vaccinated) take a test 3-5 days after and seven (7) days (unvaccinated) take test day 5 and may return with a negative test.
- Players, coaches and parents/spectators should not come to any games if they are not feeling well or exhibiting any signs of illness. Parents to check their child's temperature before every game. Any player or coach with a temperature of 100.4 or higher will not be able to participate. (Symptoms including fever, chills, cough, shortness of breath or difficulty of breathing, headache, fatigue, sore throat, body aches, etc.)
- Only coaches and players are allowed in locker room.

***THE ABOVE STATED GUIDELINES ARE SUBJECT TO CHANGE.**