



KAUAI YOUTH FOOTBALL

Return to Play Guidelines

As much as we want to get back on the fields, we believe a phased approach will provide clear direction and understanding for coaches, players and families. Returning to play must be done methodically and in a manner that stresses the health and welfare of youth and adult participants.

The information in this document is NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content is provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Kauai Youth Football and its coaches and staff make no representation and assume no responsibility for the completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions. These guidelines address only early phases of return-to-play and additional guidelines may, or may not, follow as the COVID- 19 pandemic continues to evolve.

We recommend each parent complete the Waiver/Release for Communicable Diseases Including COVID-19 Assumption of the Risk/Waiver of Liability/Indemnification Agreement.



KAUAI YOUTH FOOTBALL

Waiver/Release for Communicable Diseases Including COVID-19

Assumption of the Risk/Waiver of Liability/Indemnification Agreement

PLEASE READ CAREFULLY

In consideration of being allowed to participate on behalf of KAUAI YOUTH FOOTBALL athletic program and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and coronavirus also known as COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS KAUAI YOUTH FOOTBALL their officers, officials, agents, and/or other participants, and if applicable, owners and lessors of premises used to conduct the event (“RELEASEES”), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child understands and accepts these risks and responsibilities. I for myself, my spouse, and child do consent and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Child's Name (PRINT) Team Name Date

Parents Name (PRINT) Parents Signature Date

State of Hawai'i
County of Kaua'i
Fifth Judicial Circuit

Subscribed and sworn to before me this ____ day of _____, 2020, by _____.

Document description: Waiver/Release for Communicable Diseases Including COVID-19 and Assumption of the Risk/Waiver of Liability/Indemnification Agreement.

Doc. Date _____ No. pages _____

(notary stamp or seal)

Signature of Notary Date

Print Name
My commission expires: _____



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.)
- Each coach and player will need to have a face mask or face covering at all practices and games. Mask shall be used when not on the field of play.
- Players must be a minimal of six feet apart.
- 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.
- Limit carpooling to family or household members.
- 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 have been in contact with someone that has COVID-19 or COVID-19 symptoms in the prior fourteen (14) days, player or coach will not be allowed 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 fourteen (14) days upon return to Kauai.

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



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. Provide tent for shade.
- 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.
- Limit carpooling to family or household members.
- 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 have been in contact with someone that has COVID-19 or COVID-19 symptoms in the prior fourteen (14) days, player or coach will not be allowed 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 fourteen (14) days upon return to Kauai.
- 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 around the tent area (no locker room usage).
- Parents/Spectators are allowed into the stadium to set up ten (10) minutes before start of games.
- Coaches, players, staff and parents/spectators need to wear a mask and practice social distancing.
- Parents/Spectators can seat together under a tent with only their household members and practice social distancing with the other parents/spectators.

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