



NJAYF Jersey Shore Program Preparation Plan

"Physical activity is vital for our overall health. These measures will help to keep participants safe while engaging in their favorite outdoor sports,"

The information in this document is not intended or implied to be a substitute for guidelines published by the New Jersey Department of Health but rather in addition to those guidelines. All content, including text, link and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, NJAYF makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to practice and competition. Any participant who tests positive for COVID-19 will require a Resume to Play form prior to returning to the team. https://www.myayf.com/files/9915/5276/4715/2019_Resume_Play.pdf

NJAYF Practice and Competition: All players, coaches, staff, spectators and other attendees must adhere to specifically required guidelines from the New Jersey Department of Health ([NJ DOH Guidance for Sports Activities](#)). Furthermore, because NJAYF teams utilize both public and private fields for practice and competition, additional requirements may be in place based on guidelines set forth by the hosting township, county or private facility. Any additional guidelines should be provided to the visiting team by the hosting team prior to their arrival with adequate notice.

NJAYF Guidelines Prior to Practice or Competition:

- ***EVERY ASSOCIATION MUST APPOINT AN ADULT who will be the responsible party to Screen athletes, coaches, staff and any other participants with a temperature check and health questionnaire prior to arrival at the field.*** Anybody showing symptoms of COVID-19 shall not be permitted to participate ([CDC symptom checklist](#)).
- Do not come to practice or competition if you or any member of your household is/are not feeling well or are showing symptoms of COVID-19.
- Do not come to practice or competition if you or any member of your household have been exposed to a person with COVID-19 within the past 14 days.
- Do not come to practice or competition if you are not comfortable with the guidelines set forth by the NJ DOH, NJAYF or the facility at which you are practicing/competing.
- Adults 65 years and older or people of any age with serious underlying medical conditions are strongly encouraged not to attend practice or competition at this time.



NJAYF Guidelines During Practice or Competition:

- **Healthy Practices:** All players, coaches, Officials and spectators should practice “good hygiene” by regularly washing their hands with soap and water or using hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose and mouth. Players and coaches should avoid all but the essential contact necessary during practice or competition. Post-game handshakes should be replaced by a “saying good game” as a sign of good sportsmanship.

FOOTBALL

- **Phase 2: Socially Distanced Training**
- Public indoor facilities are closed, parks and outdoor facilities begin to open, and allow visitors continuing to follow social distancing guidelines.
- Quadrant Style Practices
- Players will not contact each other in the quadrant and will be instructed to stay 6 feet apart in all drills - drills will be skill-and/or conditioning based
- Spectators will not be encouraged during this phase - if spectators are present, they must maintain social distancing protocols
- Players should arrive 15min before practice and not earlier, they must leave directly after
- Mixing of groups will be avoided
- Take shower and wash all clothing after each practice
- Sanitize any surfaces – bleachers, chairs, etc. – after each practice
- Bring Water Bottle Clearly Marked with Name.
- Bring Towel Clearly Marked with Name.
- Participant brings own snacks, if necessary.
- Participants’ gear to be kept in separate areas from other participants
- Wash Hands before Attending; Avoid touching eyes nose mouth.
- Players will be asked to come dressed and spread out their water bottles/hand sanitizer 6 feet apart
- Coaches will follow social distancing guidelines, which include but are not limited to,
 - staying 6 feet apart from players and others, wearing masks when necessary and using verbal cues
 - No Huddles
 - Clean balls, tackling dummies and all other equipment after each practice
- **Phase 3: Practice**
 - Mitigating Efforts are Lifted and Training Facilities are Open, Group Sizes are increased to 25 or more
- **Practices with contact:**
 - Limit the number of teams at each practice and number of players per field
 - Encourage “open space” between fields



- Spectators will not be encouraged - if spectators are present, they must maintain social distancing protocols which include wearing face masks, personal hand sanitizer, but are encouraged to stay in their personal vehicle instead
 - Mixing of groups will be discouraged - Please refrain from gathering in the parking lot or open spaces near the field. Stay with the assigned group/team.
 - Athletes must bring their own, well-marked water bottles
 - Huddles will be discouraged
 - Clean balls, tackling dummies and all other equipment after each practice
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- **Phase 4:** • Encourage “open space” between fields
 - Spectators will not be encouraged - if spectators are present, they must maintain social distancing protocols which include wearing face masks, personal hand sanitizer, but are encouraged to stay in their personal vehicle instead
 - Mixing of groups will be discouraged - Please refrain from gathering in the parking lot or open spaces near the field. Stay with the assigned group/team.
 - Athletes must bring their own, well-marked water bottles
 - Huddles will be discouraged
 - Clean balls, tackling dummies and all other equipment after each practice

CHEER AND DANCE

- **Phase 2: Socially Distanced Training**
- Stay at Home Orders Are Relaxed, Group Activities are Limited to 10 or Fewer People Public indoor facilities are closed, parks and outdoor facilities begin to open, and allow visitors continuing to follow social distancing guidelines.
 - **Quadrant Style Practices**
 - Check in and Check out procedures (Stay in car until time of practice).
 - Parents / Spectators (no siblings) away from area (Sit in car – Drop-Off – Pick-Up Only).
 - Separate Entry and Exit Locations.
 - Attendance Taken on Entry.
 - Masks for Coaches, Officials, Spectators/Parents.
 - Wear Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
 - Take shower and wash all clothing after each practice
 - Sanitize any surfaces – bleachers, chairs, etc. – after each practice
 - Athletes Tie Hair back slick and away from face, leave personal items in bag.
 - Bring Water Bottle Clearly Marked with Name.
 - Bring Towel Clearly Marked with Name.
 - Participant brings own snacks, if necessary.
 - Participants’ gear to be kept in separate areas from other participants
 - Wash Hands before Attending; Avoid touching eyes nose mouth.



- Outdoors Safe Training Area: Appropriate surface/environment for the Activity, free of obstructions.
 - Team broken down into 10 total or fewer team members includes Coach.
 - Participants cannot leave area/session until coaches issue a rotation or end of practice.
 - Athletes 6 feet apart, wearing mask as per State or local guidelines.
 - Provide alcohol based hand sanitizer stations.
 - Creative Greetings without contact, Discourage High Fives, handshakes, hugs, bring it in/Huddles, etc.
 - Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, NO stunting, spotting, partner work, no hands on correction.
- **Phase 3:** Practice Mitigating Efforts are Lifted and Training Facilities are Open, Group Sizes are increased to 25 or more Practices with contact:
- Check in and Check out procedures (Stay in car until time of practice).
 - Parents / Spectators away from area (Drop-Off – Pick-Up only/no siblings).
 - If facility permits, Indoor Limit 1 Guardian per Athlete away from practice area. • If outdoor area permits, guardian positioned in lawn chair/blanket a safe distance between families
 - Separate Entry and Exit Locations
 - Attendance Taken on Entry.
 - Masks for Coaches, Officials, Spectators/Parents
 - Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
 - Athletes: Tie Hair back slick and away from face, leave personal items in bag.
 - Bring Water Bottle Clearly Marked with Name.
 - Bring Towel Clearly Marked with Name.
 - Participant brings own snacks, if necessary.
 - Wash Hands Before Attending; Avoid touching eyes nose mouth.
 - Athletes 6 feet apart, wearing mask when necessary.
 - One team to 9 Panels Matted Surface at a time.
 - Each athlete on a line or middle of strip.
 - Creative Greetings without contact, Discourage High Fives, handshakes, hugs, Bringing it in, etc.
 - Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, Stunting, spotting, partner work
- **Recommendations to Review with Indoor Facility:**
- Mats vacuumed after use, increased schedule of sanitizing mats.
 - Disinfect high touch point sanitizing at end of day.
 - Door handles, benches, light switches.
 - Provide alcohol based hand sanitizer stations



- Coaches and Athletes use a special pair of “mat only” soft soled shoes that you disinfect and do not wear off the mat.
- **Phase 4: Return to Normal:** Return to Normal Large and Small Group Training Sessions; Mixing of Teams and Players Can Occur Normally
- **Return to Normal**
- Check in and Check out procedures (Stay in car until time of practice).
- Parents / Spectators away from area (Drop Off – Pick Up Only).
- If facility permits, Indoor Limit 1 Guardian per Athlete away from practice area.
- If outdoor area permits, guardian positioned in lawn chair/blanket a safe distance between families
- Separate Entry and Exit Locations.
- Attendance Taken on Entry.
- Masks for Coaches, Officials, Spectators/Parents.
- Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
- Athletes Tie Hair back slick and away from face, leave personal items in bag.
- Bring Water Bottle Marked with Name.
- Bring Towel Marked with Name.
- Participant brings own snacks, if necessary.
- Participants’ gear to be kept in separate areas from other participants
- Wash Hands Before Attending; Avoid touching eyes nose mouth.
- Athletes 6 feet apart, wearing mask when necessary.
- One team to 9 Panels Matted Surface at a time.
- Each athlete on a line or middle of strip.
- Creative Greetings without contact, Discourage High Fives, handshakes, hugs, Bringing it in, etc.
- Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, Tumbling, Stunting, Spotting, Partner Work, Pyramids and Running Routines
- **Recommendations to Review with Indoor Facility:**
 - Mats vacuumed after use, increased schedule of sanitizing mats.
 - Disinfect high touch point sanitizing at end of day.
 - Door handles, benches, light switches.
 - Provide alcohol based hand sanitizer stations.
 - Coaches and Athletes use a special pair of “mat only” soft soled shoes that you disinfect and do not wear off the mat.
- **Social-distancing:** Players, coaches, Officials and spectators should maintain 6-feet of distance whenever possible.
- **Face-coverings:**
 - **Coaches/Spectators:** Encouraged to wear face-coverings at all times when 6-feet of distancing is not possible.



- **Players:** Should not wear face-coverings when actively participating in vigorous activity during practice or competition. Players are encouraged to wear face-coverings when not engaging in vigorous activity or are in close-contact areas where distancing is not feasible (ie. in dugouts). Players are permitted to wear a face-covering any time if the player or their parent/guardian/caretaker deem it necessary.
- **Officials:** Encouraged to wear face-covering whenever applicable and possible.
- **General/All:** Face-coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
- **Drinks & Snacks:** All players, coaches, spectators and Officials should bring their own food or beverages that are clearly labeled with their name. There should not be any shared food or beverages.
 - Sunflower seeds, gum, chewing tobacco etc., are not be allowed in dugouts or on the field. All players and coaches are to refrain from spitting at all times.
 - **Concession Stands** should operate under the Department of Health Outdoor Dining Guidelines.
<http://d31hzhk6di2h5.cloudfront.net/20200603/04/fd/ca/ec/c73fccbf9531d8da3aa6e978/ExecutiveDirective20-014OutdoorDining.pdf>
- **Player Equipment:** Players should use their own equipment whenever possible. If equipment must be shared, it should be cleaned and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before being used by a new player.
- **Football/Tees:** Each team should use their own balls and tees while on the field during competition.



NJAYF - Jersey Shore
1701 Route 71 - 3D - Wall, NJ



Player Information

Name	Association Name:	Team Name:
Have you been in close contact with any person that has tested positive for COVID-19 in the past 14 days?		
_____ Yes	_____ No	

COVID-19 Disclosure, Acknowledgement and Waiver

Are you experiencing any new or worsening symptoms of possible COVID-19?

Cough

Shortness of breath/Difficulty breathing

Chills

Repeated Shaking with Chills

Muscle Pain

Headache

Sore Throat

Loss of taste or smell

Diarrhea

Feeling feverish or have a temperature equal to or greater than 100 degrees Fahrenheit

Currently living with someone who has symptoms of COVID-19

None of the above/No Symptoms

Temperature Certification

_____ I certify that I took my temperature before arrive at the field today and it was less than 100 degrees Fahrenheit

Duty to Inform: I will inform you if I knowingly come in contact with someone who tested positive within 14 days prior. I will inform you and not attend NJAYF activities for 14 days if I develop any of the above symptoms. If I test positive for COVID-19, I will not return to NJAYF activities without medical clearance.

COVID-19 has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread from person-to-person contact. Federal, state, and local governments and health agencies recommend social distancing and have, in many areas, prohibited group activities. NJAYF and your local association are taking steps to reduce the spread of COVID-19; however,

NJAYF or your local association cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending NJAYF activities could increase the risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending NJAYF/Local Association activities and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 may result from the act, omission, or negligence of myself and others, including, but not limited to, NJAYF/Local Association volunteers, and other participants and their families.

I voluntarily agree to assume the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may incur by reason of NJAYF/Local Association activity ("Claims"). On my behalf, and on behalf of my children, I hereby release and covenant not to sue NJAYF, its affiliated organizations, employees, volunteers, agents, and representatives, of and from the Claims

Signatures

Participant Signature	Date:	Parent's Signature:
Witness		Witness