

SMYA Hawks Football and Cheer Organization is dedicated to protecting the health and safety of all people. The purpose of this document is to provide athletes, parents, coaches, volunteers with information they can use to assist them with their return to youth sports programs in the context of COVID-19.

The information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content and information are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, the Southern Maryland Youth Athletic Conference & SMYA Hawks Football and Cheer Organization makes no representation and assumes 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 about your returning to training and competition.

It is important for everyone to realize that this is not football/cheer as usual. SMYA Hawks Football and Cheer Organization along with other youth organizations are adjusting regular operations as needed. Coaches have modified their training session plans. We need parents to understand and follow-through with safety precautions. Players must respect and follow safety recommendations. \*\*IF YOU ARE SICK or IF SOMEONE IN YOUR HOME TEST POSITIVE, PLEASE STAY HOME\*\*

Covid-19 Protocols are as follows (subject to change):

* Participation in any group activities is only allowed if you have had no signs or symptoms of Covid-19, no signs/symptoms that may have been Covid-19, have not been exposed to someone who has had signs or symptoms of Covid-19 for a minimum period of 14 days before participation.
* If you are sick or feel sick, STAY HOME.
* Anyone who answers yes to any of the screening questions and/or has a temperature of 100 degrees or more for an adult or 100.4 degrees or more for a child should be sent home and not allowed to participate for a minimum of 14 days.
* If your child has tested positive for Covid-19 and or has been exposed please contact Craig Howell via [craighowellsr@gmail.com](mailto:craighowellsr@gmail.com) or Ervin Dillard via [Gratefullone@gmail.com](mailto:Gratefullone@gmail.com)
* No one is to share water, towels, or any personal equipment.
* Players should provide their own water and water bottles should be clearly marked with the player’s name.
* Athletes/coaches must meet all of the following criteria to return to sports post COVID-19 diagnosis: no fever (less than 100.4°F) for 72 hours without fever reducing medications, absence of respiratory symptoms (cough, shortness of breath), at least 10 days have passed since symptoms first appeared, note for clearance from a medical provider (MD, DO, NP, PA), gradual conditioning return (similar to concussion return to play protocol).
* Players/Coaches/Officials/Spectators are responsible to confirm the following health evaluation prior to arriving to each practice/game. If yes to any, participation is prohibited. Do you feel well today? Have a fever, sore throat, cough, or shortness of breath? Is your temperature greater than or equal to 100.4? In the past 14 days have you tested positive or have been exposed to a COVID positive patient? Are you awaiting the results of a COVID-19 test?
* All Coaches, Team Moms, and players/participants must undergo health screening questions and temperature check prior to each practice/game. Results must be documented by Team Mom or Coaching Staff.
* If your child becomes ill for any reason, immediately notify your Head Coach or Team Mom.
* Per Charles County Parks and Rec no team/spectator gathering(s) allowed throughout the park or in parking lots
* Charles County Parks and Rec recommend Face Coverings/Masks are to be worn outdoors by coaches and spectators but not required at this time.
* Per Charles County Parks and Rec players and officials do not need to wear a face covering/mask on the field of play unless they choose to do so.

As we navigate our way through this pandemic, we appreciate your patience and support. Our goal is to continue to teach the fundamentals of football and the art of cheerleading, promote sportsmanship, teamwork, self-discipline, physical fitness, and character for use on & off the field in a fun and safe environment. If you have any questions and or concerns, please feel free to send an email to [board@smyahawks.org](mailto:board@smyahawks.org)