



RETURN TO PLAY



Gilbert Youth football League is announcing that we will be resuming all league activities. This decision is not made lightly and is done in alignment with the Executive Order “Stay Healthy, Return Smarter, Return Stronger” announced by Governor Ducey. Accordingly, GYFL has developed Return-to-Play Guidelines that will be implemented over four phases beginning with Phase I on May 24, 2020.

While many are going to be excited to return to play there are others who may be apprehensive. If a player, parent, or family are not comfortable returning to play – **DON'T**. We must demonstrate respect and courtesy for everyone’s feelings during this time and ensure that we provide a safe environment as we return to play.

Implementing the GYFL Return-to-Play Guidelines will require a cooperative relationship between the League, Coach, Parent, and Player. While the **League** and **Coach** must create a safe environment, the **Parent** must make the decision for their child to return to play. If, as a parent you are not comfortable in your child’s returning to play – **DON'T**. And finally, **Players** must be responsible to adhere to, and respecting the social distancing requirements and contact guidelines that have been established.

The roles/responsibilities for each include:

| League | Coach | Parent | Player |
|---|---|--|--|
| <ul style="list-style-type: none"> Distribute and post Return to Play protocols. Be sensitive and accommodating to parents that may be uncomfortable with returning to play. Train and educate all staff on Return to Play protocols. Provide adequate field space for social distancing. Sanitizing wipes for footballs available to refs. Hand sanitizer at each field for athletes. Ensure appropriate waste receptacles at fields. | <ul style="list-style-type: none"> Follow all Return to Play protocols. Inquire how athletes are feeling. If they don't feel well, send them home. Have sanitizing wipes for footballs before during and after practice. Provide hand sanitizer for players during and after practice. Send flags home with players for parents to clean and sanitize. Work on plays that can maintain adequate social distancing. Notify league and parents of any illness on your team. Respect players, parents, and families that may not be comfortable returning. | <ul style="list-style-type: none"> If you are not comfortable with returning to play, DON'T. It is your decision only for your child(ren) returning to play. Take child's temperature before going to practice and/or games. Ensure child's clothing is washed after each use. Ensure all equipment (cleats, balls, flags, mouth-guard) are sanitized before and after use. Notify league and coach immediately if your child becomes ill for any reason. Supply your child with individual sanitizer. Adhere to social distancing requirements which may include staying in car. Ensure your child has plenty of water and they are not sharing. | <ul style="list-style-type: none"> If you are not comfortable with returning to play, DON'T. Adhere to all Return to Play protocols. Wash hands before and after practice and games. Wash and sanitize your equipment (cleats, balls, flags, mouth-guard) after each use. Do not share water, food, or equipment. Respect social distancing. Place equipment and bags at least 6 feet apart. No high five's, handshakes, knuckles, or group celebrations. |

The foundation for the four phases of the GYFL Return-to-Play Guidelines are:

| Phase I | Phase II | Phase III | Phase IV |
|--|--|--|--|
| <ul style="list-style-type: none"> No Contact Focus on individual training drills; no group drills. (Speed training, throwing, catching) No flag pulling drills. Groups not to exceed 15 participants per team area. No sharing of water. No mouth guards Participants to remain 6 feet apart. Practice times to have 15 minutes between to maximize social distancing. Parents recommended to drop off players. Parents that remain maintain social distancing. | <ul style="list-style-type: none"> Small group training introduced with 5 v 5 drills. Physical contact to be minimized. Groups not to exceed 15 participants per team area. No sharing of water. No mouth guards Practice times to have 15 minutes between to maximize social distancing. Parents recommended to drop off players. Parents that remain maintain social distancing. | <ul style="list-style-type: none"> Introduction of controlled scrimmages/practice games. Physical contact to be minimized. No limitation on participants on field. No sharing of water. Mouth guards used Parents may remain and maintain social distancing. | <ul style="list-style-type: none"> Full return to play. No restrictions in training sessions. No sharing of water. Games and playoffs will be played. Mouth guards required Recommend social distancing practices stay in place and be maintained by the league. |

As the evolution through each of the four phases occurs, the following should always be adhered to:

- If you are sick or feel sick, STAY HOME
- At risk individuals, youth or adult, STAY HOME
- Assign a “station” for each player to place their equipment, and that they should return to during breaks
- Each player must retain their own flag belt and clean after each practice/game
- No one is to share water, towels or equipment. This includes but not limited to:
 - Shoes, Socks, or Gloves
 - Jersey/Uniform
 - Only coaches should place and pick up cones
 - Use of practice vests/pinnies not recommended.
 - If used players MUST be issued their own to be washed after each use
- No centralized hydration or refreshment stations (Phase I and II minimum)
- Spectators should be limited and must maintain social distancing, as defined by the CDC
- Recommend having sanitizing options available. This may include:
 - Hand sanitizer
 - Disinfectant wipes to be used to wipe down all equipment and balls
- Respect for each individual’s choices must be top priority. If a participant wishes to wear a face mask this must be allowed and accommodations made accordingly.

Phase I will be defined by the following Restrictions and Activities:

| Restrictions | Activities Permitted | |
|--|---|--------------------------|
| <ul style="list-style-type: none">• No Physical contact. This includes:<ul style="list-style-type: none">○ Drills that involve players or coaches within 6 feet of each other○ No high fives, knuckles or celebrations• No more than 15 participants per area, this includes players and coaches.• Spectators to remain well off field and distanced from other spectators• Every Participant (player or coach) MUST maintain a distance of 6 feet from one another during any drill or exercise• No use of practice vests/pinnies• Practice times will be set 15 minutes apart to maximize social distancing and limit number of people in area to 15 or less• Any youth that are waiting for ride should have adult waiting at least 6 feet apart | <ul style="list-style-type: none">• Individual training and technical activities only | |
| | <th data-bbox="829 926 1510 968">Activities NOT Permitted</th> | Activities NOT Permitted |
| | <ul style="list-style-type: none">• Any drill or exercise that would/could involve participants getting closer than 6 feet apart, or physical contact• Activities that would create engagement by two or more players• Activities that may create opportunity for an individual to come in contact with another player’s equipment. This includes defensive pass drills, flag pulling drills, etc.• No games or playoffs | |

GYFL remains steadfast in our commitment to the safety of our players, coaches, referees, families, and communities. It is imperative that everyone understand their role and demonstrate a commitment adhering to the GYFL Return-to-Play Guidelines which have been created based on federal, state, and local directives and guidance with the intent of providing a safe environment to get back on the field. If there is hesitation in returning to play – **DON'T; just because you can does not mean you must.**