

Arlington County Department of Parks and Recreation

COVID-19 2020 Flag Football Season Coach FAQ

Q: What is new for this season due to COVID-19?

A: The season will start with practices only for players to participate in drills and skill building exercises.

Q: What safety precautions have been put in place for the 2020 season?

A: The Department of Parks and Recreation (DPR) has implemented multiple safety precaution for this year's season due to COVID-19. These include mask procedures, a COVID-Coach, and sanitation stoppages, among others. These are outlined in the 2020 Flag Football Guidelines document, and in this FAQ.

Q: Will we still use flags?

A: We are asking that drills with flag pulling will be limited to begin the season. We will continue to evaluate as the season progresses.

Q: What can coaches do to help athletes stay safe during flag football practices?

A: Coaches are encouraged to run drills in practices that keep athletes at a safe distance including throwing and running drills. DPR will provide more examples at the yearly coaches meeting.

Q: What does the COVID-Coach do during flag football practices?

A: Covid-Coaches are responsible for helping maintain social distancing on the sidelines and for regular, frequent sanitation of balls and other shared equipment between drills.

Q: What is the sanitation stoppage?

A: If games are played in 2020, during each half, play will stop for coaches and players to sanitize flags, the ball, and for players to use hand sanitizer.

Q: What are health screening questions? How does that process work?

A: The health screening questions can be found [here](#). Coaches will ask each player these questions prior to practices.

Q: Do I need to wear a mask as a coach? Do I need to wear a mask at both games and practices?

A: We ask that you wear a mask both during games and practices. Should you need to remove the mask, please walk away from players, officials, and other coaches to safely remove the mask and reduce the opportunity for spread of COVID-19.

Q: Will there be any training on COVID-19 related procedures at this year's coaches meeting?

A: Yes, most of this year's coaches meeting will involve COVID-19 procedures, and how to implement best practices to keep athletes safe.

Q: Will the coaches meeting be held virtually?

A: Yes. DPR will send out a link to a virtual meeting for August 20.

Q: How will we manage use of footballs during practices?

A: Each team will use their own provided NFL Flag Football to ensure teams are using the same footballs they practice with.

Q: Can teams use shared water bottles or coolers?

A: No. We ask that players bring their own water to games and store bottles 6 ft. apart from other athletes' equipment.

Q: Will all coaches need to answer health screening questions?

A: Yes. Coaches and players will have to answer health screening questions.

Q: Will referees wear masks?

A: Should games be played; referees will be asked to wear face covers during; game stoppage, in between games, and when they cannot be socially distanced. Like players, it is not recommended that referees wear face covers during the game. Referees will be provided with hand whistles.

Q: Can coaches schedule scrimmages during practices with other teams?

A: No, in order to help reduce exposure to Covid-19, practices should be limited to drills and skill building exercises.

Q: Should coaches encourage parents to limit the number of spectators?

A: Yes. Coaches should encourage parents to limit spectators to no more than two (2) spectators per player.

Q: Can parents still watch practices?

A: Yes. Per Safesport guidelines, all parents are allowed the opportunity to watch athlete activities. You can find more information [here](#).

Q: Should parents wear masks at practices and games?

A: Yes. Parents should wear masks at practices and games.

Q: Are huddles still permitted?

A: No. We are instituting team meet-ups on the sidelines to encourage keeping a 6 ft. distance between players and coaches. QB Wristbands are encouraged for players to receive plays.



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