

DJFL return to practice

All players must have a signed COVID-19 waiver on file with DJFL.

All parents are required to measure the body temperature of their player(s) to ensure that no fever is present prior to participating or attending any DJFL activities. Additionally, DJFL requires its coaches to also monitor their body temperature prior to attending any DJFL activities. Anyone with symptoms or any known exposure to a person with COVID-19 should not attend any DJFL activities until cleared by a medical professional. Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should only attend DJFL activities with permission from a medical professional.

All Coaches/Parents are required to follow state guidelines and travel restrictions. Any Coach/Player returning from a state that is on the CT travel advisory list will not be allowed to participate until they satisfy CT quarantine obligations. Those states include AK, AL, AK, CA, DE, FL, GA, IA, ID, IL, KS, KY, LA, MD, MN, MS, MO, MT, NC, ND, NB, NM, OH, OK, PR, SC, TN, TX, UT, VA, WA, DC, WI. This list will be updated to reflect current conditions.

DJFL Activities

To ensure safe social distancing practices and to be in compliance with attendance numbers at gatherings, we are asking parents to drop their player off and not stay and watch. We also ask that if parents need to speak with a coach they do so either through text, phone or email. With regard to parents, we ask that you are prompt in picking up their players. For example - Town Hall enter from one direction – drive in and exit in the same direction – kids can jump into their parents cars as they arrive – similar to what the elementary schools do.

All coaches, trainers, and field commissioners are required to wear PPE such as cloth face coverings, and protective medical gloves, when social distancing is not practical.

All players at Town fields are required to wear face coverings when not actively participating in drills or football related activities.

A Safety Officer/Field Commission will be assigned to each DJFL Home game to ensure all DJFL Safety Guidelines are being enforced and complied with.

Practices will be scheduled at the various field locations by grade to allow for social distancing. We will be utilizing DHS Stadium, DHS Stadium East, Royle Elementary School, and Town Hall for practices.

Practice plan -

3rd/4th – Tackle/Modified Tackle – Royle Elementary

5th/6th – Town Hall (6th when DHS Stadium East not available)

6th/7th/8th – DHS Stadium East (8th when DHS Stadium is not available)

8th – DHS Stadium

Player Equipment

There will be no sharing of equipment and all players must keep their equipment under their control when not participating. All players must come fully dressed with their own equipment.

All players should bring their own water bottles that are clearly labeled with the name of the player. Water bottles will be maintained in an area where the players can social distance during water-breaks.

All parents/players are required to clean their equipment after each practice/game. This includes helmet, shoulder pads, pants, and jerseys.

Coaches will rotate and sanitize equipment during and after practices/games.

Practices/Games

Coaches/Players should take all measures necessary to prevent all but the essential contact necessary to play the game.

Coaches/Players should refrain from the following: handshakes, high-fives, fist-bumps, chest bumps, and celebrations that include close contact.

Coaches/Players should refrain from spitting and/or chewing gum at practices/games.

During practice groups will be kept to 15 players or less when not in team O or D and focus on skill building versus competition. Bags will be extensively used in the place of player on player contact.

At all times of practice coaches will remind players of proper social distancing, as they are lined up for a drill, listening to instruction, taking a water break etc.

Medical Issues

If during practice a player becomes ill or shows COVID-19 related symptoms they will be removed to a designated area away from other players and their parents will be called to immediately pick up the player. For any Coach/Player who becomes ill or shows COVID-19 symptoms, each Coach/Player must be cleared by a medical professional prior to returning to DJFL activities.

DJFL will notify the Darien Health Department when a Coach/Player has tested positive for COVID-19. DJFL will follow the Darien Health Department's guidance for handling all positive cases.