



# VANCOUVER MAINLAND FOOTBALL LEAGUE

*May 31, 2020*

The VMFL is recommending the following modifications in order for our league to be able to play contact football and sideline cheer for the 2020 Fall Season.

## Phase 1 (Pre-Season – First 30 Days)

- Non-Contact Drills
- General Fitness
- Fundamental Football/Cheer Knowledge (Review for Returning Athletes and Introduction for New Athletes)
- Non-Stunting and Non-Tumbling Cheer

### Field of Play

- All athletes/parents/coaches/volunteers/executives will complete a self-assessment before arriving at the field (no fever, cough, any other symptoms of illness). In general, if a person is feeling sick they must stay home
- Changerooms will be closed – athletes will be expected to arrive at the practice field prepared to begin (i.e. getting gear on/doing hair at home, or in the vehicle prior to practice)
- All athletes will supply their own water bottles for all practices – no sharing
- All athletes will supply their own gloves and/or personal care items and will keep gloves and/or personal care items on for the entire practice without sharing with any other athlete
- Athletes will arrive on the practice field and maintain a 2m distance between themselves and any other athlete before practice begins
- Once practice begins all drills, fitness and football/cheer education will be set up to maintain a 2m distance between all athletes and coaches. Coaches will provide visual examples of the move/chant/action without entering the 2m personal bubble of any athlete
- No contact will be permitted – this includes during drills, fitness, education and other contact like high-fives and fist bumps
- All equipment necessary to support Phase 1 (footballs, cones, ladders, mats, etc) will be sanitized as much as possible
- Athletes/Coaches involved in practice will regularly sanitize hands
- Trainers and/or Managers will wear PPE when attending to any first aid incident
- Non-medical facemasks can be worn at the individual's discretion

### Concession

- Clubs will provide markers for correct distancing when a concession is available (marks/lines on the ground showing 2m distance)
- All concession staff will wear PPE and adhere to non-contact collection of payment and distribution of concession goods
- Clubs will review the possibility of offering pre-packaged foods only to allow for reduced possibility of contact with food
- Clubs will determine the appropriate number of concession volunteers depending on the concession space available while maintaining physical distancing guidelines.



# VANCOUVER MAINLAND FOOTBALL LEAGUE

## Sidelines

- Parents and spectators will maintain appropriate distance from other spectators while watching practice and will be at a pre-determined distance from the players dependent on the field location/layout.
- Clubs will determine a practice schedule that ensures no more than 50 athletes and coaches/trainers/volunteers/executives are on the field at any one time. This may mean staggering practice times/days/locations.
- Non-medical facemasks may be worn at the individual's discretion

## Administration

- Clubs will add an addendum to their player and parent code of conduct covering expectations of behavior in regard to physical distancing

## Phase 2 (Pre-Season – 31 Days to 60 Days)

- All Guidelines from Phase 1
- Football and Cheer Practice with Equipment
- Football and Cheer Practice including Contact/Stunting/Tumbling

## Equipment Issuance

- Clubs will sanitize all gear prior to fitting and as necessary throughout the fitting to ensure that equipment is not fit on any athlete prior to it being sanitized.
- All persons participating in the fitting process will wear non-medical facemasks and gloves.
- Clubs will limit the number of persons in an equipment room/area to ensure that physical distancing of 2m is maintained between pairs of fitters/fitees
- Athletes will be required to sanitize gear between each practice

## Field of Play

- Athletes will be required to wear non-medical masks and/or face shields attached to helmets
- All equipment necessary to support Phase 2 (footballs, cones, ladders, tackling dummies, mats, pom-poms, etc) will be sanitized as much as possible
- No Pre-Season games or Tournaments will be scheduled. Inter-squad games would be permitted

## Phase 3 (Regular Season – 61 Days to End of Regular Season)

- All Guidelines from Phases 1 & 2
- Games
- Sideline Cheer

## Field of Play

- Schedule games to remain in-zone only (no cross-zone games)
- Limit all non-essential travel
- Designate stands/areas for Home and Away spectators
- Home and Away teams will be responsible for providing their own sanitizer and ensure frequent use throughout the game by all members of the sidelines



# VANCOUVER MAINLAND FOOTBALL LEAGUE

- Home team to provide sanitizer for use by all Officials for themselves and for the football
- Rosters to be limited so that total number of athletes/coaches/managers/trainers/commissioners/officials do not total more than 50 for any game
- Spectators to be limited to 50 per game and will be required to maintain physical distancing of 2m throughout the course of the game
- Home team will provide a Commissioner's Tent that allows for appropriate area for physical distancing of 2m to be maintained by commissioner, volunteers, referees and executives – this may require 2 tents.
- Playcounters will maintain physical distancing of 2m from each other and all other sideline and team members. It is recommended that playcounters wear a non-medical face mask.
- Officials will wear gloves
- Officials may wear non-medical face masks at their discretion (due to the fact that they need to use a whistle to start or stop play) OR use an air horn in place of a whistle
- Only one official and one football player from each team to participate in the coin toss
- Ball will be sanitized between each play
- Football Players will be asked to keep mouthguard in mouth as much as possible while on the field
- At the end of the game athletes will not line up to shake hands, but instead will line up on their respective 50 yard lines and clap for the other team

## Phase 4 (Post Season Play-Offs)

- All Guidelines from Phases 1 – 3
- Playoff Games Interleague with Other Zones

### Field of Play

- Players and Parents will travel to games in other Zones in their own vehicles
- Keep number of attendees travelling as few as possible
- Designate stands/areas for Home and Away spectators

The VMFL is open to any adjustments and/or additions to this plan in order to be able to play contact football and cheer for the 2020 Fall Season.