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## **Xpress Youth Development Institute**

951 NW 27th Ave, Pompano Beach, FL 33069

### **COVID-19 Reopening Strategy**

With many facilities around our area beginning to resume some form of normalcy with youth summer programs, sports, camps and other organized events, the Xpress Youth Development Institute along with the Pompano Cowboys Football and Cheer program would like to recommend reopening the facilities required in order to conduct practices and games. Pending the City's approval, the Xpress Youth Development Institute along with the Pompano Cowboys Football and Cheer program plan for parks that are used for youth football and cheer, understand that the health, safety and well-being of our coaches, parents, players, volunteers, city workers, visitors and people of the community are our first priority. Due to the COVID-19 pandemic we understand as an organization we all will have to adjust our routine until such said time when all is back to normal. As parks re-open we have come up with a deliberate approach with limits and restrictions on attendance and controlled guest density that aligns with guidance on social distancing. Below is a listing of guidelines we are prepared to inform and educate all coaches, volunteers, parents and players about the foregoing policies in this document which have been crafted in adherence to guidance from the CDC, our respective league and the City of Pompano.

- Practices & Games
  - All groups will be spaced out as much as possible.
  - All coaches and volunteers will be given instructions to limit interaction between the various groups.
  - Only coaches, participants and volunteers will be allowed in the practice zone, which are prepared to section of part of the facilities for visitors and parents alike.
  - Parents will be encouraged to remain in their vehicles during set practice hours, with the option to stay in the designated area for parents abiding by all social distancing guidelines.
  - Coaches will be required to keep an attendance sheet / log for each practice session, that will be administered by staff on duty.

- Coaches will break the participants up into groups of approximately 10 or less upon returning to the facility. We will follow any City of Pompano Beach guidelines as well as from our respective leagues for when it is plausible to begin joining in larger groups, as well as actual games and scrimmages.
- Initially we will focus will be on the conditioning and drills of all participants and we will avoid scrimmages and contact play until we have received further guidance.
- All participants must provide his or her own personal water bottle, towel and any other personal hygiene product with their name in permanent marker on all items, making the items identifiable to each participant.
- Coaches and volunteers will clean and disinfect all equipment that will be utilized at the facility between each practice session.
- All coaches and volunteers will be required to wear PPE at all times.
- All participants will be required to wear PPE at all times except while undergoing strenuous activities such as running laps or jogging.
- While coaches and volunteers are onsite, they must adhere to all social distancing guidelines, rules and regulations.
- Any and all drills that will be regulated at the facility, shall follow all social distancing including any skill lessons with participants spaced out approximately six feet apart when required.
- During times when players are not actively participating in practice or competition, attention should be given to maintaining social distancing by increasing space between players on the sideline or bench.

These guidelines will be amended and adjusted as further guidance is provided to us, as we shift from practice vs. actual games.

- Safety Prevention

- Coaches and participants should show no sign or symptoms of COVID-19 in the past 14 days and have no know exposure to someone that has been ill in the past 14 days.
- They also should have not traveled within the last 14 days.
- Everyone who enters the facility must attest that they do not have above normal temperature readings.
- Temperature checks will be conducted by staff prior to practicing or playing games. Staff will keep a log of the daily temperature checks. Any player or cheerleader with a temperature of 100.4 or above must leave facility right away.

- Upon arrival to facility, coaches or staff should ask each participant if they are experiencing any signs or symptoms of COVID-19. If the athlete has any signs or symptom of COVID-19, they should be sent home immediately and instructed to contact their health care provider as soon as possible only returning after being given a clean bill of health from an authorized medical professional with documentation stating that participant is free of all signs and symptoms.
- Head Coaches will be responsible to supply hand sanitizer that can be readily available for routine usage.
- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
- Washing hands with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Players are NOT allowed to share equipment.

We are hopeful by taking the preventive procedures will can start safe with responsible strategies for coaches, players, parents, visitors, and city staff. We will recommend everyone who enters the park follow the CDC guidelines. We will develop a plan of action on addressing situations in which a participant, coach, volunteer or immediate family member either notifies us that they have either been diagnosed or possibly exposed to COVID-19. We will seek additional guidance from The City of Pompano Beach, as to whether a city wide policy on this will be crafted. In addition, we will provide our staff, coaches and volunteers with any additional information requested to be distributed by The City of Pompano Beach.

The Xpress Youth Development Institute along with the Pompano Cowboys Football & Cheer program fully understands that this is a fluid situation that is subject to change. Our staff is made up of volunteers, and our parents and participants may not always be forthcoming with information, and potentially choose to ignore guidance and instructions given to them by our club, however, we will put forth our best effort to adhere and comply to all policies that will help protect our staff, coaches, volunteers, parents, participants, fans and community from being infected with COVID-19.