



Aberdeen Family YMCA 2020 Flag Football Program Parent Guide

The Aberdeen Family YMCA is excited to offer our 2020 Youth Football Program. This is a season unlike any other and in providing the football program safety is our top concern for all involved.

Please review the following youth football program information and guidelines.

Program Information:

- 2020 Youth Football will be a flag football program for grades all grades.
- 7 man football will be conducted at all levels.
- Defense will consist of 3 linebackers, 2 safeties and 2 corners.
- Offense will consist of quarterback, center (not eligible for receiving passing or carrying), X receiver on the line, Y receiver TE on the line, Z receiver TE off the line, full back, half back.
- Practice and play for all levels will be held at CHS Tuesdays and Thursdays. Schedules will be provided on the YMCA website no later than Monday, August 17. August 18 & 20 will be practice times for all teams. Coaches will provide details regarding practice times.
- Teams will be determined by school or combination of schools as necessary.

Program Safety Procedures and Guidelines:

- Self-screen the day of practice and play. For the safety of all involved we ask that if your child is experiencing any of the following, please keep them at home: fever of 100.0 or greater, new or worsening cough, unexplained sore throat, shortness of breath, unexplained fatigue or muscle body aches, headache not related to know conditions, new loss of taste or smell, nausea, vomiting, diarrhea or had close contact with someone with COVID-19. Return to practice and play following 72 hours, without the aid of medicine, symptom free or cleared by your health care provider.
- Any individual who has had close contact (within 6 feet for at least 15 min.) with someone who has a confirmed case of COVID-19 should contact the South Dakota Department of Health or health care provider for further guidance. Stay home and monitor health for 72 hours.
- Coach or athlete who test positive for COVID-19 please notify program director. Implement no practice and game play for the entire team – 14 days or cleared by your health care provider.
- Coaches and players will be required to wear a provided buff face covering while actively in play and when they cannot social distance at least 6 feet.
- There will be no close team huddles, high fives, fist bumps, hugs, etc. and no handshakes following game play.
- Coaches will be provided with hand sanitizer for their team. Shared equipment (football) will be rotated and sanitized frequently.
- Athletes who are in a vulnerable population should take extra precaution and visit with their physician about participation.
- Game cancelations will be communicated through text alerts and posted on the YMCA website.
- Spectator guidelines – encourage face coverings and social distancing. Please stay home if you have any of the above symptoms.

Contact: Elyce Kastigar for additional information: email: ekastigar@aberdeenymca.org or 225-4910.