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Flag Football Coaches Guide



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Coaches Guide

We appreciate you joining us as a coach or assistant coach for our 2021 Winter Flag Football Season. We had a lot of feedback and suggestions following the 2020 season to put together a packet of training materials for coaches for our next season.

Within this guide you will find materials that we hope you will find useful for the upcoming season. If there is anything you would like to see in guides like this in the future, please let us know as we will continue to build on this for seasons to come.

Thank you so much for volunteering to coach this season! You are a HUGE part of our success and we couldn't do what we do without your help and contribution to our program. By volunteering to coach, you help keep the registration cost down for everyone and add to the great memories that kids will have of sports for years to come!

Inside this guide you will find the following:

- Coaches Conduct
- League Rules
- Field Diagram
- Coaching Tips
- Stretching and Warming Up
- Drills and Practice Techniques
- Play Examples
- Stat Tracker Sheet
- COVID-19 Protocols

Have a safe and fun season!

Regards:

Amenity Athletics Management

Coach Conduct

With regard to my players: I believe that my role as a coach is to contribute to the overall success, physical, and athletic growth of the player through participation in soccer.

- I will endeavor to be a good instructor and a positive role model for my players.
- I believe that the score of a game comes second to the safety and welfare of all my players.
- I will endeavor to put winning in its proper perspective.
- I am responsible for understanding and competing within the letter and the spirit of the Laws of the Game.
- I will teach my players to understand and play within the letter and spirit of the Laws, as well.

With regard to opposing teams:

- I believe that the way my team conducts itself can also have an influence, for better or worse, on those we compete against.
- I will endeavor to make my team a positive role model.
- I will not coach, nor allow my players to play, with intent to cause injury to opposing players.
- Neither I nor my players and spectators will display hostile behavior towards opposing players.
- I will emphasize winning without boasting and losing without bitterness.

With regard to Referees:

- I believe that Referees, just as coaches and players, are attempting to do their best.
- I will instill in my players and spectators a respect for that fact.
- I understand that my attitude can influence my players and spectators.
- I will display a controlled and undemonstrative attitude toward Referees at all times.
- Neither I nor my players and spectators will address a Referee before, during or after the game in a demeaning fashion.

Coaches are responsible for the conduct of their players and the spectators on their side of the field, specifically as it relates to the referee, coaches, players and spectators on the other team. Verbal and/or physical abuse will not be tolerated. If players conduct is not in the spirit of recreational soccer the referee can have the player leave the game for a cooling off period (length-determined by the referee). The same conduct rule applies to spectators. If the cooling off period does not resolve the problem, the spectator may be asked to leave the field. If a coach approaches a referee or steps on to the field to challenge a call, they will be asked to leave the game and the incident will be reviewed.

League Rules

- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Teams change sides after the first 20 minutes, but possession does not change.
- Football sizes are the following:
 - Ages 6 to 9 - Pee Wee Football
 - Ages 9 to 12 - Junior Football
 - Ages 13 to 14 - Youth Football

Players/Game Schedules

- All divisions will play 5v5.
- If a team only has 4 players, the format may be changed to 4v4 if both coaches agree

Timing/Overtime

- Games are played to 40 minutes running clock except for the final 2 minutes of the second half a "pro clock" will be used. (The clock stops for incomplete passes, out of bounds, change of possession, extra point attempts.) The score has to be within 14 points for the "pro clock" to be used. No pro clock for U6 & U8 Divisions
- Each team has two time outs per game.
- If the score is tied at the end of 40 minutes, teams move directly into overtime. Flip for possession. From mid-field, each team has three attempts to score.
- Extra points are attempted; after each team has had a possession in overtime only the 2 point conversion will be attempted.
 - Both teams get equal possessions; this is not sudden death.
 - There are no ties.
 - Interceptions may be returned in overtime.
 - Repeat cycle until a winner prevails.
- Each time the ball is spotted a team has 30 seconds to snap the ball.
- Officials can stop the clock at their discretion.
- No "pro clock" or over time for U6 & U8 divisions.

Scoring

- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line), 2 points (played from 12-yard line)
- Safety: 2 points
- Interceptions on extra points (returned for a touchdown): 2 points

Running

- Direct handoffs or pitches must be behind the line of scrimmage. Offense may use multiple handoffs or pitches. A backward pass/lateral that is dropped will be spotted where it lands with the clock NOT stopping.
- "No-running zones," located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations.
- The player who takes the handoff or pitch can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off or pitched, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's when the flag is pulled, not where the ball is.

League Rules

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- As in the NFL, only one player is allowed in motion at a time.
- A player must have at least one foot inbound when making a reception.

Passing

- The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule is no longer in effect.

Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- The only exception to the above rule is the U6 division and any division that has a girl as center, then the snap may be from the side
- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
 - Ball carrier's flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored.
 - At the point of an interception (interception returns are allowed).
 - Ball carrier's knee hits the ground.
 - If the flag accidentally falls down then it becomes one hand tag to get the ball carrier down.
- Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. Remember, no blocking or tackling is allowed.

Sportsmanship/Roughing

- If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any un-sportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.** Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- Note: Referees may eject a player without a warning. If a player, coach or spectator is ejected then they will have to sit out the next scheduled game.

Penalties

- All penalties will be called by the referee. All penalties will be assessed from the line of scrimmage.

Defense:

- Offsides - 5 yards and automatic first down
- Interference - 10 yards and automatic first down
- Illegal contact (holding, blocking, etc.) - 10 yards and automatic first down
- Illegal flag pull (before receiver has ball) - 10 yards and automatic first down
- Illegal rushing (starting rush from inside 7-yard marker) - 10 yards and automatic first down

League Rules

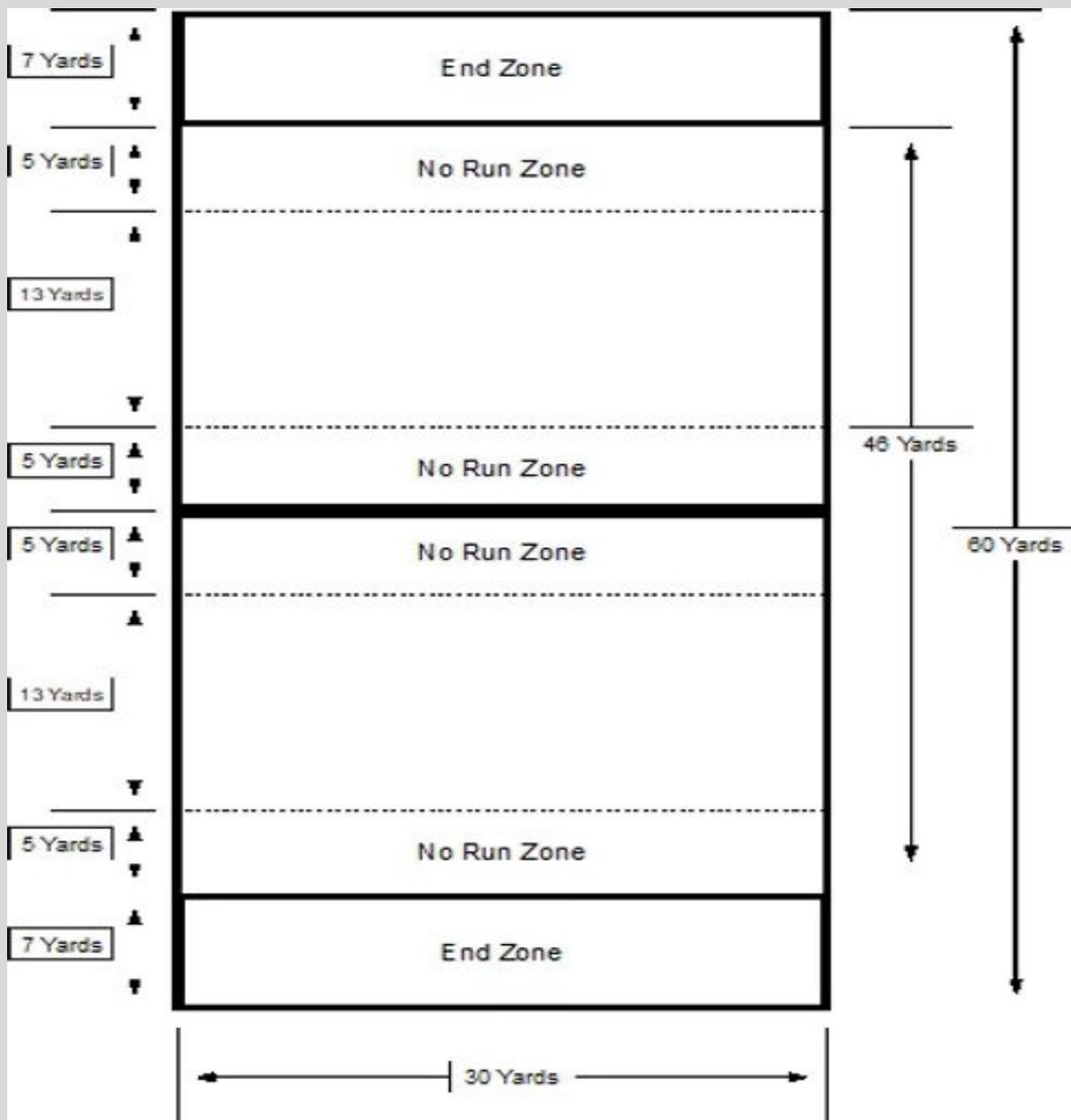
Offense:

- Illegal motion (more than 1 person moving, false start, etc.) -5 yards and loss of down; (play blown dead)
- Illegal forward pass - 10 yards and loss of down. (Play blown dead)
- Offensive pass interference (illegal pick play, pushing off defender) - 10 yards and loss of down
- Flag guarding - 10 yards and loss of down
- Delay of game - 10 yards and loss of down. (Play blown dead)
 - Referees determine incidental contact that may result from normal run of play.
 - During the final 2 minutes (of the second half) a defensive penalty the clock starts when ball is set and refs are ready.
 - Games cannot end on a defensive penalty, unless the offense declines it.

Attire

Cleats are allowed, except for metal spikes. Inspections must be made. All players should wear a protective mouthpiece; Amenity Athletics Flag Football jerseys must be worn during play and shorts should have NO pockets. Note: There are no kickoffs, and no blocking is allowed.

Field Layout



Basic Flag Football Coaching Strategies & Tips

General Goals – Tailor to your specific age group

- Get positive yards on 1st down
- Try to rush at least one player on defense
- Teach defensive man to man principles
- Break the habit of flag guarding early
- Emphasize that flag football is a non contact sport
- Try to implement some type of motion in your offensive sets
- Try to have at least 3 offensive plays in place before 1st game
- Since teams consist of only 10 players or less try to get into a substitution cycle

Coaching Responsibilities

- It is important to be punctual, remember we are role models for our children
- Maintain a positive attitude
- Make it fun
 - Regardless of whether it's a game or a practice, football at the youth level should always be fun.
- Limit Standing Around
 - This is a common problem with youth sports that ultimately turns kids off. Whether it's a game, practice, clinic, or camp, we have designed all of our programs to engage every participant consistently.
 - Kids don't attend practice to watch others play. Kids enjoy practices when they have fun and they experience an improvement in their overall skills.
 - Many professional coaches put a major emphasis on fast paced and interactive practices that eliminate downtime.
 - Everyone Plays at least 1/2 the game
- Football at the youth level should be an inclusive experience. The youth level of football should be an equal learning experience for everyone, whether it's a game or a practice. A coach is a teacher.
- Yell Encouragement, Whisper Constructive Criticism
 - Keep it positive. As a youth football coach you should never tolerate negative comments from your players, parents, coaching staff, and especially yourself. Kids realize when they have made mistakes. What they don't need is to have that mistake compounded by negative feedback and comments. What they do need is feedback on how to correct the mistake supported by positive encouragement.
- Treat every athlete with respect and dignity
- Give every athlete fair playing time every game. (Every athlete on your team must play at least half the game)
- Never ridicule an athlete in any way no matter what the circumstances

Catching Techniques

- Hand Placement
 - Balls thrown chest level and above
 - Fingers on both hands reach for the sky spread apart.
 - Both thumbs should touch and stay together throughout the catch.
- Balls Thrown Below Chest Level
 - Fingers on both hands should extend down to the ground spread apart.
 - Both pinkies should touch and stay together throughout the catch.
- Arm Placement
 - Both arms should extend out to meet the thrown ball.
 - Both arms should bring the thrown ball back to the body to secure the football

Strategies

Securing the ball:

- When running and holding a football there should be 4 points of contact - the front tip of the ball in the hand, the back tip of the ball between the arm pit, the outside of the ball inside the forearm, the inside of the ball against the chest.
- The ball should never lose contact with any of those 4 points. The hand holding the ball should be held up and near the side of the chin. When running, the ball should continue to be held high with the elbow driving up and down to maintain good running form and ball security at the same time.
- When transferring the ball from one arm to the next you must keep the ball pressed against your chest, immediately establishing the four points of contact on the opposite arm. The ball should be transferred at chest level.

Running Routes, Defending a Pass, Avoiding or Making a Flag Tackle:

- When running a route, defending a receiver, and making a flag tackle, the player must be efficient in the following athletic skills:
 - Acceleration - To accelerate properly your body should be as close to a 45 degree angle as possible
 - Arms should be locked at 90 degrees
 - Hips should be pushed forward
 - Execute good knee drive
 - Ankle placed behind the knee
 - Toes should be up
 - Create the longest stride possible
 - Change of Direction –
 - Wide base of support with feet
 - A low center of gravity with the hips & trunk low to the ground
 - A 45 degree angle with the outside plant leg and weight over the inside leg
 - Drive off the inside or weight bearing leg with the outside of the player's foot
 - Drive off the outside or plant leg with the inside of the foot
 - Deceleration –
 - Get down with a low flat back
 - Good posture
 - Shoulder over front knee and ankle
 - Chop feet with a soft landing

Warming Up for All Ages

- Simply performing static stretches prior to exercise doesn't help you one bit. In fact, it can hurt your athletic performance. So if you or your young athlete are still doing static stretching before your workout, practice or game-- change it up.
- What's the difference between static and dynamic stretching?
- Static stretching involves holding a position for 30 seconds or more to elongate the muscle while a dynamic warm up involves stretching through a range of motion.
- Your body needs to warm up by slowly increasing your heart rate and breathing rate. In doing so, you are lubricating your joints, which will give you better range of motion and better elasticity in tendons and ligaments.
- These 10 simple exercises work as a dynamic warm up for kids of any age or sport. Do each exercise for 20 to 30 seconds. Repeat as necessary. All stretching exercises should be done for at least 20 to 30 seconds on each side.

1. Jumping Jacks
2. Walking Knee Hugs – With each step, raise the knee up to hip height or higher and “hug” it with both arms, pulling toward your belly and chest
3. Arm Circles – Make sure you go in both directions to fully warm up the shoulder joints
4. Side Shuffles – Warm up your whole lower body and don't forget to stay low
5. Backpedaling – Focus on your balance and feet
6. Lunges

Drills

7. Squats
8. Leg Swings – Start off with forward and backward swings, then move on to lateral swings
9. Inchworms – A total body exercise that will warm you up from head to toe. From standing, bend forward so your hands can slowly walk out to a push up position on the floor. Slowly begin to walk your feet towards your hands as much as you can while keeping legs straight. Stand up and repeat.
10. Full Body Twists – With your arms either straight out or bent, twist your upper body back and forth in a slow controlled motion

*Another fun way to incorporate a FUN full body warm up is to play a quick game of freeze dance. Pull up a song or two on your phone appropriate for children. When the music starts, the kids start dancing and moving around. Encourage them use their whole body. When you pause the music, they freeze. This is a great way to incorporate a warm up without them knowing it 😊

Drill Examples!

Drill #1: Jingle-Jangle -This is a good way to begin practice. After a short stretching period, this drill gets players loose and warmed up, while also helping them practice their agility and footwork. Developmental Goals: Improve balance, footwork, and change of direction. Drill Outline: Place cones at corners of 15-yard square. Line up players at one corner of square.

Players then:

1. Sprint to first cone
2. Side-step to second cone
3. Backpedal to third cone
4. Sprint back to beginning of line.
5. Throw a football to each player as he or she finishes the drill.
6. Repeat drill to other side after everyone has had a turn

Drill #2: Passing Drill - This drill helps refine and improve passing technique by concentrating on proper arm and hand movement.

Set Up:

Pair off participants into two parallel lines. Players start on both knees, throwing to their partners five yards away. Show players how to follow through with their arm, so that their thumbs end up pointing down. Have each player begin with football held above his or her waist. Demonstrate how to throw from no higher than their ear.

Progressions:

After several throws, have players switch to kneeling on right knee. Then after several throws that way, have them switch to left knee. Next, have them throw standing up with feet together. Finally, have them practice a three-step drop, then a five-step drop before throwing.

Drill #3: Passing and Receiving; Run & Shoot - This drill helps players understand simple passing routes, from the perspective of both quarterback and receiver.

Set Up:

Divide your team into three groups. The first player in line is the first passer; the second goes out to play defensive back; the third is the receiver. The outside groups run simple 10-yard square-out patterns, while the middle group runs 10-yard turn-ins or buttonhooks. Rotate each line this way: After passing, the quarterback becomes the next receiver; the next player in line becomes the passer; the first receiver becomes the defensive back; and the first defensive back moves on to the next group. Make sure players get chances at all three positions.

Drill Examples!

Drill # 4: Catching Drill - - Set-up three to four stations with 3-4 kids per station.

Set Up:

Place one - three foot 2 x 4 on the ground. Have a parent/coach at each station throwing passes to players who run different routes and finish by catching the ball while maintaining balance on the 2x4.

Progression: - Repeat the set-up above, but specify that all catches must be made while maintaining balance on one foot on the 2x4 board.

Drill #5: Backpedaling 1 - Have a group of players backpedal approximately 5 yards, the coach stands directly in front of all players and directs them by pointing to where he would like them to break and run (to the left, right, directly back, and forward).

Watch for their reaction time, change of direction and running form techniques.

Drill #6: Backpedaling 2 –

Set-up:

One cone placed 5 yards downfield, with two cones placed at a 45 degree angle 5 yards to the right and to the left, two cones placed at 90 degree angle downfield from the first cone 5 yards to the right and 5 yards to the left, and one cone placed directly behind the first cone or 180 degrees 10 yards downfield.

Have players start by backpedaling to the first cone and cutting/turning to a pre-determined cone. After backpedaling to all pre-determined cones several times, the coach can start to point to a cone as they arrive at the first.

Drill # 7 - The Mirror Drill –

Set-up:

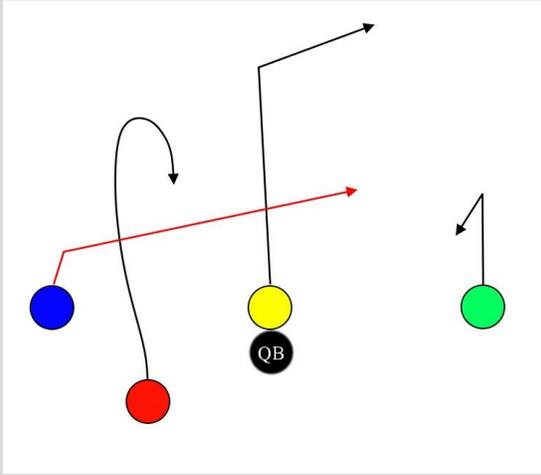
Start by having two players standing 6 feet apart facing each other. Place two cones 5 yards apart. Designate one player on offense and one on defense.

On the whistle have the offensive player slide from one cone to the next and have the defensive player slide and stay with the offensive player. Be sure each player stays in a breakdown position (shoulders pinched back, back straight, knees bent in a sitting position, head up, both arms locked at a 90 degree angle in a holster position near each pant pocket). On the second whistle the offensive player can slide in either direction attempting to reach a cone before their defender.

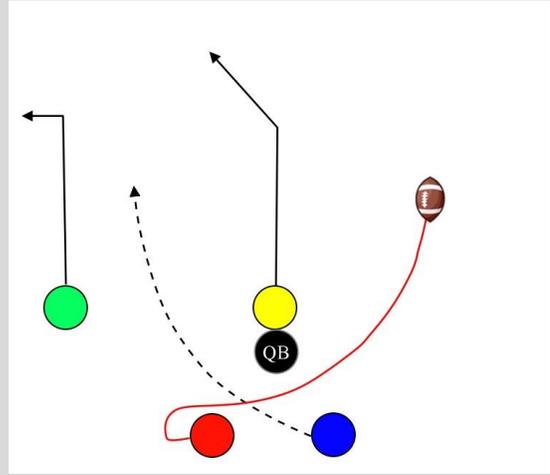
Progression 1 - Start by setting-up the Mirror Drill, but add two cones 5 yards behind the defensive player and five yards apart. Each player wears a belt with flags. Begin the competition by having the offensive player slide from cone to cone with the defensive player trying to stay with him. On the second whistle, the offensive player attempts to run upfield past the defensive player without having his flags pulled before he passes the cones 5 yards downfield. Defensive player must attempt to stay with the offensive player and can move to pull one of the offensive player's flags on the second whistle. Object is to pull the offensive player's flag before he can get 5 yards downfield. Offensive player must stay within the 5 yard wide area at all times.

Progression 2 - Set-up a 5 yard box marked by 4 cones in the corners of the box. Place a 5th cone in the middle of the box. One player on offense starts at any one of the 4 corner cones. The defensive player starts at the middle cone. The game starts on a whistle, and the offensive player must then attempt to touch as many cones as possible without having one of his flags pulled. Players are free to move in any direction throughout the box, but cannot leave the box and re-enter.

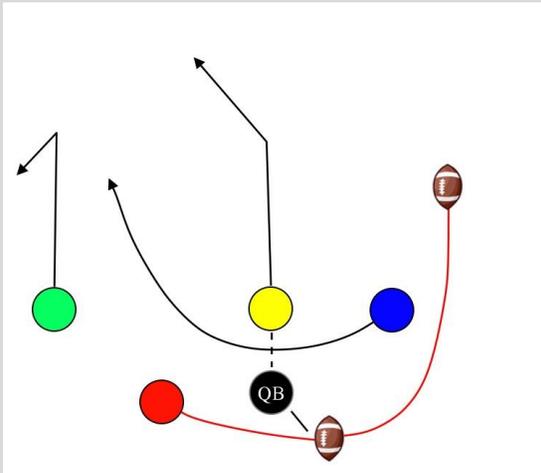
Plays



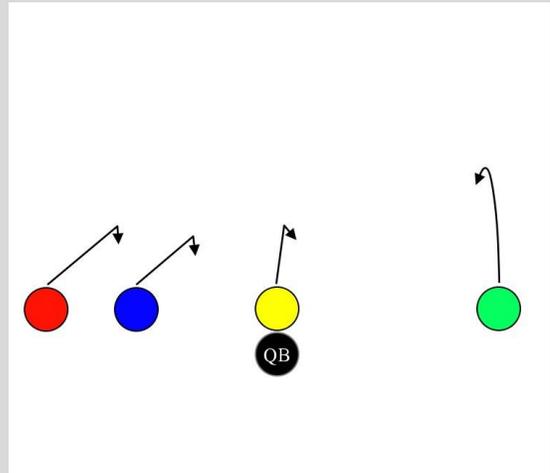
Ace Left WR Slant



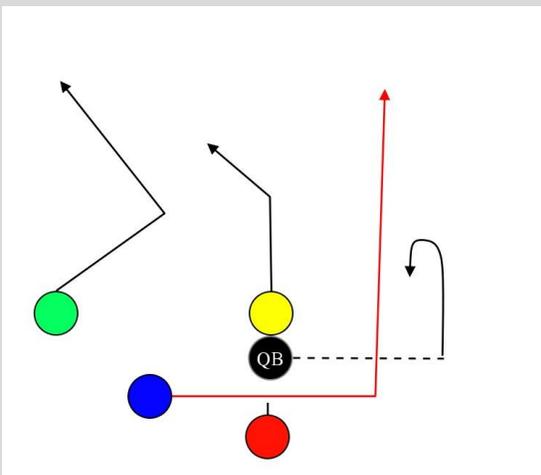
Counter Handoff



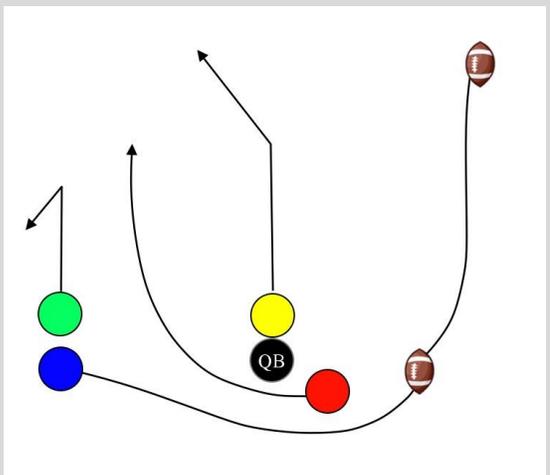
Fake Left



Cross

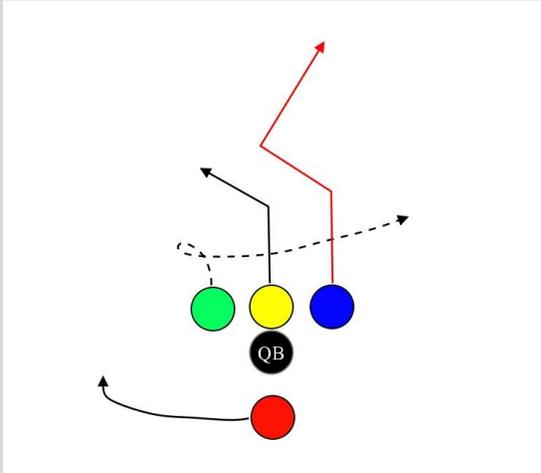


QB Motion Go

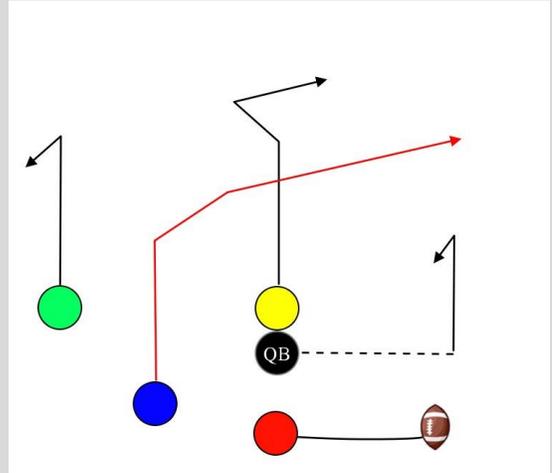


Reverse Fake

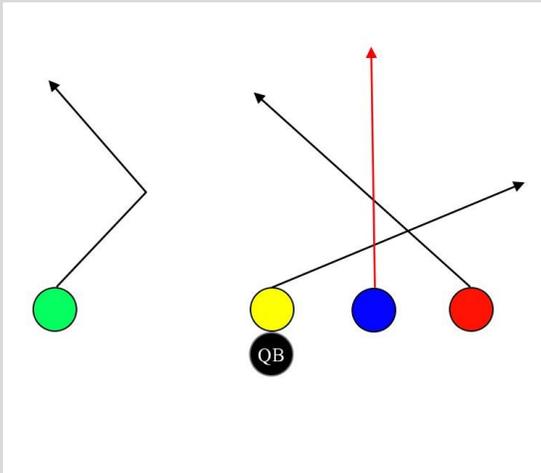
Plays



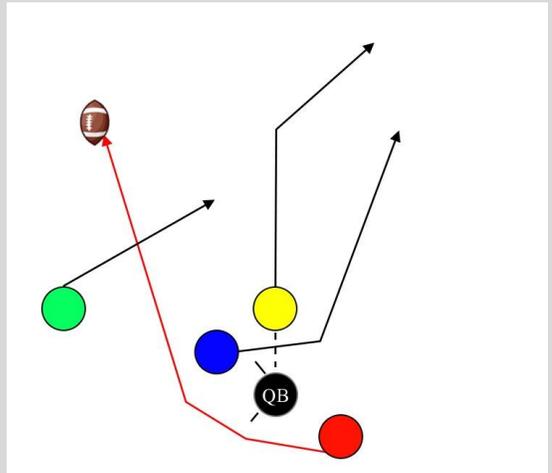
Blue Man Deep



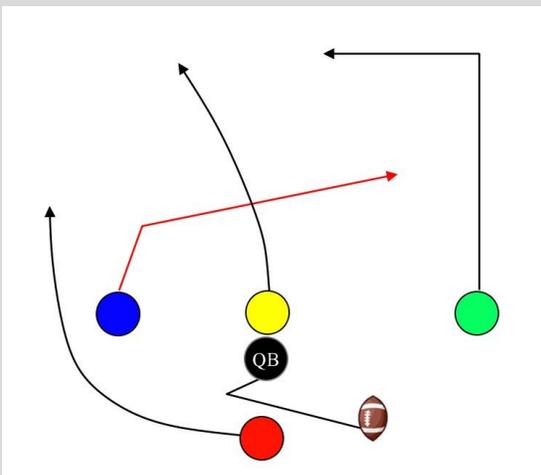
QB Receiver Go



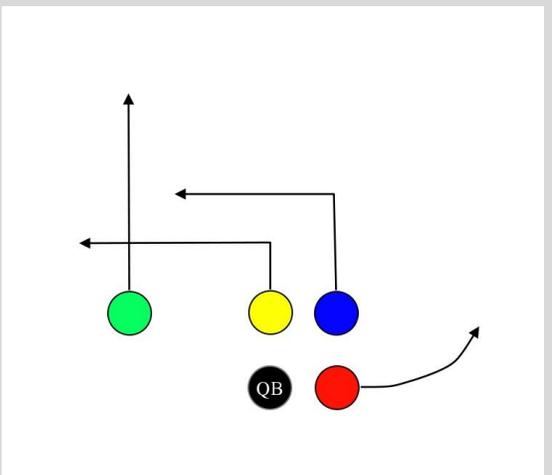
Go and Slants



Shotgun Left

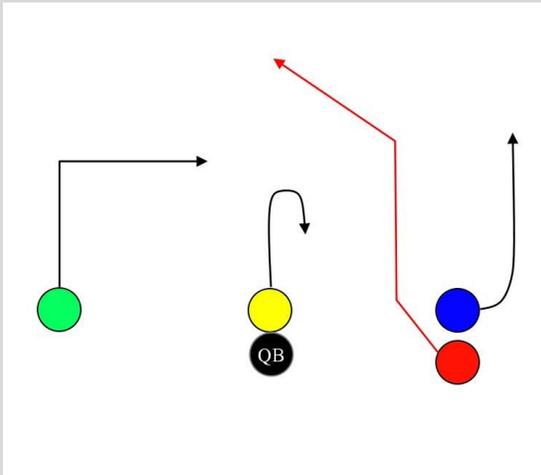


I Slant

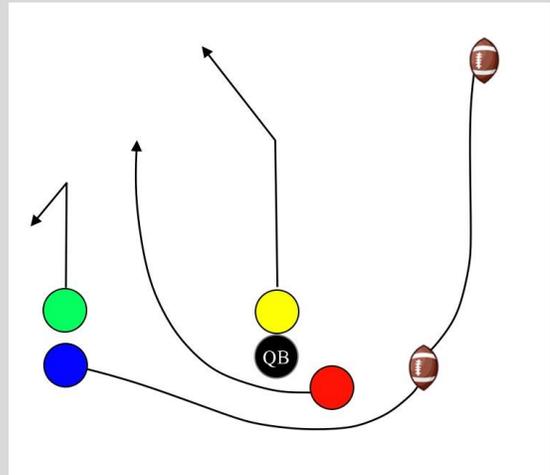


SL Banana In

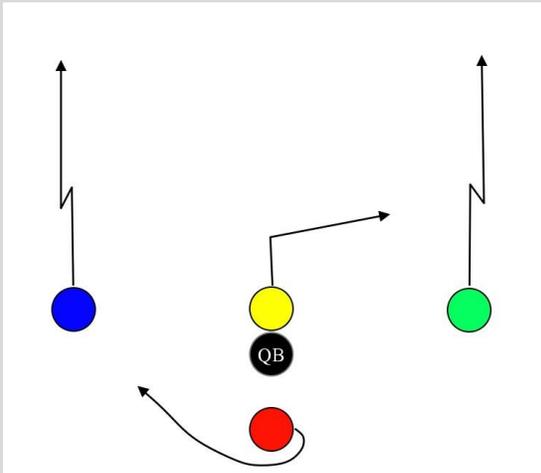
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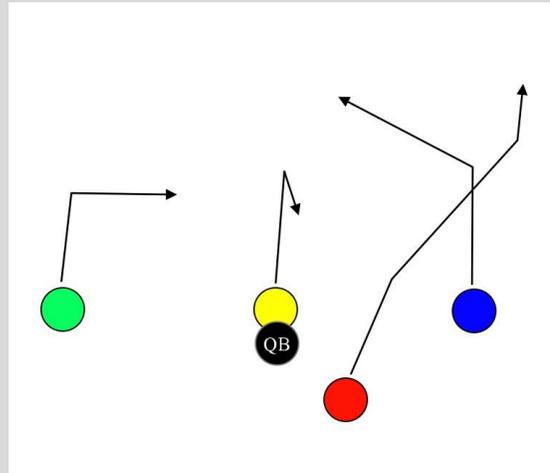
Under Center Stacked Left



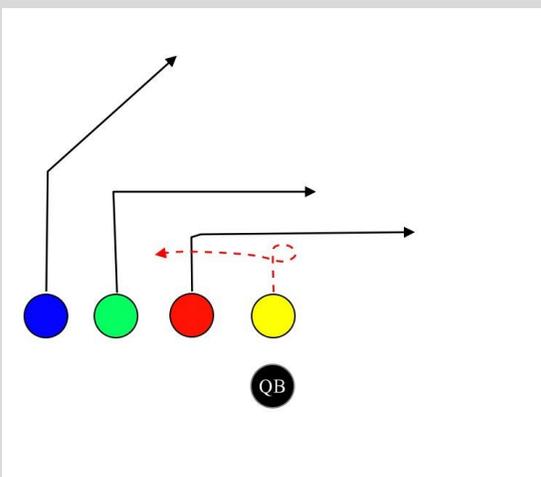
Reverse Right



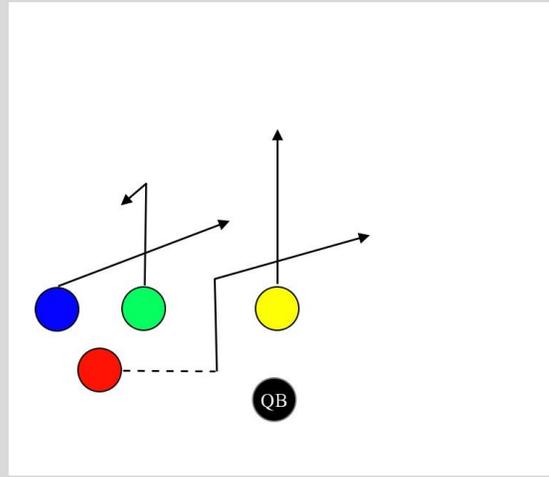
Split Bolts



Single Back Play Action

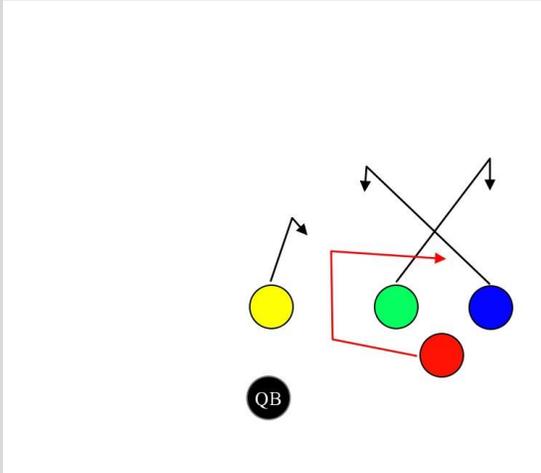


TI Whirly

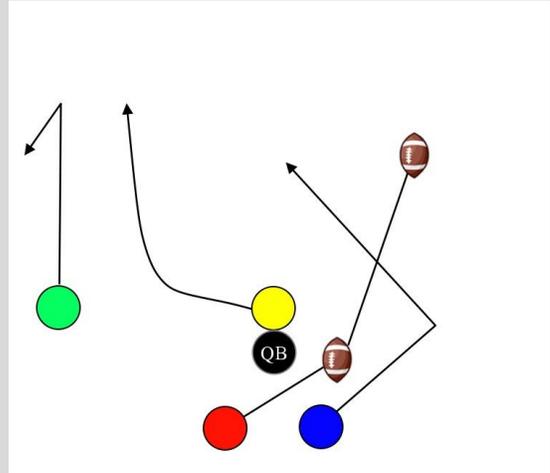


Trips Slant Left

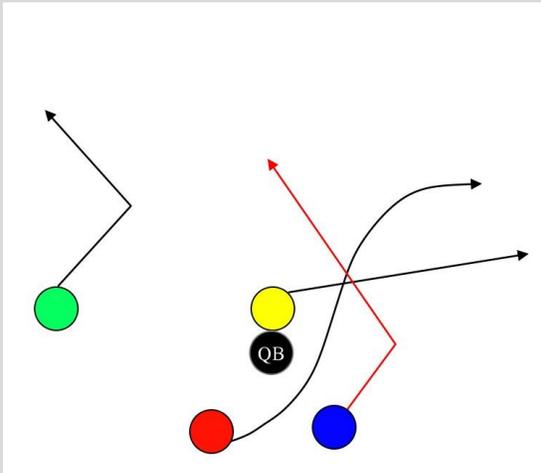
Plays



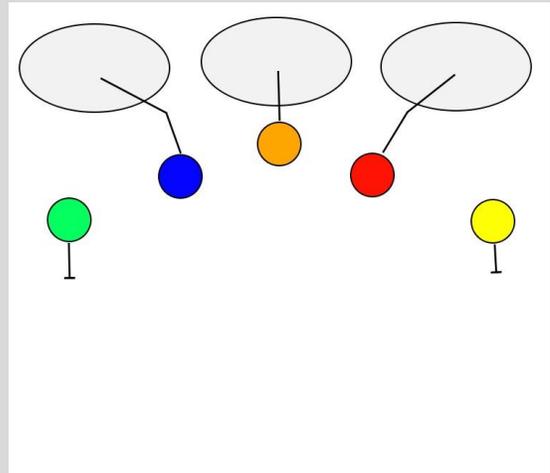
Trips Short Right



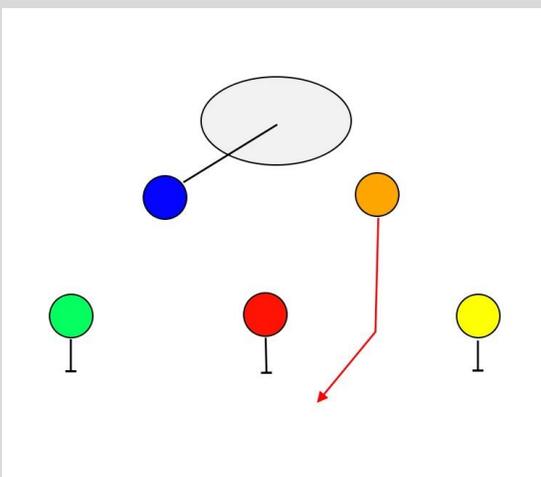
Y Run Right



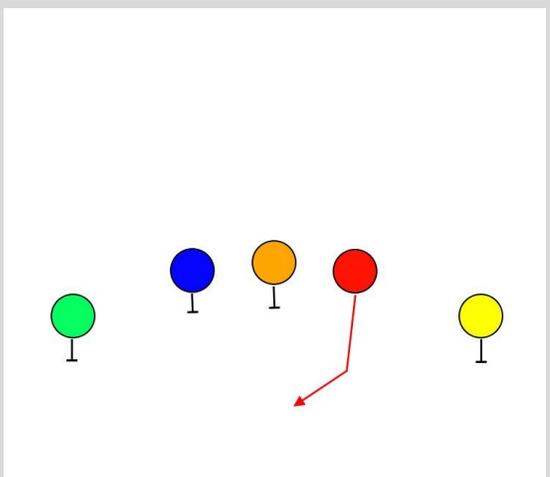
Y Slant Right



Defense Prevent Man



Defense 3 Man Cover



Defense Base Man

Stat Sheet

Please print prior to each game if you choose.

Game Date: _____

Start Time: _____

Team Number + Name: _____

Child's Name	Playing Time	Touchdown and Extra Pts			Int.	Pulls	Sacks
		Pass	Catch	Run			
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						

Final Score: _____

Referees _____

Game Date: _____

Start Time: _____

Playing Time Rules

- A) No Child Sits Two Consecutive Quarters
- B) Each Kid Plays 2 quarters
- C) No Substitutions throughout a Quarter

Team Number + Name: _____

Child's Name	Playing Time	Touchdown and Extra Pts			Int.	Pulls	Sacks
		Pass	Catch	Run			
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						
	Q1 Q2 Q3 Q4						

Final Score: _____

Referees _____

Playing Time Rules

- A) No Child Sits Two Consecutive Quarters
- B) Each Kid Plays 2 quarters
- C) No Substitutions throughout a Quarter

Amenity Athletics will continue to monitor Local, State and Federal communications, guidelines, recommendations and advisories regarding the Coronavirus Disease 2019 (COVID-19).

*The below are recommended for any parent, guardian, or player participating in Amenity Athletics Recreational programs.

For Parents

- Please check your child's temperature before bringing them to a practice or to a game.
- Please adhere to social distancing during practices and games. If you feel like you cannot do so, please stay in your car.
- Sanitize or clean all of your child's clothes and equipment before and after each game and practices (cleats, ball, shin guards, etc.);
- Please wear a mask during practices or game days if social distancing is not possible.
- Please let Amenity Athletics know immediately if your child becomes ill for any reason. Please reach out to TCallahanAmenity@gmail.com
- Please provide personal sanitizer to your child for practices and games.

For Players:

- Please wash your hands before and after practices and games.
- We would like to encourage all players to wear a mask before and after practices and games.
- Please do not touch anyone else's equipment, water, snack, or bag. *Bring your own water bottle to all practices and games.
- We would like everyone to please practice social distancing when not playing or off the fields and place bags or equipment at least 6 feet apart.
- Please no group celebrations, high fives, shaking hands, hugs, etc.

For Coaches:

- Please help Amenity Athletics to ensure health and safety of the athletes.
- Please ask players how they are feeling. If someone does not look healthy please speak to their parents and see if sending them home might be the best decision.
- Please continue to follow all state and local health protocols.
- Please make sure all players have their own equipment, water bottle, shoes, etc.
- Coaches or Assistant Coaches should be the only one handling team equipment during practices and games.
- Please maintain social distance during practices and game days. If you feel you can not maintain social distancing, we suggest wearing a mask.
- Please sanitize team equipment after practices and/or game days.

COVID Update

For Spectators:

- Limit the number of spectators for your child to 2.
- Upon arrival, watch games only from the sidelines.
- Wear a mask if unable to adhere to social distancing guidelines.
- Maintain social distancing guidelines while spectating games, staying 6ft away from other spectators.
- Leave the field area as soon as the game concludes.
- We also recommend that parents or guardians bring their own seating when spectating games and avoid bleachers or public seating when possible.
- Please arrive no sooner than 15 minutes before game time and please do not remain on the field after the game.

For Referees:

- Wear a mask while at the fields, except while refereeing games.
- Ensure that no more than 2 coaches/managers are present in each team's bench area.

Player Protocols Following Confirmed or Suspected Case of Covid-19

- Inform your coach and email Tim Callahan at TCallahanAmenity@gmail.com immediately.
- Person cannot attend Amenity Athletics games or practices until:
 - 14 days have passed since symptoms first appeared OR Negative results of an FDA authorized COVID-19 test from at least two consecutive respiratory specimens collected 24 hours apart (two negative specimens).

Player / staff with confirmed COVID-19 who have not had any symptoms:

- Inform Tim Callahan at TCallahanAmenity@gmail.com immediately
- Person cannot attend games or practices until:
 - 14 days after date of their first positive COVID-19 test, assuming no symptoms since that time OR negative results of an FDA authorized COVID-19 test from at least two consecutive respiratory specimens collected 24 hours apart (two negative specimens).

Protocols Following Exposure to a Suspected or Diagnosed Case of COVID-19

- Take your temperature if symptoms develop.
- Practice social distancing. Maintain 6ft of distance from others and stay out of crowded places.
- Follow CDC guidance if symptoms develop.
- Stay at home until 14 days after your last exposure; monitor for any symptoms consistent with infection during this timeframe.
- Check temperature twice a day and stay away from people who are at higher-risk.
- If asymptomatic after 14 days since last exposure, they can return to participation.

Amenity Athletics will continue to:

- Keep up to date with Local, State, and Federal Regulations and distribute protocols accordingly.
- Communicate regularly with all coaches throughout the season in order to implement plans to notify teams of any situations where someone may have been exposed to someone who has tested positive for COVID-19.
- Educate all staff on protocols and requirements, including state and local regulations, CDC recommendations, and other necessary information.
- Ensure adequate field space for social distancing.