

York Youth Football Meeting Minutes  
Skills & Drills Planning  
September 1, 2020 6:30pm  
Estes Residence

- A. Call to order: Whitney Nelsen, Robyn Estes, Rose Luchette, Jess Stanwood, Jon Estes, Jon Luchette & Eddie Prior in attendance.
- B. Approve minutes from last meeting: Estes, Nelsen, Luchette
- C. Skills & Drills Practice:
1. Review written plan approved by YPR & Town of York (attached to these minutes)
  2. Board members will be responsible for check in procedures: set out traffic signs, ask COVID questions, take temperatures, attendance & make sure players get hand sanitizer prior to getting to the field.
  3. Coaches will set out cones to designate where players place their individual items to maintain 6 foot social distancing during water breaks.
  4. Coaches have their plans in place and will ensure players are maintaining their distance and wearing their masks during practice.
  5. Start date of September 14<sup>th</sup> approved and board and coaches in agreement to.
  6. Discussed adding 2<sup>nd</sup> graders. Coaches in favor.
- D. Equipment:
1. Traffic signs – Robyn already purchased.
  2. Electronic whistles so coaches do not need to uncover their mouths to use – Robyn to order 2 & Whitney to order 2 from Amazon (2 per person limit).
  3. Infrared thermometer for touchless player temp checks – Robyn already purchased.
  4. Additional flat orange cones for player belongings, clip boards & enough hand sanitizer for before, during and after practice use by board, coaches & players – Robyn & Jess to make a trip to pick up essential items.
  5. Flag football gear – to be ordered as we get closer to that portion of the session.
- E. Required Paperwork:
1. As outlined in our proposal we will require the following paperwork: (attached to these minutes)
    - Completed registration
    - COVID Liability Waiver
    - Emergency Contact Information form
    - Physical on file from last year for returning players or completed current physical for new players.
  2. Players will not be able to practice until all paperwork is received.

Adjourned: 8:30pm

## York Youth Football

### Skills and Drills Program

York Youth Football is seeking approval to hold a 6 -week skills and drills session potentially beginning the week of August 24, 2020 through October 5, 2020. Each week we will be evaluating the latest State and local guidelines and will work toward the re-introduction of contact football if possible. By implementing a 6 -week tiered session, we will be getting our players ready for tackle play when/if it becomes an option.

York Youth Football proposes to use the upper football field at the Bog Road Athletic Fields on:

- Mondays and Wednesdays from 5:30-7pm for 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> graders
- Tuesdays and Thursdays from 5:30-7pm for 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders
- The total number of players, coaches/board members will not exceed the current State of Maine guidelines for organized group gatherings.
- Parents will drop-off and pick-up only and will not be allowed to attend practice sessions.

The session will be broken out into 2 weeks each in order of:

- Conditioning
- Fundamentals
- Work on plays including flag football

Session timeline:

- Drop off runs from 5:15-5:25
- Participant drop-off line will be at the end of the dirt road leading from the parking lot to the field.
- Parents should enter the upper parking lot area and pull up to the dirt road. A “stop” sign will be displayed where parents should stop. Cones will be used to direct the flow of traffic out of the parking lot by going around the lined parking spots. A “do not enter” sign will be placed where vehicles are to be exiting to discourage parents from leaving the flow of traffic. We will use volunteers to assist in the traffic flow whenever possible in addition to the cones and signs.
- Parent/guardian and player should wait in their vehicle, with masks on, until a coach or board member walks to greet them.
- Coach or board member will wear a mask to complete a wellness check on the camper with a series of questions. Parent/guardian must stay in their vehicle. If your player does not feel well, please do not come to camp. The screening questions and response are as follows:
  - Do you have:
    - Fever or chills
    - Cough
    - Shortness of breath or difficulty breathing
    - Fatigue
    - Muscle or body aches
    - Headache
    - New loss of taste or smell
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting

- Diarrhea

And

- Have you had any contact with a confirmed or probable case of COVID 19 or person who has had any of the previously mentioned symptoms in the past 14 days?
- If participant answers yes to any of the questions, participant will be asked to leave and monitor their symptoms.
- If player answers no, they will exit the vehicle wearing a face covering, coach or board member will give the player a pump of hand sanitizer and be directed to the field entrance at the end of the field. Their attendance will be recorded for COVID tracing.
- Players will be expected to maintain social distance from other players while awaiting instruction.
- Once on the field participants will place their items in their own designated area and proceed to their designated area on the field.
- Coaches will keep participants in their designated area on the field for stationary drills where they will be able to remove their face covering. There will be markers on the field to show players where to stand to maintain at least a 6 foot distance from each other.
- Ball work, passing & moving drills will be done in groups of no more than 10 participants. The ball will be wiped/sanitized after each drill/skill set as well as before and after practice.
- The groups of 10 will be spaced as far apart on the field as possible and be in groups based on positioning. Coaches for those positions will stay with the corresponding group of players. For moving drills (such as running laps, sprints, routes, etc.) participants will be expected to maintain a 6 foot distance from each other with coaches closely monitoring the spacing.
- During flag football play participants will wear their face coverings. Flags/belts will be collected after each practice by a coach or board member to be sanitized before and after every practice.
- At the end of each practice participants will wear their face coverings to collect their things, be given hand sanitizer to use on their way off of the field & find their parent waiting in the car in the upper parking lot.

Pick up:

- Pick up runs from 7-7:10p
- Parent/guardian will park in the upper parking lot and wait for their player to come out to their vehicle. Parents should not exit their vehicle.
- Players will hand sanitize after practice and before entering their vehicle.

What to expect:

- Players will be required to have a face covering at each practice.
- We are asking each player to bring their own bottle of hand sanitizer for personal use, making sure that it contains 60% or more of alcohol and that it is not on the recall/unsafe list.
- Players will be required to have their own water bottles with plenty of water.
- Players are expected to be mindful and maintain social distancing while on the field at practice.
- Players will wash or sanitize their hands upon arriving to the field, during, and upon leaving practice. Players will be asked to sanitize after every activity.
- Players will wear a face covering throughout practice unless they are engaging in activities that involve lots of movement and socially distancing can be maintained.

- All equipment used during practice will be cleaned/sanitized before, during and after use.
- If your player is feeling ill during practice, the parent/guardian will be notified and expected to pick up their player as soon as possible. The player will be isolated from the cohort while awaiting parent/guardian pick up. If a case of COVID-19 is confirmed in either a coach/board member or a player, we will notify parents immediately and practice will be discontinued for a minimum of 48 hours. A local health officer and the Maine CDC will be notified, and YYF will adhere to their recommendations. A coach/board member or player who has been exposed to an individual with COVID-19 must quarantine for 14 days, have a doctor's note and documentation of a negative test result in order to return to the field.

Required forms:

- In order to participate a returning player must have a signed physical on file from last year; new players must bring a signed physical. Forms can be found at [yorkyouthfootball.com](http://yorkyouthfootball.com).
- Players must have the signed COVID liability waiver before participation.
- The emergency contact form must be filled out before participation.
- Required forms can be brought to the first practice at drop off. Players without all paperwork on file will not be allowed on the field.

We will base our program on the guidelines outlined by USA Football and the State of Maine Youth Sports Industry Guidelines which include:

- Maintaining a 6 foot distance between all players and coaches when not directly participating in practices and games.
- No more than the maximum number of people allowed, per the Governor's executive order for outside group gatherings.
- Players will wear cloth face coverings when not engaged in physical activity.

Other guidelines include:

- Participants will bring their own water bottle – no sharing of water bottles or other personal equipment or belongings will be allowed.
- Disinfectants and hand sanitizer will be available on site and used regularly.
- Coaches will always wear their face coverings.

**ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT RELATING TO COVID-19 EXPOSURE, COVID-19 LIABILITY, AND COVID-19 RISKS**

*The persons to whom this Agreement applies are, as follows:*

Adult Participant Name: \_\_\_\_\_

Minor Participant Name(s): \_\_\_\_\_ Participant Age(s):

\_\_\_\_\_

\_\_\_\_\_

(If applicable)

Name of Participant's Parent or Legal Guardian signing below:

\_\_\_\_\_

IN CONSIDERATION for myself and/or my children listed above being permitted to utilize the services, utilize the facilities and/or participate in the programs of \_\_\_\_\_ the "Organization"), including, but not limited to, observation or use of facilities or equipment, or participation in or acting as a spectator during any program affiliated with the Organization, the undersigned, on behalf of himself or herself and such participating children and any personal representatives, heirs, and next of kin (hereinafter referred to as "the undersigned") hereby acknowledges, agrees and represents that he or she has inspected and carefully considered such premises, equipment, and facilities and has considered the Organization's programs and that the undersigned finds and accepts same as being safe and reasonably suited for the use or participation by the undersigned and such participating children.

In addition, the undersigned acknowledges that novel coronavirus ("COVID-19") infections have been confirmed throughout the United States, including several cases in the undersigned's own State and locality. In accordance with the most recent guidance and recommendations issued by the World Health Organization (WHO), the Centers for Disease Control and Prevention (CDC),

undersigned's own State's Department of Health (DOH) for slowing the transmission of COVID-19, the undersigned hereby agrees, represents, and warrants that neither the undersigned nor such participating children shall visit or utilize the facilities, services, and/or programs of the Organization (other than any exclusively online services and programs) within 14 days after (i) returning from highly impacted areas subject to a CDC Level 3 Travel Health Notice, (ii) exposure to any person returning from areas subject to a CDC Level 3 Travel Health Notice, or (iii) exposure to any person who has a suspected or confirmed case of COVID-19. The CDC Travel Health Network is continuously updating this list and the undersigned agrees that they are aware of this list and the countries listed. The undersigned agrees to check on a daily basis the CDC Travel Health Notices list (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>) prior to participating in or utilizing the facilities, services, and programs of the Organization. The undersigned hereby agrees, represents, and warrants that neither the undersigned nor such participating children shall participate in, visit or utilize the facilities, services, and/or programs of the Organization if he or she (i) experiences symptoms of COVID-19, including, without limitation, fever, cough, loss of

sense of taste or smell, or shortness of breath, or (ii) has a suspected or diagnosed/confirmed case of COVID-19. The undersigned agrees to notify the Organization immediately if he or she believes that any of the foregoing access/use restrictions may apply.

The Organization has taken certain steps to implement certain recommended guidance and recommendations issued by public health agencies for slowing the transmission of COVID-19, including, without limitation, the access/use restrictions set forth above. The undersigned acknowledges and agrees that the Organization may revise its procedures at any time based on updated recommended guidance and recommendations issued by public health agencies and further agrees to comply with the Organization's revised procedures prior to utilizing the facilities, services, and/or prior to participating in the programs of the Organization. The undersigned further acknowledges and agrees that, due to the nature of the facilities, services, and programs offered by the Organization, social distancing of 6 feet per person among children and their fellow participants or others is not always possible. The undersigned fully understands and appreciates both the known and potential dangers of participating in the programs and/or utilizing the facilities and services of the Organization and acknowledges that use thereof by the undersigned and/or such participating children may, despite the Organization's reasonable efforts to mitigate such dangers, result in exposure to COVID-19, which could result in quarantine requirements, serious illness, disability, and/or death.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE ORGANIZATION'S PROGRAMS, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

THE UNDERSIGNED, ON HIS OR HER BEHALF AND ON BEHALF OF SUCH PARTICIPATING CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Organization or its national governing body organization, or any of their respective directors, officers, employees, volunteers and agents, or any of the fellow participants or their family members or guests from all liability to the undersigned or such participating children and all personal representatives, assigns, heirs, and next of kin of the undersigned or such participating children for any loss or damage, and any claim or demands on account of any property damage or any injury to, or an illness or the death of, the undersigned or such participating children (or any person who may contract COVID-19, directly or indirectly, from the undersigned or such participating children) *whether caused by the negligence, active or passive, of the Organization or otherwise while the undersigned or such participating children are in, upon, or about the premises or any facilities or using any equipment of or participating in any program of or affiliated with the Organization.* To the extent such statute applies, the undersigned also expressly and knowingly waives all rights under California Civil Code Section 1542, which provides: "A general release does not extend to claims that the creditor or releasing party does not know or suspect to exist in his or her favor at the time of executing the release and that, if known by him or her, would have materially affected his or her settlement with the debtor or released party."

THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY, DEFEND AND HOLD HARMLESS the Organization or its national governing body organization, or any of their respective directors, officers, employees, volunteers and agents, and each of them,

from any loss, liability, damages or costs they may incur, *whether caused by the Organization's negligence, active or passive, or otherwise* while the undersigned or any participating child is participating in any program of the Organization or in, upon, or about the premises or any facilities or equipment affiliated with the Organization. The undersigned understands and agrees that the Organization is not required to provide insurance to cover the undersigned or such participating children in the event they suffer illness, injury, death, property loss, theft or damage of any sort upon, or about the premises or any facilities or equipment therein or while participating in any program affiliated with the Organization.

The undersigned agrees and acknowledges that use of the Organization facilities and services, and participation in the Organization programs, may involve inherent danger and risk, including, without limitation, the risk of physical illness or injury, death or property damage. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR, AND RISK OF ILLNESS, BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such participating children due to negligence, active or passive, or otherwise while in, about or upon the premises of the Organization and/or while using the premises or any facilities or equipment thereon and/or while participating in or observing any program affiliated with the Organization. The undersigned acknowledges that any illness or injuries that the undersigned or such participating children contract or sustain may be compounded by negligent first aid or emergency response of the Releasees and waive any claim in respect thereof.

THE UNDERSIGNED further expressly agrees that the foregoing ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the laws of the State in which the undersigned resides or participates and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I HAVE CAREFULLY READ AND VOLUNTARILY SIGN THIS ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT AND FURTHER AGREE THAT NO ORAL REPRESENTATIONS, STATEMENTS OR INDUCEMENT APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE. I AM AWARE THAT BY AGREEING TO THIS AGREEMENT I AM GIVING UP VALUABLE LEGAL RIGHTS, INCLUDING THE RIGHT TO RECOVER DAMAGES FROM THE ORGANIZATION IN CASE OF ILLNESS, INJURY, DEATH OR PROPERTY LOSS OR DAMAGE, INCLUDING, FOR THE AVOIDANCE OF DOUBT AND WITHOUT LIMITATION, EXPOSURE TO COVID-19 AT ANY ORGANIZATION FACILITY OR DURING PARTICIPATION IN ANY PROGRAM AND ANY ILLNESS, INJURY OR DEATH RESULTING THEREFROM. I UNDERSTAND THAT THIS DOCUMENT IS A PROMISE NOT TO SUE AND A RELEASE OF AND INDEMNIFICATION FOR ALL CLAIMS. IF SIGNING ON BEHALF OF MINOR: I ALSO UNDERSTAND THAT THIS AGREEMENT IS MADE ON BEHALF OF MY MINOR CHILD(REN) AND/OR LEGAL WARDS AND I REPRESENT AND WARRANT TO THE ORGANIZATION THAT I HAVE FULL AUTHORITY TO SIGN THIS AGREEMENT ON BEHALF OF SUCH MINOR(S).

**I have read and understand the terms of this Assumption of Risk, Release and Waiver of Liability, and Indemnity Agreement and agree to its terms.**

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Signature

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Date

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Emergency Contact Name    Emergency Contact Number