



2020 North Pinellas Panthers Football
7v7 Football Conditioning
Return to Play Guidelines
Tuesdays & Thursdays
June 25th – July 31st



- Outdoor Facility: [Oldsmar Sports Complex, 3120 Tampa Rd, Oldsmar, FL 34677](#)
- The following documents must be submitted for football players to participate in 7v7 Football Conditioning:
 - [Registration](#) (All participants must register online prior to taking the field)
 - [2020 Pop Warner Physical Fitness and Medical History Form](#) (All 2019 returning player physical forms are valid until 08/01/20)
 - [2020 Pop Warner Participant Contract and Player Consent Form](#)
 - [2020 Pop Warner Covid-19 Form](#)
- Parents/Guardians, please drop-off participants and wait for your participants to pass through screening before leaving the facility.
- Tiny-Mite (TM) and Mitey-Mite (MM) parents with (five to nine-year-old) participants, may enter the facility after passing through screening.
- We request that parents/guardians not entering the facility to please wait in the parking lot. If running an errand, please be no more than 10 minutes away. You must be reachable by a phone number we have on file via Online Registration.
- All participants, coaches and anyone entering the facility must pass the screening questions and temperature check (via non-contact thermometer).
- A daily monitoring questionnaire will be used for screening participants, parents/guardians, and coaches.
- If a participant answers “yes” to any of the screening questions, the participant will not be able to participate in any conditioning until cleared by a physician or until the participant stays home for 14 days without any symptoms prior to return.
- All parents, please report if your player has a fever of 100.4 or greater to the coach immediately.
- Each participant should bring their own backpack with mask, personal water jug (one gallon recommended) and towel. There will be no use of water fountains.
- Participants without an appropriate amount of water will need to leave and return with sufficient water for practice.
- Players will keep their personal belongings separate from one another to encourage social distancing.
- All participants must wear masks/face covers to enter the facility for screening.
- Once inside the facility, masks/face covers will be optional.
- Maximum of nine players and one coach per grouping.
- We will encourage social distancing during drills and breaks.
- Drills will be non-contact and no equipment at this time.
- No mouthpieces. No spitting.
- Hand Sanitizer will be plentiful and readily available throughout the facility.
- No visitors or unscreened individuals are allowed at conditioning sessions.
- If any symptoms occur prior to, during or after practice, please notify us at: nppreportcovid@gmail.com
- Please communicate with your coach if you will miss practice due to an illness or vacation so we know everyone is safe.

Questionnaire

- Participants/Parents/Guardians must answer the questions below before being allowed to participate. This must be completed **daily**. If the answer is “yes” to any of the questions, the player may not participate in any conditioning until cleared by a physician. Please provide a clearance note and let us know once the player has stayed home for 14 days prior to return.
 - Have you, your child, or anyone in your household had a fever above 100.4 F in the last week?
 - Have you, your child, or anyone in your household had a consistent cough in the last week?
 - Have you, your child, or anyone in your household had a sore throat in the last week?
 - Have you, your child, or anyone in your household had congestion and/or a runny nose in the last week?
 - Have you, your child, or anyone in your household had a shortness of breath or fatigue in the last week?
 - Have you, your child, or anyone in your household had a consistent headache in the last week?
 - Have you, your child, or anyone in your household had nausea, vomiting, or diarrhea in the last week?
 - Have you, your child, or anyone in your household had a loss of taste or smell in the last week?
 - Have you, your child, or anyone in your household been in close contact or care for anyone diagnosed with COVID-19?