

# Exeter Parks & Recreation Department



## 2020 Modified Flag Football

Grades 1-8

Parent Handbook



This Modified Fall Flag Football parent handbook was created from guidelines found in the Safer at Home 2.0 “Amateur & Youth Sports” document, which was created and reviewed by the New Hampshire Department of Health & Human Services and the Governor’s Reopening Task Force. Additional resources and guidance used to create this handbook is from the Centers for Disease Control and Prevention. Throughout this document, you will find our updated policies and procedures, game rules/format, coaches’ background consent/release form, EPRD Fall sports waiver and health screening information.

For additional information, please visit the Exeter Parks & Recreation website or call our office at 603-773-6151.

### **Program Information**

The league is broken down into three divisions; Division A (Grades 1-3), Division B (Grades 4-5) and Division C (Grades 6-8). Players will be placed in a division based on the grade they are entering in the Fall of 2020. Boys and girls will have the opportunity to participate in our exciting NFL flag program this fall. This program provides the opportunity for our youth to be part of a team, make new friends, and have fun in an activity which encourages teamwork, respect for others and fair play.

Before registering for our 2020 Modified Flag Football program, families must read this entire document. At time of registration, we will ask if you have read and acknowledge the parent handbook and understand that registration is not complete until we receive a signed waiver for each child. Waivers can be found in this document and online waiver submissions can be done online by visiting the modified Flag Football page on the Parks and Recreation website ([www.exeternh.gov/recreation/nfl-flag-football-league](http://www.exeternh.gov/recreation/nfl-flag-football-league)). All coaches, spectators and staff must wear face masks at all times during the program. Athletes must wear a face mask at all times except when they are directly participating on the field or in the designated sideline area.

### **Coaches**

Our programs depend on volunteer coaches, especially in the world we live in today. Each team will require at least two coaches. Due to COVID-19, we are experiencing extreme delays in processing background checks, therefore if you are interested in coaching or co-coaching, please fill out and deliver a background check form to the Parks and Recreation office ASAP! You can find background check forms on our website under the Modified Fall Flag Football program page, in this document (background consent/release form), or you can email David Tovey, Recreation Coordinator at [dtovey@exeternh.gov](mailto:dtovey@exeternh.gov).

Coaches’ responsibilities include, but are not limited to: 1.) Ensuring each child’s health screening questionnaire has been completed within 1 hour of practice start time 2.) Complete a self reported health screening questionnaire within 1 hour of practice 3.) Monitoring children’s overall health and report any signs of symptoms to the designated field supervisor and EPRD staff. 4.) Attend training before season starts 5.) Implement adequate breaks for water, hand washing and cleaning/sanitation of shared equipment. 6.) Report any issues with spectators not adhering to social distance guidelines to EPRD staff. 7.) Wear a face mask, covering your nose and mouth, at all times. 8.) Attend training before the season starts.

### **Arrival**

Parents/guardians, no more than 2 adults per child, will park in the designated parking area at Brickyard Park and head towards their team’s designated entrance (this information will be communicated in a later email from your coach and EPRD), no more than 10 minutes before your allotted practice/game time, where they will be greeted by one of their coaches for a health screening. Coaches will be provided with a google form document for their team to record health screening questions. Parents/guardians will also have access to the Google Form document to complete their child(ren)’s health screening questions prior to arrival if the parent/guardian cannot drop off their child (Note: health screening questions must be completed within 1 hour of arrival). Parents/guardians must document who is approved to drop off their child in our Modified Fall Sports Information Form, included in this document below. **No parent(s)/guardian(s) from other teams may drop off your child(ren).**

The team's second coach will be on their designated field. Children must wear a face-covering upon arrival and when walking to and from their designated area. Parents are encouraged to wear face coverings and practice social distancing when watching games in the designated spectator area.

Health screenings will be done for all staff, athletes or volunteers. Health screenings will include a series of questions. Any person with symptoms, reports they have been in contact with someone suspected or confirmed to have had COVID-19 in the past 14 days, or reports travel risk factors will not be allowed into the program area.

### **Field Supervisor**

A dedicated, paid staff member will be present at each location for practices/games to monitor social distancing, monitor health screenings, help with cleaning and sanitation of equipment and distribute first aid supplies when needed. Parks and Recreation staff will assist when needed and to verify policies and procedures are being followed.

Anyone who is interested in applying to become a field supervisor should contact the Parks and Recreation office at 603-773-6151 or email David at [dtovey@exeternh.gov](mailto:dtovey@exeternh.gov).

### **Practice/Game Rules/Format**

Teams (no more than 16 players per team) will have an entire field to themselves. Each team's arrival and end times will be staggered to ensure social distancing from other teams, spectators, and coaches and also to allow adequate time for cleaning and sanitation. Only students from SAU 16 will be allowed to participate in this year's modified fall sports program. Teams will only meet one day per week with intersquad practices and games. This helps cut down on possible transmission within the entire program if COVID-19 is found within one team.

Each player must bring their own football and equipment to their practice/game day. If a player forgets theirs or cannot afford one, a sanitized ball will be provided. Teams will be provided with 4 game balls; these footballs will be cycled through during play, with cleaning and sanitation after each use, and at the end of practices/games. Uniforms are for players to keep at the end of the season and mouth guards are required.

Sidelines will have field markings to designate where players can sit (6 ft. apart from each other) and a designated spectator area will have field markings for social distancing as well. Spectator's designated area will not be in any area that is considered, "in play". Signage for social distancing and face-covering will be placed in these areas. Coaches, staff, players and/or spectators not adhering to our policies will be reported to EPRD staff and repeated offenders will not be allowed to participate or attend for the remainder of the season.

Adequate break for water and sanitation will be implemented into the program format. No sharing of water bottles and EPRD will not provide water jugs for refilling. Athletes and coaches are encouraged to bring their own water bottle with their name labeled.

Modified NFL Flag Football rules will apply for the 2020 season. Such rules include, but are not limited to: 1.) Quarterbacks will self-hike to initiate the play (no center to quarterback snaps) 2.) No rushing the quarterback 3.) Players cannot lick their hands/fingers for extra grip on the ball 4.) Coaches will use electronic whistles or bells instead of traditional whistles. 5.) Game length will be TBD 6.) No spitting or gum chewing.

### **Isolation Area**

There will be a designated area at Brickyard Park for any athlete, coach, spectator, staff or volunteer who begins to display symptoms during a practice or game. This area will be clearly marked and communicated before the season begins and will be located a safe distance from the program. The isolation area will be cleaned and disinfected after someone with symptoms leaves.



# EXETER PARKS & RECREATION

32 COURT STREET • EXETER, NH • 03833 • (603) 773-6151 • [www.exeternh.gov](http://www.exeternh.gov)



## Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. The Town of Exeter Parks and Recreation has created new protocols and put in place preventative measures to reduce the spread of COVID-19; however, EPRD (Exeter Parks and Recreation Department) cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending any program may increase you or your child(ren)s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to, or infected by COVID-19 by attending a EPRD program, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the EPRD program may result from the actions, omissions, or negligence of myself and others, including, but not limited to, EPRD employees, volunteers, and program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself including, but not limited to, personal injury, disability, and death, illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)s attendance at the EPRD program. On my behalf, and on behalf of my child(ren)s, I hereby release, covenant not to sue, discharge, and hold harmless Town of Exeter, Parks and Recreation and, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of EPRD, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any EPRD program.

I HAVE READ THIS RELEASE

I HAVE READ THIS RELEASE

\_\_\_\_/\_\_\_\_/\_\_\_\_  
date                      participant's signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
date                      parent's or guardian's signature  
(if participant is legally a minor)

## Background Consent/Release Form

Applicant's Legal Name (printed)

\_\_\_\_\_

Social Security Number \_\_\_\_\_ Date of Birth \_\_\_\_\_

Applicant's Address

\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I, \_\_\_\_\_, authorize and give consent for the above named organization to obtain information regarding myself. This includes the following:

- Criminal background records/information
- Sex Offender Registry Checks
- Addresses
- Social Security Verification

I the undersigned, authorize this information to be obtained either in writing or via telephone in connection with my application. Any person, firm or organization providing information or records in accordance with this authorization is released from any and all claims of liability for compliance. Such information will be held in confidence in accordance with the organization's guidelines.

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Please return original form to the office at:

32 Court St  
Exeter, NH 03833

For Office Use Only

Coach: \_\_\_\_\_

Season: \_\_\_\_\_

Employee: \_\_\_\_\_

Activity: \_\_\_\_\_



## 2020 Modified Fall Sports Information Form

**Child's Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_  
**Birthday:** \_\_\_\_\_ **Gender:** \_\_\_\_\_ **Grade (as of 9/20):** \_\_\_\_\_

### Household #1

**Primary Guardian:** \_\_\_\_\_  
Relationship To Child: \_\_\_\_\_  
Additional Guardian: \_\_\_\_\_  
Relationship To Child: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

### Household #2

**Primary Guardian:** \_\_\_\_\_  
Relationship To Child: \_\_\_\_\_  
Additional Guardian: \_\_\_\_\_  
Relationship To Child: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

**Please Check- If a guardian must be spoken to regarding an issue during program which guardian(s) should be contacted:**

Household #1 Primary Guardian \_\_\_\_\_ Household #2 Primary Guardian \_\_\_\_\_ Both Primary Guardians \_\_\_\_\_

### **Emergency Contact #1**

**Name :** \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Is this person allowed to Pick-Up the child?  
\_\_\_\_\_

### **Emergency Contact #2**

**Name :** \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Is this person allowed to Pick-Up the child?  
\_\_\_\_\_

### **Drop Off Authorization**

If there are people **besides** the parents/guardians listed above who have permission to drop off your child(ren), and have your permission to answer the health screening questions please list them here. **NOTE: We will only allow persons whose names appear on this form to answer the health screening questions.**

**1. Name:** \_\_\_\_\_ **Relationship To Child:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  
**2. Name:** \_\_\_\_\_ **Relationship To Child:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_