

2020 NFL FLAG FOOTBALL COVID GUIDELINES

1. No benches will be provided for team, all players must stay 6ft apart when not in the game.
2. No team snacks will be provided by anyone, players are encouraged to bring their own snack.
3. Players must provide their own water bottle, and clearly marked so they can be identified by them easily.
4. No team handshakes after the game
5. Parents are encouraged to distance themselves around the field. We will allow sitting behind the goals for this season.
6. Coaches should keep a log of all players that are at the practice and games each week in case we need to know who came into contact with a certain individual.
7. The ball must be cleaned in between each quarter.