



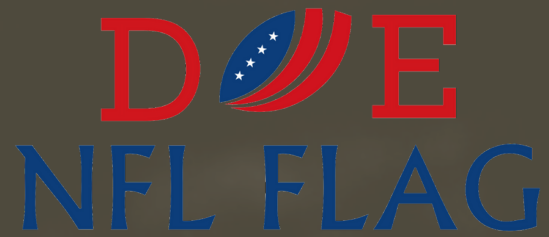
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The logo for the Doe NFL FLAG program. It features the word 'DOE' in large, bold, sans-serif letters. The 'O' is replaced by a stylized American flag graphic with red and white stripes and a blue field with white stars. Below 'DOE' is the text 'NFL FLAG' in blue, bold, sans-serif capital letters.

**DOE**  
**NFL FLAG**

The text 'PRACTICE PROTOCOL' in large, bold, white, sans-serif capital letters, set against a semi-transparent dark grey rectangular background.

**PRACTICE PROTOCOL**



The following plan has been reviewed and approved by the **Governors Office** in accordance with the State of Delaware's Phase 1 reopening plan





# CLUB INDIVIDUALIZED WORKOUT PROTOCOL

## PHASE 1

Youth sports and other types of physical activity for children may resume provided that participants can social distance at all times during activities (i.e., no contact between participants and/or coaches) and no competitions held during Phase 1.



A background image showing a flag football game in progress. Several players are visible on a grass field, with one player in the center holding the ball. The image is darkened to serve as a backdrop for the text.

## GROUP SIZE

Group classes are limited to 10 participants per group, and multiple groups may run per session so long as social distancing can be maintained.

## SANITATION

Program coordinators will make hand sanitizer or hand washing stations readily available for all employees and participants.

## FACE MASK POLICY

Coaches and staff must wear cloth face coverings.

**Face masks are voluntary for participating athletes.**

The logo for DOE NFL FLAG. The word "DOE" is in red, with a stylized American flag graphic integrated into the letter "O". Below it, the words "NFL FLAG" are in blue.

DOE  
NFL FLAG

# GENERAL GUIDELINES



# PRIOR TO PRACTICE



**DOE**  
**NFL FLAG**

- Players will be reminded to Use Restroom prior to ARRIVAL. (Restrooms available for emergency use only)
- Athletes must bring
  - CLEAN attire**
  - Water/hydration**
  - (Water Stations will not be available)**
- The day of tryouts **all athletes** are to complete Standardized Screen Assessment (SSA) to participate in Practice.  
*(SSA will be sent by program director to participants)*
- **EACH PARTICIPANT MUST HAVE A SIGNED WAIVER PRIOR TO PRACTICE**  
*(waiver will be sent by program director to participants)*
- Follow drop off directions and go directly to check in



# FIELD DROP OFF







# DROP OFF INSTRUCTIONS

- **Players will check in at the registration table**
- **We will confirm that the waiver and standard screening assessment has been completed**
- **Player may not remove face mask until they arrive in their assigned area**



# PLAYER ARRIVAL

- The field will be setup, with all equipment (Balls, cones, etc.) prior to the arrival of each individual athlete to limit contact with equipment and ensure proper sanitization.
- Individual Player equipment allotments will be organized by equipment staff and stored on site. CONTINUED ADHERENCE TO SANITIZATION PROTOCOLS WILL BE FOLLOWED.
- Players will prepare and get dressed at their cars





# PARENT EXPECTATIONS

- PARENTS ARE TO SPECTATE OUTSIDE THE FIELD FENCE
- NO parents are allowed inside the building
- NO parents are allowed inside fenced area of outdoor field
- All social distancing guidelines must be met
- We ask parents to meet their kids at your car post session  
(Staff will control traffic and organize player exiting)

# POST SESSION



- Player completes session and leaves all equipment inside their designated grid
- Designated Equipment/Essential staff will wipe down all equipment used (cones, balls etc.) and re-setup as needed
- Only 1 Individual is allowed at the sanitation stations at a time
- Players will move directly to the player exit while maintaining social distancing practices, and must follow the exit procedure given by the program director





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THANK YOU

FOR QUESTIONS OR CONCERNS  
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