



United States Australian Football League

A 501(C)3 Not-For-Profit Organization

9160 Hwy 64, Suite 12, #205, Lakeland, TN 38002

Tel. +1 872-22-USAFL (+1 872-228-7235)

www.usafl.com | info@usafl.com

USAFL Return to Footy Safely Framework

- As states will progressively return to *normal activity* over different timeframes and will have different requirements within their jurisdiction, this framework applies specifically to individual clubs.
- As your local jurisdiction approves community sports to proceed, the following return to footy guidelines should be applied:
- Return to footy safely phases:
 - **Phase 0:** Early Return to Training: 10 or fewer, no contact drills, work in pairs to minimize exposure
 - **Phase 1:** Training in limited size groups: 20 or fewer, work in pairs, no contact
 - **Phase 2:** Training in limited size groups: 20 or fewer recommended, light contact now allowed
 - **Phase 3:** Training in large groups: contact now allowed, match simulation drills now allowed
 - **Metro Competition:** Return to metro size competition
 - **Full Competition:** Return to full competitive matches
- **The disease caused by this virus is deadly.** Each individual must protect themselves, their families and their communities by staying informed on the latest guidance on health and safety from the [Center for Disease Control](#) and the [World Health Organization](#)
- **The information provided here is a guide only. Where local information, guidelines, and ordinances differ from these guideline please follow the guidance of your local health authority**
- **If local health authority guidance differs significantly from the CDC or WHO guidelines it is recommended to follow the most restrictive guidelines available to maximize safety of players and community**
- **Inter-club games are not supported at this time. The USAFL will continuously monitor information from health organization and update the guidance as warranted**
- USAFL Return to Footy Safely guidelines will be subject to change as circumstances surrounding COVID-19 change. Please consult your Regional VP for the latest guidance.



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General Information

The virus is spread through water droplets in exhaled or otherwise expelled respiratory fluid
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

- Wash hands with soap and water for at least 20 seconds or use alcohol based hand sanitizer before, during water breaks, and after training, especially if handling a shared ball or equipment
 - [Avoid hand sanitizer with methanol](#)
- Avoid spitting
- Cough or sneeze into the crook of the arm if needed and immediately wash or use sanitizer on the affected area
- Do not share towels, gloves, water bottles, or other items that may become contaminated during use
- Do not attend any club group event if you are feeling ill or think you may be becoming ill
 - A list of symptoms can be found [here](#)
- Follow all CDC guidelines on minimizing your risk of infection:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>
- If any player, coach, staff, or person they have come in close contact with becomes ill that person should self isolate, seek professional medical advice, and immediately notify club leadership
 - If testing is available, testing should be done if advised by their medical care provider
 - Participation in team events should cease until the person tests negative or has completed a period of self quarantine and recovery
 - Follow the CDC guidelines for recovery criteria:
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
 - Any confirmed cases should be reported to the Club Safety Officer and to the Regional VP
 - See Club Safety Officer section below for more information

Individual Responsibility

The safety of our players, coaches, umpires, and the families and communities from which they come are of the utmost importance. Each individual plays an essential role in minimizing the risks through responsible behavior, candid self monitoring, and timely reporting of possible



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symptoms to their club leadership. Each individual is responsible for not only their own safety but those of their club and their community both on and off the field.

- Individuals must fully acknowledge the risks involved in participating in events and must sign and comply with the USAFL COVID waiver
- Individuals should be aware of the symptoms, cause, method of spread, and possible outcomes of becoming infected or potentially infecting others
 - If they are immune compromised, in a high risk category, or have regular interactions with high risk individuals that person should not participate until a vaccine or highly effective therapeutic are available
- Anyone who feels unwell, may be becoming ill, or has been exposed to anyone that is potentially ill should not attend any training or games and should self isolate until a 14 day quarantine period has elapsed or until testing returns a negative result after the person has recovered
- Individuals should maintain social distancing as prescribed by local health authorities
- Avoid handshakes or other hand to hand contact
- Avoid touching their own mouth, nose, or eyes
- Use a [CDC recommended mask](#) when in public places outside of training
- Wash hands frequently with soap and hot water or use alcohol based hand sanitizers
 - [Avoid hand sanitizer with methanol](#)
- Individuals should complete a self assessment for [symptoms](#) before each training or competitive event

Masks

There has been a lot of discussion and debate over what kind of mask is the best for our needs. Published articles have shown that any facecovering is better than nothing. However, while loosely folded facemasks and bandannas will stop aerosolized droplets to some extent, they are not the most effective option. A well-fitted homemade mask with multiple layers of quilting fabric or off-the-shelf cone style mask proved to be the most effective in reducing droplet dispersal.



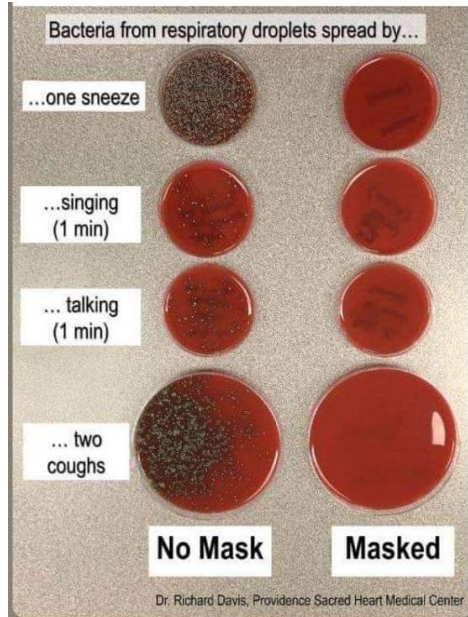
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This video shows emulated cough trajectory, both distance and dispersion. As you will see, without a mask, droplets traveled more than 8 feet; with a bandana, they travel around 3.5 feet; and with a folded cotton handkerchief over a foot, However, travel was reduced to 2.5 inches when using a well-fitted mask with multiple layers and 8 inches with the cone-style mask.

<https://youtu.be/evATiHUEjxg>

Although we are not endorsing any one product, there are several options for these masks including: Adidas (<https://cutt.ly/RilCym5>); Under Armor

(<https://www.underarmour.com/en-us/ua-sportsmask/pid1368010>);Reebok

(https://www.reebok.com/us/face_covers) and other athletic suppliers.

The buff gaiter mask/band style: <https://cutt.ly/DilNhl> was discussed but is not nearly as effective as they are made of rather porous fabric which allows significantly more aerosolized droplets to penetrate.

Club Safety Officer

Each USAFL Club must designate a Safety Officer who is responsible for administering the Return to Footy Safely guidelines and that all local requirements are being met by the club. Clubs must communicate the person designated to this role to their Regional VP by June 15.



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The Club Safety Officer must report any instances of COVID-19 infection confirmed within their club to the USAFL via their Regional VP as soon as it becomes known. They must also ensure that anyone confirmed as infected immediately ceases all football activity until appropriate testing has confirmed they are negative to COVID-19 before returning.

The Club Safety Officer will also be required to provide evidence of approval from their local jurisdiction to play competitive football against another team within that jurisdiction, by way of an approved field rental agreement or copy of the relevant jurisdiction's ordinance. Matches that do not meet these requirements will not be allowed usage of the League Management Service, players participating will not accrue Nationals Eligibility points, and the League will not acknowledge the match as being sanctioned.

Safety Officers will be expected to attend periodic Regional calls to ensure they receive the latest information regarding Return to Footy Safely guidelines or policy updates from the USAFL. However it must be noted that it is also the responsibility of everyone involved in football to follow all health protocols and guidelines to ensure football can return safely.

The Safety Officer Handbook has been distributed to all club safety officers in July 2020.



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How and when to move between phases

Each club will have situations specific to their region and members. Club leadership must monitor local conditions and guidelines issued by their [Local Health Authority](#) in order to judge when it is safe to move between phases.

Considerations for moving between phases should align with City, Regional, or State guidelines as well as the CDC Phase threshold described here:

Gating Criteria and Phase-specific Thresholds

Gating Criteria	Threshold for entering Phase 2	Threshold for entering Phase 3	Threshold for entering Competition
Decreases in newly identified COVID-19 cases	Downward trajectory (or near-zero incidence) of documented cases over a 14-day period	Downward trajectory (or near-zero incidence) of documented cases for at least 14 days <i>after entering Phase 1</i>	Downward trajectory (or near-zero incidence) of documented cases for at least 14 days <i>after entering Phase 2</i>
Decreases in emergency department (ED) and/or outpatient visits for COVID-like illness (CLI)	Downward trajectory (or near-zero incidence) of CLI syndromic cases reported over a 14-day period	Downward trajectory (or near-zero incidence) of CLI syndromic cases reported for at least 14 days <i>after entering Phase 1</i>	Downward trajectory (or near-zero incidence) of CLI syndromic cases reported for at least an additional 14 days <i>after entering Phase 2</i>
Decreases in ED and/or outpatient visits for influenza-like illness (ILI)	Downward trajectory (or near-zero incidence) of ILI reported over a 14-day period	Downward trajectory (or near-zero incidence) of ILI reported for at least 14 days <i>after entering Phase 1</i>	Downward trajectory (or near-zero incidence) of ILI reported for at least an additional 14 days <i>after entering Phase 2</i>
Decreases in percentage of SARS-CoV-2 tests positive	Downward trajectory (or near-zero percent positive) of positive tests as a percentage of total tests over a 14-day period (flat or increasing volume of tests)	Downward trajectory (or near-zero percent positive) of positive tests as a percentage of total tests for 14 days <i>after entering Phase 1</i> (flat or increasing volume of tests)	Downward trajectory (or near-zero percent positive) of positive tests as a percentage of total tests for at least 14 days <i>after entering Phase 2</i> (flat or increasing volume of tests)
Robust testing program	Test availability such that percentage of positive tests is $\leq 20\%$ for 14 days Median time from test order to result is ≤ 4 days	Test availability such that percentage of positive tests is $\leq 15\%$ for 14 days Median time from test order to result is ≤ 3 days	Test availability such that the percentage of positive tests is $\leq 10\%$ for 14 days Median time from test order to result is ≤ 2 days

- No known or presumptive positive cases within the training groups



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If a positive or presumptive positive case occurs within a club that club leadership should halt training until such time as a full evaluation of exposure within the club has been established.

NOTE: The USAFL Board with input from the USAFL Safety Task Force will continually monitor conditions across the country and may provide overarching guidance and/or limitations about progression beyond specific return to footy safely phases applicable to some or all clubs through the year. This guidance will prevail in all circumstances.

Reverting to Earlier Phases

Regardless of which phase you are in, you should be prepared to step back and revert to an earlier phase or cease training temporarily if any of the following occur. Follow local public health official guidelines at all times. Club leadership should closely consider the following when deciding which phase is most appropriate given the greater risk that may be present:

- Cluster of infections occur
- Inability to maintain COVID-19 prevention and response protocols
- Inability to track and/or isolate players or staff
- External factor exposes a COVID-19 risk to your club
- Changes to local public health official guidelines regarding group gatherings

Cleaning of footballs and equipment

Following exhaustive research of options including portable UV light, immersing footballs in sanitizing liquids, and leaving footballs in direct sunlight the Safety Task Force recommends the use of handheld sanitizing wipes to optimize sanitization of footballs and other equipment without causing excessive degradation of equipment. Always follow recommended package guidelines for cleaning and drying. As it can take up to 10 minutes to kill all viruses, it is recommended to rotate footballs throughout training leaving ample time for recently sanitized footballs to dry, in direct sunlight if possible.

Some examples include:

- <https://www.lysol.com/disinfecting-wipes/disinfecting-wipes/>
- <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>



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Safe Return to Competitive Footy

The pathway back to footy in 2020 requires the utmost commitment to every participant's safety. The USAFL Return to Footy Road Map (Fig 1 below) aims to guide clubs in safely returning to competitive footy providing guidance and structure when ready and preparing for club metro footy and competitive games between clubs.

A Club's ability to return to competitive footy will depend on local infection trends and easing of city/county restrictions, which will vary widely across the country. The Return to Footy Safely (RTFS) Guidelines are the primary source of safety guidance for all footy activities so this road map applies within the RTFS framework. The USAFL Safety Task Force will provide ongoing input to this process including recommendations for changes/updates.

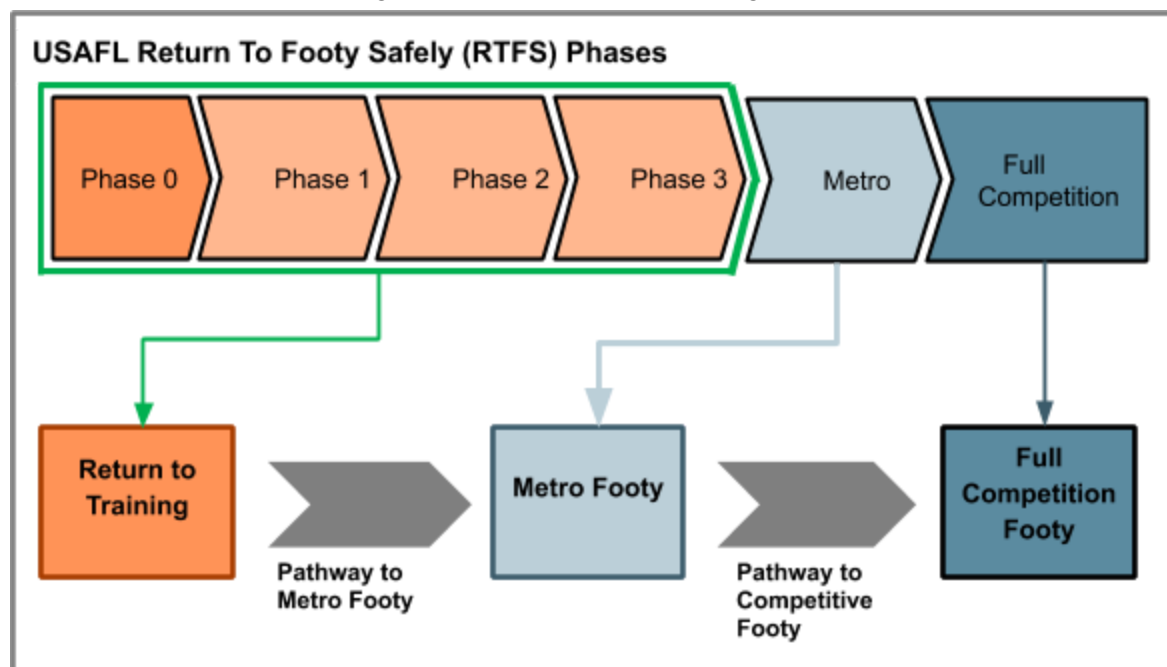


Figure 1 - USAFL Return to Footy Road Map

Before considering commencing competitive footy, a club **must successfully progress through Phase 3** of the Return to Footy Training Safely process.

Clubs should then progress the **Metro Footy Pathway** including completing the appropriate checklists/surveys to verify readiness. Once a club has demonstrated commitment to safety



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and operational capability in playing metro games, then the **Full Competition Footy Pathway** becomes applicable. The USAFL Return to Footy Safely Guidelines always remain the primary source of guidance for clubs when playing any form of competitive footy.

NOTE: At this time, the USAFL does not support any competitive football between clubs until further notice.

Return to Footy Phases

Training: Phase 0, Early Return

- Local restrictions have been lifted and outdoor exercise has been allowed to resume
- Small Training Groups, always following local ordinance or guidelines
 - 10 or fewer total participants recommended including coaches and staff
 - Recommended to limit training time to an hour or less to minimize exposure for participants and staff
 - Recommend breaking your larger training pods into 10 or fewer and stagger days of training, location, or maintain distance from others pods if space allows
 - Coaching/Support staff should maintain appropriate PPE for the duration of training
 - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- Work in assigned pairs
 - Each pair will have a dedicated ball marked or kept separate from the others
 - Pairs should remain together throughout Early Training
 - Coaches should prepare solo drills if a member of a pair is unavailable for a session
 - Pairs should be in constant contact to notify the other if one has been potentially exposed or becomes ill. The other member of the pair should then self-isolate and cease participation in training until a quarantine period has elapsed
- No contact, bumping, contested marking
 - Modify existing drills or consult CoachAFL for drills that allow for maintaining 6ft/1.8m distance between participants
 - Examples of drills will be made available at a later date
- No shared hydration
 - Each player should provide their own or team should supply dedicated water source



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- Players are encouraged to label their own hydration source to minimize possible contamination
- Maintain social distance at water/wind or coaching breaks, warmup, and cooldown
- Use hand sanitizer or wash hands at each water and rest break
 - Clean any workout equipment used during each break
- If a player, coach, or staff is feeling ill or may have been exposed, they must self isolate and not participate in training
 - Clubs should immediately notify players they may have contacted
- Players should minimize touching their faces at training for any reason (e.g, wiping sweat)
 - Wipe sweat with a cloth or wristband and change the wristbands and cloths at each stoppage opportunity
- Club should record the names and contact information of all persons in attendance for contract tracing purposes
 - If a person in attendance becomes ill and test or have a likely positive case of COVID-19 the club should contact the other players, staff, or coaches that may have had contact with the ill person

Training: Phase 1

- Local restrictions have been lifted and outdoor exercise has been allowed to resume
- Small Training Groups, always following local ordinances or guidelines
 - 20 or fewer total participants recommended including coaches and staff
 - Recommend smaller working groups, staggering days of the week, location, or field space if available
- Work in assigned pairs
 - Pairs should remain together throughout this training period
 - Coaches should prepare solo drills if a member of a pair is unavailable for a session
 - Pairs should be in constant contact to notify the other if one has been potentially exposed or becomes ill. The other member of the pair should then self-isolate and cease participation in training until a quarantine period has elapsed
 - Each pair will have a dedicated ball marked or kept separate from the others
- No contact, bumping, contested marking
 - Modify existing drills or consult CoachAFL for drills that allow for maintaining 6ft/1.8m distance between participants
- No shared hydration



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- Each player should provide their own or team should supply dedicated water source
- Maintain social distance at water/wind or coaching breaks, warmup, and cooldown
- If a player, coach, or staff is feeling ill or may have been exposed they must self isolate and not participate in training
 - Attending training and supporting from a distance and/or in PPE at the discretion of the Club administration/Coaches
- Use hand sanitizer or wash hands at each water and rest break
- Club should record the names and contact information of all persons in attendance for contract tracing purposes
 - If a person in attendance becomes ill and test or have a likely positive case of COVID-19 the club should contact the other players, staff, or coaches that may have had contact with the ill person

Training: Phase 2

- Recommended to wear masks at all time if contact is part of training
 - Due to high potential transmission rate of persons not wearing a mask while in close proximity to others, the USAFL recommends all participants wear a mask
 - High intensity exercise has the added possibility to transmit droplets 20 feet or more through the air
 - Wearing a mask reduces the potential of transmission significantly
 - Respirator or neoprene masks are recommended due to their ability to stay in place during exercise and resist sweat degradation while maintaining protection
 - Cloth masks are not recommended as they may degrade quickly due to sweat or contact
 - All participants should move to a safe distance from one another before any removal of the masks during a break or at the end of drill or session
 - If a player, coach, or staff becomes lightheaded or has difficulty breathing while wearing the mask they should remove themselves from the immediate area before removing their mask
 - As the WHO does not recommend sustained high intensity exercise while wearing a mask, drills should be designed to be conducted in short bursts to allow for ample recovery time while maintaining a safe distance from one another
 - This will allow the removal of masks for a short recovery period
- Local restrictions on any group size have been lifted and outdoor exercise has been allowed to resume
- Small Training Groups, always following local ordinances or guidelines



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- Recommend smaller working groups, staggering days of the week, location, or field space if available
 - Assign groups and train as a group
 - Group will remain together as a unit until next phase of easing
 - Pairs should remain together throughout this training period
 - Coaches should prepare solo drills if a member of a pair is unavailable for a session
 - Groups should be in constant contact to notify the other members if one has been potentially exposed or becomes ill. The other members of the group should then exercise increased caution and monitor their own health more diligently
 - Each group will have a dedicated set of balls marked or kept separate from the others
- Light contact, bumping, contested marking now allowed
- No shared hydration
 - Each player should provide their own or team should supply dedicated water source
- Maintain social distance at water/wind or coaching breaks, warmup, and cooldown
- If a player, coach, or staff is feeling ill or may have been exposed they must self isolate and not participate in training
 - Attending training and supporting from a distance and/or in PPE at the discretion of the Club administration/Coaches.
- Use of hand sanitizer is recommended at each rest/water break
- Club should record the names and contact information of all persons in attendance for contact tracing purposes
 - If a person in attendance becomes ill and test or have a likely positive case of COVID-19 the club should contact the other players, staff, or coaches that may have had contact with the ill person

Training: Phase 3

- Training will resemble pre-pandemic training with the following exceptions
 - No shared hydration
 - All players, coaches, and support staff should maintain heightened awareness of illness and not participate or attend if feeling ill
 - Notification to the club leadership should be made such that possible exposure can be communicated throughout the club
 - Extra diligence should be exercised in cleaning training equipment during breaks and after each training session



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- Use hand sanitizer or wash hands at each water and rest break
- Club should record the names and contact information of all persons in attendance for contact tracing purposes
 - If a person in attendance becomes ill and test or have a likely positive case of COVID-19 the club should contact the other players, staff, or coaches that may have had contact with the ill person

Metro: Metro Footy Pathway

The following depicts the Metro Footy Pathway should follow when planning and executing club metro footy:

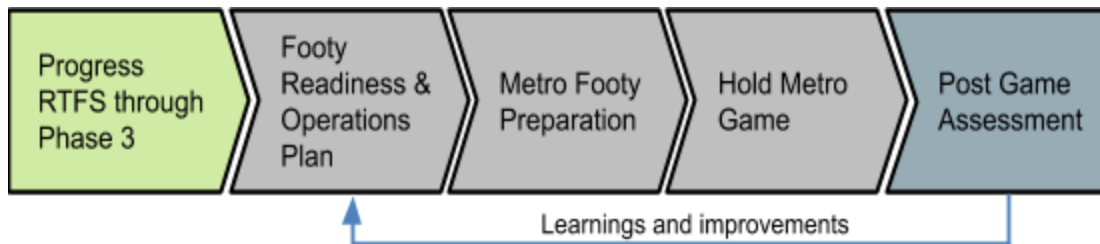


Figure 2 - Metro Footy Pathway

For Clubs to progress local metro footy, the following steps need to be taken. **This applies to both non-contact (touch) or contact metro footy:**

- Successfully progress to RTFS Phase 3
- Clubs planning to progress to metro footy must inform their Regional VP and complete the **Footy Readiness & Operations Planning Checklist (Appendix 1)**
- Ensure all participants complete the **USAFL participant screening survey (Appendix 2)** at least 24 hours before play (or equivalent survey developed by their club)
- Complete and submit a **Post Game Assessment Form (Appendix 3)** after each game

These documents are contained in **Appendix 1, 2 and 3** at the end of this document

After each metro game Clubs must conduct a review of the operational capability of their club and determine if any learnings or improvements can be applied to enhance participant safety. A **Post Game Assessment form** (Appendix 3) needs to be completed and sent to the RVP within 3 days of completion of a game.



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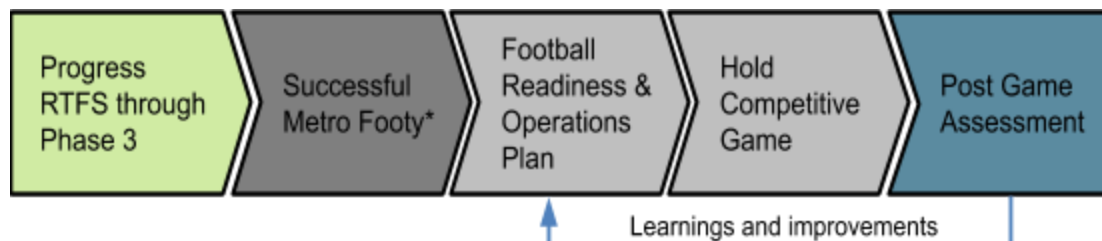
Game Day, Metro

- Local group restrictions have been lifted or relaxed and outdoor sports has been allowed to resume
- Smaller Metro competitions highly recommended
 - Must follow local guidelines and ordinances for maximum numbers in a group
- Allow additional time for proper, safe hydration
 - Extra time after each goal
 - Umpire should call frequent water breaks
 - Captains and Umpires should arrange timing prior to the match beginning
 - Swap out the ball for a clean ball after every scoring play and at quarter time/water breaks
 - Use hand sanitizer or wash hands at each water and rest break
- Follow social distancing guidelines when play is not underway
 - Umpires should be given additional distancing when in discussions with coaches or captains
 - Players, Captain, Coaches, and Umpires should avoid traditional pre and post game handshakes
- Club should record the names and contact information of all persons in attendance for contract tracing purposes
 - If a person in attendance becomes ill and test or have a likely positive case of COVID-19 the club should contact the other players, staff, or coaches that may have had contact with the ill person

Full Competition: Competitive Footy Pathway

NOTE: At this time, the USAFL does not support any competitive football between clubs until further notice.

Competitive footy relates to competitive games between 2 or more clubs. The following depicts the Competitive Footy Pathway clubs should follow when planning to participate in a competitive game, including both hosting and travelling teams.





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Figure 3 - Competitive Footy Pathway

For Clubs to progress to Full Competition footy, the following steps need to be taken:

- Ensure both teams have successfully progressed to RTFS Phase 3
- Demonstrate successful metro competition has been held within each participating club (*small clubs may apply to be exempt if unable to field a metro competition).
- Ensure all Clubs complete the **Readiness & Operations Planning Checklist (Appendix 1)** – incl both hosting and traveling teams.
- Ensure all participants complete the **USAFL participant screening survey (Appendix 2)** at least 24 hours before play
- Complete and submit a **Post Game Assessment Form (Appendix 3)** after each game

On the completion of a Full Competition game, Clubs must conduct a review of the operational capability of their club and determine if any learnings or improvements can be applied to enhance participant safety. A **Post Game Assessment form** (appendix 3) needs to be completed BY ALL PARTICIPATING TEAMS and sent to the host Region RVP within 3 days of completion of a game.

NOTE: If the local city/county infection trends increase or restrictions start reversing, all competitive footy must cease IMMEDIATELY. Refer to RTFS Guidelines to determine subsequent steps for your club.

Game Day, Full Competition

- Must follow local guidelines and ordinances for maximum numbers in a group
- Allow additional time for proper, safe hydration
 - Extra time after each goal
 - Umpire should call frequent water breaks
 - Captains and Umpires should arrange timing prior to the match beginning
- Swap out the ball for a clean ball after every scoring play and at quarter time/water breaks
- Use hand sanitizer or wash hands at each water and rest break
- Follow social distancing guidelines when play is not underway
 - Umpires should be given additional distancing when in discussions with coaches or captains
 - Players, Captain, Coaches, and Umpires should avoid traditional pre and post game handshakes



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- Club should record the names and contact information of all persons in attendance for contact tracing purposes
 - If a person in attendance becomes ill and test or have a likely positive case of COVID-19 the club should contact the other players, staff, or coaches that may have had contact with the ill person



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Appendix 1 - FOOTY READINESS AND OPERATIONS CHECKLIST

DATE OF GAME: _____

START TIME: _____

TYPE OF GAME: (Touch/Full Contact): _____

FORMAT Of GAME(Duration/quarters/halves..): _____

VENUE OF GAME: _____

PARTICIPATING TEAMS/CLUB MEMBER GROUP/POD:

_____ vs. _____

PREPAREDNESS:

- Has **EVERY** Player signed a CoVid 19 Waiver (if any have not previously signed online, **MUST** sign Hard Copy on site before taking the field - Safety Officer Duty).
- Club and players must have progressed through Phase 3
- Anyone who has tested positive/been exposed to CoVid 19 in past 14 days/travelled out of state must have been isolated from rest of team members for a minimum of 14 days +/- returned a negative test, also been symptom free for at least 72 hours (including being afebrile without use of fever reducing medications).
- **Every Player** must Answer a CoVid 19 Screening Questionnaire on site, or at a minimum on day via Team App. (Safety Officer/USAFL Team App.)

RECOMMENDATIONS / CHECKLIST:

(Also – Refer back to earlier phases and recommendations for training/contact drills):

- Have all non playing officials wearing appropriate face/mask coverings – this includes coaches when addressing team.
- Have Appropriate amount of PPE and sanitizing items available:
 1. Hand Sanitizer – ideally players should bring their own in their kit bag
 2. Lysol/Disinfectant wipes – ALL equipment should be thoroughly wiped down before use and at all stoppages wherever possible
 3. Plastic/Latex Gloves for non-players to wear whenever possible - any individual prepping equipment should wear gloves, and then after removal, disinfect their hands appropriately.
 4. Individual Water Bottles for all players (players should be encouraged to bring all necessary/individual water/energy drinks/food and snacks in their own equipment bag to minimize/discouraging any sharing of items, whatsoever)
 5. Players **MUST** Abide by Local Regulations with regards to wearing of face coverings for contact sports (also see USAFL recommendations for temporary removal of mask when away



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from play/opposition etc.) This includes their home city/county and where the game is actually being played.

6. It is recommended that umpires minimize close in contact with players/groups, address teams from an increased distance, wherever possible wear a mask whenever away from immediate play (this includes goal and boundary umpires). WHISTLE - place small, canvas/cloth bag over end/opening of whistle to minimize projection of airborne particles, or utilize a whistle with a decreased aperture at end/horizontal opening to reduce droplet transmission. One other alternative is to use a small, hand held, noise making device.

TEAM REPRESENTATIVE :

To the best of our knowledge and capabilities, we have complied with all of the above

requirements: NAME: _____

Signed: _____ **By:** _____ **Date:** _____



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Appendix 2 - PRE GAME SCREENING QUESTIONNAIRE:

- Have you or anyone in your household had any of the following symptoms in the last 72 hours: sore throat, cough, chills, body aches for unknown reasons, shortness of breath for unknown reasons, loss of smell, loss of taste, fever at or greater than 100.4 degrees Fahrenheit?

YES/NO, if Yes, Explain _____

- Have you or anyone in your household been tested for COVID-19?

YES/NO, if Yes Explain _____

- Have you or anyone in your household tested positive for COVID-19?

Yes/No – If Yes – Explain (have you/they subsequently had a negative test and been symptom free and not feverish for at least 72 hours without use of fever reducing medications)?

-
- Have you or anyone in your household traveled out of state in the past 14 days?

- Have you or anyone in your household traveled out of the country in the last 14 days?

- Have you or anyone in your household cared for an individual who is in quarantine or is a presumptive positive or has tested positive for COVID-19?

YES/NO, if Yes Explain _____

- Do you have any reason to believe you or anyone in your household has been exposed to or acquired COVID-19?

YES/NO

- To the best of your knowledge have you been in close proximity to any individual who tested positive for COVID-19? _____



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Appendix 3 - POST GAME ASSESSMENT:

What worked well/promoted player safety:

Were there any serious Injuries/Events where players/Attendees experienced sustained, close contact, resulting in an increased risk of transmission of CoVid 19?

What complaints did participants have with regards to logistics of readiness checklist/wearing of masks/isolating all personal items/kit bags/keeping social distancing whenever possible:

Any recommendations back to your RVP/USAFL with regards to changes/additional requirements for next game to further enhance player safety whilst optimizing the players' experience:



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Document Revision History

Revision	Issued	Updates
0	May 2020	Original version issued to all clubs and members of the USAFL incorporating feedback from clubs
1	July 2020	Updated version incorporating input/guidance from the USAFL Safety Task Force including guidance and recommendation for wearing masks
2	Aug 2020	Updated version incorporating a framework for clubs to return to Metro and Competitive Footy including required Checklists/Forms (Appendices 1-3). Only training and metro footy sanctioned by USAFL Board and STF. Added Document Revision History