Next Level Athletics (NLA) is excited to get back on the field. Re-engaging in sports and physical activity with friends has both physical and psychological health beneﬁts for children and adolescents. We have comprised our Return to Play Protocols. These protocols can change often, so please refer back to this document frequently. We have used several sources in coming up with our Return to Play recommendations, including but not limited to the Ohio High School Athletic Association, American Academy of Pediatrics, the Centers for Disease Control and Prevention, and NFL Flag recommendations.

Below are general guidelines for Next Level Athletics to follow. This document is a general information resource and should not be treated as medical advice to participate in any activity. These ideas are meant to supplement considerations by your state and local governing bodies and Health Department NOT meant to replace them. Speak with your physicians about any specific issues or questions that you may have.

**Prior to arriving at the fields:**

* Perform a self-health assessment and an assessment on your participants.  If anyone has a fever of 100.3 and above, sore throat, cough, or is not feeling well, please stay home. If anyone has come in contact with anyone who is experiencing these symptoms, please stay home.
* Wash or sanitize hands before arriving to the fields.
* Have your child bring his/her own labeled water bottle and avoid sharing with others.
* Limit the number of spectators to no more than 1-2 per player.
* Wait in your vehicle until your team's practice or game is scheduled to begin.  Please do not gather in groups in the parking lot or around the fields.

 **At the fields:**

* There will be a field map labeled with designated areas for teams during games.
* Spectators are asked to adhere to 6-foot social distancing practices while at the fields and masks are recommended to all who are not vaccinated.
* Staff, Officials, players and spectators will be required to wear masks at all times as outlined by the state of Ohio.
* Food/gum/sunflower seeds will not be allowed on the fields.
* Hand sanitizer will be provided at the fields and our staff will wipe down footballs in between each game.
* Players should avoid touching their mouth guards as much as they can during games. If players do touch their mouth guards, they are advised to use hand sanitizer after.
* Players, coaches, and spectators should avoid celebratory hugs, high fives, and other forms of contact between each other

**After the game:**

* Players should abstain from handshakes, high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, officials, and fans. A “wave” can be used at the conclusion of each game instead of the traditional handshake line.
* Please refrain from “team snacks” at the end of each game to avoid additional contact.
* Please depart the fields as soon as possible after your game is complete. We ask that you avoid gathering in groups near the parking lots and/or fields.

**Additional Notes**

* Please direct any concerns or questions to the League Director
* If your participant, or anyone who attends games, tests positive for Covid-19, please reach out to the League Director to make them aware. Athletes, families, and participants in sports have a social and moral responsibility to report symptoms of COVID-19. Self-reporting all symptoms consistent with COVID-19 will not only decrease the spread, but will also help keep athletes playing their sport. Coaches, staff members, and parents should continue to encourage athletes to self-report any symptom.
* If someone in the league lets us know they have tested positive, we will ask that they stay home for 2 weeks before returning to the field.  We will also inform the league of the case by email.

**Returning to play after being diagnosed with Covid-19**

After a COVID-19 infection, your child’s health care provider will help determine when it is safe to begin a graduated return to play progression based on your child’s medical history, symptoms, severity of illness and previous level of activity. A graduated return to play progression will increase your child’s activity level and allow you to monitor any lingering symptoms of COVID-19 infection.