The following document accompanies the Maryland Interim Guidance for Limited Outdoor Youth Sports. OBGC recognizes the importance of following CDC and Maryland guidelines in the recovery from the COVID-19 pandemic. The safety of our athletes, volunteers and families is our number one priority.

**General Guidelines:**

* Athletes and coaches must be screened prior to every practice, game, tournament day (See OBGC’s Activity Screening Questionnaire).
* Coaches and Parents will wear masks during pre-activity screening interactions.
* Coaches must wear masks.
* Parents will either drop off/pick-up or wait in their vehicles until the end of the practice activity.
* If they can be worn safely and consistently, youth athletes age 9 and older shall wear face coverings.
* Social distancing of 6 feet or more between athletes should be maintained as much as possible. Have athletes keep their gear separated by this distance (i.e. drinks, bags, etc).
* Practice group must not exceed 50 persons, including coaches.
* Athletes and coaches will use hand sanitizer at the beginning/end of practice and it is recommended to be used during practice as well.
* Athletes will use their own equipment: gloves, etc.

**Practice Activities:**

* Football/Cheer acceptable activity examples:
	+ Full teams conditioning drills (i.e. Ladder drills / sprints / warm-ups / stretching)
	+ Offense / Defense / Special teams walk thru
	+ Current activities are limited to individual drills and skills development
* Football NOT acceptable activity examples:
	+ Football scrimmaging/game play/touch contact
	+ Drills combining offense and defense players in the field simultaneously

The state of Maryland will change recommendations as the recovery progresses. DSA will monitor and adapt these guidelines as restrictions are relaxed or increased in accordance with Maryland/Montgomery County Phased guidance.

**Head Coach Date**

**Assistant Coach Date**

**Assistant Coach Date**

**Assistant Coach Date**

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**Assistant Coach** **Date**