



**BOYS & GIRLS CLUBS**  
OF THE ROGUE VALLEY

**COVID-19 Sports Safety: 2020 Fall Flag Football League**

**PRACTICE**

- Athletes and coaches are expected to wear a mask when they cannot social distance six feet or more.
- Anyone not on the coaching staff must not be on the field near any of the coaches or athletes.
- Athletes and coaches must use hand sanitizer before and after practices.
- Athletes must bring their own water bottles.
- Athletes are not to share food or snacks.

**GAME DAY**

- Athletes and coaches must use hand sanitizer before and after games.
- Coaches must wear masks the entire game.
- Athletes must wear mouthpieces and masks on game days.
- Officials and Staff are required to wear masks.
- Athletes must bring their own water bottles.
- Athletes are not to share food or snacks.
- Teams are not allowed to shake hands before and after the game in traditional fashion.

**SPECTATORS**

- All spectators must sit in the stands maintaining the state-mandated social distancing of six feet or more.
- **SPECTATORS ARE NOT ALLOWED ON THE FIELD OR TRACK SURROUNDING THE FIELD.**
- Teams and spectators are required to leave the facility after each game.