



# FOOTBALL UNIVERSITY

## 2021 FBU REGIONAL CAMPS

### COVID 19 PROTOCOLS

FBU is dedicated to ensuring the safety, health, and betterment of any student-athletes that we have the opportunity to interact with during our events. For that reason, we utilized the official guidelines provided by the Center of Disease Control regarding Covid-19 to help us outline our event protocols & processes (CDC Covid-19 Guidelines).

#### PRE-EVENT GUIDELINES

- ❖ Athletes, staff, and all participants are required to stay home if they are experiencing any of the following symptoms prior to the start of the FBU Event:
  - Cough, chills, and sore throat
  - Shortness of breath or difficulty breathing
  - Repeated shaking with chills
  - Headache
  - Loss of taste or smell
  - Diarrhea
  - Feeling feverish or having a temperature equal or greater than 100
  - Any known close contact with a person who is confirmed to have COVID-19

#### EVENT-SPECIFIC GUIDELINES

- ❖ Any individual at an FBU event that is displaying symptoms of Covid-19 will be asked to immediately isolate and vacate the premises and encouraged to seek medical care
- ❖ All attendees should cover coughs and sneezes with a tissue if possible, or the inside of your elbow. Throw used tissues in nearest trash can and immediately wash your hands with soap and water for 20 seconds or hand sanitizer
- ❖ All attendees (*staff, players, parents, etc.*) of an FBU event will be mandated to wear a protective mask during the registration & classroom sessions - all FBU Staff/Volunteers will wear protective masks & gloves throughout duration of event
- ❖ Any, and all, attendees (*staff, players, parents, etc.*) of an FBU event will be required to thoroughly wash hands and/or use hand sanitizer before entering the event area
- ❖ Student-athletes will be broken into separate position groups at different times, with no more than 50 student-athletes per group, per session

#### WHERE FOOTBALL PLAYERS GET BETTER

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- ❖ All FBU Staff, Volunteers and Coaches will have temperature taken before each day's events and must have a temperature below 100.4 degrees to participate
- ❖ All Athletes & Attendees must have a temperature below 100.4 degrees to participate – it is incumbent of all attendees to follow this direction throughout duration of event
- ❖ All attendees at an FBU event will adhere to 6-ft social distancing guidelines throughout the duration of the event except for specific drills
- ❖ Sanitation stations will be set-up throughout event location – including all main entry/exit points of event
- ❖ To assist with 6-ft distancing guideline, FBU will block off every other row in the bleachers and families may remain seated together
- ❖ Any position meetings will be limited to groups by graduating class and FBU recommends players wear masks to maintain safe distance guidelines
- ❖ Quarterbacks are required to wash hands and use disinfectant before throws, during every water break and at the end of the camp
- ❖ Handshakes, high-fives, chest bumps and other forms of contact are forbidden
- ❖ It is highly advised that all attendees avoid contact with eyes, nose, and mouth with unwashed hands/gloves
- ❖ It is highly advised that all players sanitize their hands BEFORE departing the event
- ❖ All FBU equipment will be disinfected at the end of each day and or between sessions
- ❖ Any individual who is blatantly disregarding the guidelines outlined throughout duration of the event will be asked to vacate the premises immediately
- ❖ Athletes are HIGHLY encouraged to bring their own water bottles; no water sharing will be allowed
- ❖ To maintain proper health & safety protocols, there will not be a communal lunch area – lunch is the responsibility of each student-athlete and will not be provided by FBU

## PLEASE REMAIN FLEXIBLE

These protocols are subject to change. This is an unprecedented and continuously evolving situation, requiring us to consistently modify our protocols to adhere to state and local guidelines.

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