



Almighty Sports is committed to keeping our athletes and employees safe as we begin to re-open our sports programming.

Below are the policies we are following to keep everyone safe. We are following the [CDC guidance for Youth Sports](#). These guidelines could change pending updates from the CDC or the Oklahoma State Department of Health.

1. If you are not feeling well, please **STAY HOME!**
2. If you have been exposed to anyone with COVID-19 you should self-quarantine and/or self-monitor. Please be sure to ask the following questions on behalf of your entire group before attending:
 - Am I showing any flu-like symptoms?
 - Have I had a fever of **100.4** or higher in the past 14 days?
 - Have I had prolonged exposure to someone who has tested positive for COVID-19 or is awaiting the results of a test?
 - Is there any medical reason why I believe I shouldn't be around others?

**If you answered yes to any of these questions,
we ask that you please stay home.**

What you need to know

- Stay home if sick.
- Players should bring their own equipment.
- Reduce physical closeness and keep 6 feet of space between players when possible.
- Masks are optional for players and parents as we will be in an open-air environment. However, we do encourage social distancing and players and/or parents should feel free to wear a mask as needed.
- Players should clean their hands before and after practices, games, and after sharing equipment.
- Tell a coach or staff member if you don't feel well.
- Please encourage players to eliminate or minimize spitting.
- Cover your coughs and sneezes. In addition, when coughing or sneezing, use a tissue or the inside of your elbow.
- We are operating team sizes at a somewhat reduced level based on each age grouping.
- Travel Guidelines - If you travel on a vacation please notify our staff.
- By nature, the game [flag football] requires contact with the ball, some physical contact, and repeated flag pulling. Coaches, players, and parents should be mindful of these factors.
- The Almighty Staff will sanitize/disinfect practice equipment at the end of each day of practice and between and at the conclusion of each game on game day.
- Hand sanitizer will be made available at the equipment shed on game days.
- Due to the fact that practice/games will occur in an outdoor venue, we will not complete temperature checks.
- We will not limit parent/sibling viewing of games or practices at this time, however we do encourage social distancing of all spectators.
- We will have specific protocols on game day to protect players, coaches, and referees.

We all must remain vigilant and follow proper social distancing guidelines.