

Cambridge Feeder Football wants to communicate the GMSAA guidelines and our self-reporting process to help maintain the safety of the players, parents, and volunteers within our Bear families.

Yesterday, GMSAA changed the first week of practice to begin on Monday, August 3rd, in helmets only. The first day of full contact is set up for [Monday, August 10th](#). These dates and safety guidelines are subject to change.

GMSAA stated, "Virtual Student participation is authorized for the 2020 GMSAA Football Season." Please be aware that Fulton County Schools stated, "If a family chooses Full-Time virtual learning in the fall, the student will not be eligible for any extracurricular activities including athletics, fine arts, clubs, etc." **Technically, GMSAA is not affiliated with any school system, therefore CFF will align with GMSAA.** Please be aware the FCS criteria, may affect other activities your child may want to participate in.

GMSAA requires all Member Schools to have the Parent read and sign the Covid-19 Participation Waiver Form in order to participate, which you all completed at equipment pickup. A copy of the waiver can be found [here](#).

Below is part of the criteria GMSAA has implemented for a safe return to play environment, which can also be seen on the GMSAA website, [www.gmsaa.com](http://www.gmsaa.com). **These precautions will help minimize entire team exposure to positive individual players and/or coaches.**

Before player participation, the parent should have taken the temperature of the participant, a representative of your team will be taking each player's temperature before they can enter the field, and asked themselves the following screening questions:

**Parent Screening questions for players: Are any of these things true NOW or have they been true in the LAST WEEK?**

- Do you or have you had a fever in the last week?
- Have you been diagnosed with COVID-19?
- Have you had a cough?
- Have you had a sore throat?
- Have you had shortness of breath?
- Have you had a recent loss of taste or smell?
- Have you had any vomiting or nausea?
- Have you had any shaking with chills?
- Have you been in close contact or cared for someone diagnosed with COVID-19?
- Have you been diagnosed with COVID-19 in the last week?
- Have you traveled to a "hot spot" for COVID-19? "Hot Spot" situations can vary. If you have traveled to a "hot spot," please follow the self-reporting process below.
- **If a player answers "Yes" to any question, they should be sent home.**
- They should not be allowed to return for 14 days or when the symptoms no longer exist, whichever is longer).

• However, players may return sooner with verification of a negative COVID-19 test or a release from your physician.

**Please follow the confidential CFF self-reporting process below if you've answered yes to any of the above questions.**

- Send an e-mail to Jennifer Pierce, CFF Vice-President of Organizational Operations / Parent Advocate, at [jepcff@gmail.com](mailto:jepcff@gmail.com) and provide information regarding your family's situation.
- If the situation arises, CFF is committed to communicating possible exposure where necessary. This will simply allow you to make the best decisions for your family, since you may have loved ones at higher risk. All communications and self-reporting will be kept confidential and anonymous.

**Timelines for quarantine and isolation are different. The CDC guidelines are summarized below.**

**Quarantine:**

1. When you have been exposed to someone who is positive or suspected positive, for >15 minutes and were within 6ft from them, regardless if wearing masks. You should stay home until 14 days since your last contact & self-monitor for fever/symptoms.

**Isolation:**

1. When you have tested positive & have symptoms - Stay home until 3 days with no fever AND symptoms improved AND 10 days since 1st symptoms appeared.

2. When you have tested positive but are asymptomatic - Stay home until after 10 days have passed from your positive test.

**Safety Precautions at conditioning or practices:**

- Each player must bring their own personal labeled water bottle. Player should try to bring a gallon jug filled with ice and water. We are working on compliant ways to have access to refill water and cool zones during high heat & humidity days.
- Although not required, masks/face covering are allowed if the player and or parents feels it is necessary.
- Once the workout session is over, players must leave the facility and maintain social distancing.
- Cambridge Feeder Football will implement any future policies GMSAA releases for holding practices, scrimmages and games.
- Coaches will communicate schedules for voluntary conditioning until practice officially begins.

Sincerely,  
Cambridge Feeder Football

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