

Diabetes Care and **Prevention implements** mail-out program

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Tulalip Tribes 6406 Marine Drive ulalip, WA 9827

Indians are everywhere



By Micheal Rios

It's so strange that nearly all that can be named or sold has at some point been named or sold with an Indian word or image. If this seems normal, that's because it has become normal. It started before the United States was colonized and continues today.

Indian American images are everywhere.

From consumer products to Hollywood big screens to local high school, collegiate, and professional athletics mascots. American Indian names are everywhere too, from state (e.g. Alaska, Dakotas, Oklahoma), city (e.g. Seattle, Tacoma, American Indian, highlights Snohomish) and street names the ways in which American to the Tomahawk missile. And familiar historical events such as Pocahontas's life, the Trail

of Tears, and the Battle of Little Bighorn remain popular reference points in everyday conversation.

Americans, a major exhibition at the Smithsonian's National Museum of the Indians have been part of the nation's identity since time immemorial. It delves into the

Welcome your census takers

Correction

The syeceb would like to make a correction to the article, 'TPD: Solidarity with Community', featured in the July 25, 2020 issue. The article states that Chris Sutter does not want his officers to get involved physically unless it is justifiable beyond a reasonable doubt, when it should read 'Chris Sutter doesn't want his officers to get involved physically unless it's reasonably objective.'



or rtopaum@tulaliptribes-nsn.gov

The Tulalip Tribes are successors in interest to the Snohomish, Snoqualmie and Skykomish Tribe and other tribes and bands signatory to the Treaty of Point Elliot, January 22, 1855

syəcəb, the weekly newspaper of the Tulalip Tribes

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Deadline for contribution is Monday, with publication on the following Saturday.

In memoriam: Frank F. Madison, 1923-2002 Sherrill Guydelkon, 1945-2008

Indian Country needs to be counted

Submitted by Lindsey Watkins, Marketing Manager, Tulalip Tribes

Beginning August 10, if you have not completed your census survey, a census enumerator will visit your home to ensure that you and your family are counted. Census enumerators are your neighbors-people from your community, hired by the Census Bureau, to go door-to-door and collect census information from residents that have not completed their 2020 Census. Census enumerators can be identified by ID cards displayed openly, their official Census bag, and are likely members of your community, so welcome them when they arrive-the whole process should not take more than 10 minutes. The census taker or field representative will present an ID badge that includes their name, their photograph, a Department of Commerce watermark, and the expiration date. They will have an official bag and Census Bureau-issued electronic device, such as a laptop or smartphone, bearing the Census Bureau logo. Census takers and field representatives will conduct their work

between the hours of 9 am and 9 pm.

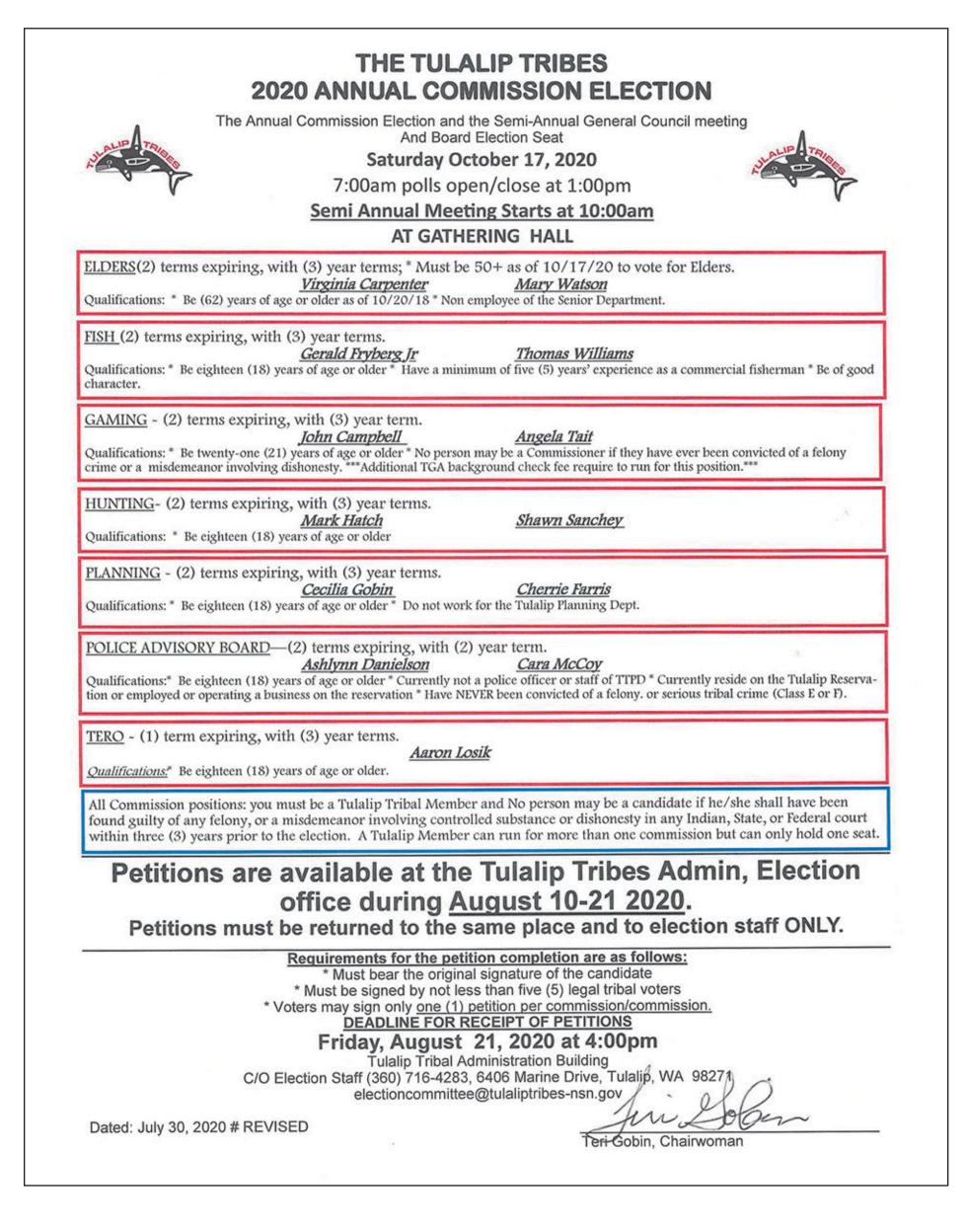
If а census enumerator comes to your door, they will interview you so they can count all the residents of each household. They will ask you approximately ten questions on their electronic form and fill in your answers. Even if you just forgot to complete your form, the census taker still must ask you the questions and complete the form with your answers. They cannot let you fill out their form for them. They will be wearing a face mask and staying outside your door following CDC guidelines and not ask to come into your home.

They will not ask for your social security number, and your information is confidential and can't be shared with anyone outside of the Census Bureau, including law enforcement. If no one is home at the time of the visit, the census enumerator will leave helpful follow-up information to make sure your household is counted.

Remember, this is your chance to make sure Indian Country is accurately counted. Funding for schools, roads, health clinics, and other facilities depends on it. An accurate count may trigger reapportionment, ensuring we are properly represented in Congress. An accurate count gets Tulalip a fair share of grants and other funding; it makes sure your share does not go to neighboring cities or towns. For everyone who is not counted, the Tulalip community could lose approximately \$3,000 per person, per year, for the next ten years!

Currently, the Tulalip Census selfresponse percentage rate is about 10% lower than the rate for Washington State. If you have not already done so, you can avoid having a Census Taker come to your household by responding now online at 2020census.gov, by phone at 844-330-2020, or by mail if you complete and return a Census questionnaire that was mailed to your home.





Indians from front page



Chicago

Blackhawks infant onesie, 2016. How do you decide what sports team to cheer for? Well, in many cases you don't. Your parents decide for you. They clothe you in adorable onesies and bibs form the hometown team. The onesies give way to T-shirts, hats, and family outings to games. Before you know it, you can't remember a time when you weren't a fan.

Similarly, you don't choose the name. Team owners do. In 1926, Frederic McLaughlin decided to name his new hockey team after Chief Blackhawk, who sided with the British in the War of 1812. Why name a team after a leader who fought against the Americans? One reason is the American tradition of linking military might and fighting skill to American Indians.

power of story, surrounds visitors with images, and invites them to begin a conversation about why this phenomenon exists.

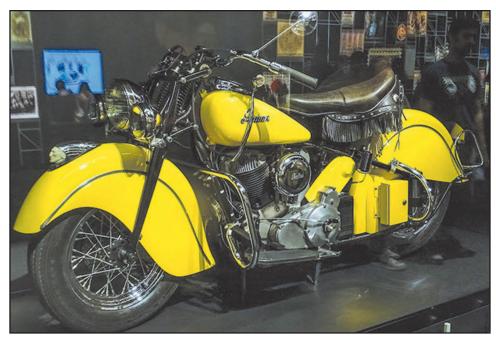
The images accompanying this article are worth a closer look. What if they are not trivial? What if they are instead symbols of great power? What if the stories they tell reveal a buried history and a country forever fascinated, conflicted, and shaped by its relationship with American Indians? Pervasive, powerful, at times demeaning, the images, names, and stories reveal how we have been embedded in unexpected ways in the history, pop culture, and identity of the United States.

As American Indians, we are estimated to comprise just 1% of the entire U.S. population. Yet everywhere you go in the United States, you can see images of us. Why?

How is that Indians can be so present and so absent in American life? One reason is that the land of the free and home of the brave is still trying to come to grips with centuries of wildly mixed feelings about us. Are we the merciless Indian savages described in the Declaration of Independence or are we the noble Indians who strive to be stewards of the Earth? Domestic dependents granted special privileges by the U.S. government or sovereign nations free to govern ourselves? The answer to both questions is somewhere between nether and both.

We have been seen as both authentic and threatening, almost mythological yet deeply appealing. In present day America, citizens of all cultural backgrounds can surround themselves with dream catchers, have Pendleton accessories, and describe a football game as a trail of tears because they know that Indians are in the country's DNA. They know we have shaped this nation from the beginning and have convinced themselves that the best way to honor us is by filling the void left by cultural genocide with cultural appropriation.

The objects, images, and stories shown here are not just what they seem to be at the surface level. They are insistent reminders of larger truths and an empathic refusal to forget our shared history.



Indian Chief motorcycle, 1948. A classic, the Indian is considered the most stylish of mass-produced motorcycles. In 1897, American-made bicycles named Indian were sold overseas. The name stuck when the company sold its first motorcycles in 1902. It became a true brand, with a feathered headdress as the logo and the Indian Red as the signature color. In the 1930s, models could be customized with colors such as Mohawk Green, Seminole Cream, Navajo Blue, and Apache Gray.

This model's fender ornament is an Indian figure with headdress, and the word Indian is written in stylish script on the tank. The company's first advertising executive said, "No more popular or wealth-producing name could have been chosen."

Though the Indian Motorcycle Company has changed hands many times, its name and distinctive logo have endured.



Wild West tribal Lego set, 1997. The Tribal Chief figure, most recently knowns as the Lego Movie character Chief from the Old West, is part of the 1997 Lego System. The chief's accessories include a headdress, a steed, a spear, an oval-patterned shield, a green bush, and a black snake.

Savage Arms bullet box, 1950. Things aren't always what they seem. Savage Arms, whose guns are widely used in police department, is named after its founder, Arthur Savage.



Diabetes Care and Prevention implements mail-out program

By Kalvin Valdillez

When the Tulalip Tribes issued their Stay Home, Stay Safe mandate and the governmental entity placed many of its programs on hold and staff on furlough, due to the coronavirus, the Diabetes Care and Prevention program was among the few that momentarily halted all services.

"One of the things you hear on the news is about the people who are at high-risk of contracting the virus, and they always mention diabetes," said Veronica 'Roni' Leahy, Diabetes Care and Prevention Program Coordinator. "I started thinking about what was happening with our patients, what they must be going through, how they are feeling. They must be worried and scared."

Although there has been a general decrease in the total number of Indigenous people diagnosed with the disease over recent years, Native communities still have an alarmingly high amount of people who are diabetics and pre-diabetics in comparison to any other race nationally.

Diabetes, whether Type 1 or Type 2, is a complex disease that unfortunately, due to deviating from our traditional diets and the lack of access to healthy foods, has affected many of our loved ones and altered the way they live. Managing diabetes is not exactly a walk in the park, considering the amount of medication and insulin one must take in order to just eat a meal. If you are a diabetic and miscalculate the amount of insulin you need to take, or eat too much or too little, you



can potentially be in life-threating danger if your blood sugar spikes or drops dramatically.

With the health of her patients in mind, Roni pleaded with management at the Tulalip Health Clinic, asking for clearance to come back and figure out a way to reach those patients living with diabetes. Receiving the okay to return, Roni immediately got to work by calling and checking-in on those diabetics who receive care through the program. Able to reach 121 out of 225 patients, Roni asked them a series of questions to get an understanding of how they were doing and what services they required amid the COVID outbreak.

Like many Tribal programs and departments, the Diabetes Care and Prevention program was gearing up for an exciting 2020, aiming to reach more of the community who have been diagnosed with pre-diabetes by planning classes, field trips and a number of fun projects including a fitness expo, complete with exercise workshops and activities, in partnership with Youth Services. With those plans no longer in-play, Roni had to readjust her approach to reach those who needed the program's resources and services.

"Every month we send the patients a mailer to their homes; something that can provide them with information about COVID," she explained. "The first one we sent had a thermometer, information on COVID-19 and safety guidelines. This way they know wearing masks are important; we sent them one set and in the next mail-out they'll get another set of masks."

addition to reliable In information, Roni is also making sure her patients have the necessary equipment to monitor their health, including blood pressure monitors, thermometers, spirometers and fingertip oximeters, in order to accurately report to their doctors during scheduled telehealth appointments. The program has also been working with other departments within the tribal health clinic that provides services to their diabetic clients. For example, optometry provided Roni with eye health information handouts and eye drops, while the in-house physical therapist offered resistance bands and exercises, so the diabetics can stay active safely from the comforts of their homes.

The mail-out program is a monthly initiative to help those living with diabetes navigate through these corona-times safely. The Diabetes Program also assembles themedcare packages that are sent to their clients quarterly. Last quarter, those diabetics who live on the reservation received a cold care package, filled with immune boosting essentials, at their doorstep. The care packages are hand-delivered by the Diabetes Program Admin Assistant, Brooke Morrison. And for those diabetics who do not live on the reservation, they are able to scoop one up at any time from the health clinic. The next care package will be a naturopathic kit.

During Roni's telephone assessment, she asks the patient if an emergency situation occurred, do they feel comfortable calling the clinic or the medics, whether it was a diabetic or corona related issue. Many of those patients voiced concern.

"I want them to know that if they have worries or anxieties about calling the office for care because they're afraid of getting sick, they can call us. A lot of people don't want to call because they are afraid they'll have to go to the hospital, and if they go to the hospital their family can't be with them. That's part of the conversation I have with them and let them know that you can talk to our nurses, to our clinic and they can help you. Maybe you don't have to go to the hospital, but you do need to call somebody."

When reaching out to her patients, Roni quickly learned that a phone call goes a long way. In fact, she recalled numerous phone conversations that resulted in tears. Many of her clients expressed fear about the uncertainty surrounding the coronavirus, as well as loneliness caused by isolation. Roni shared that one gentleman told her that she was actually the first person to call and check on him since the pandemic began.

"We're keeping really busy with diabetes education that keeps people active and on track with social distancing and keeping things sanitized. Our biggest concern is their safety and we want them to know that we're here for them," Roni expressed. "When it comes to diabetic care, sometimes it can be a lonely walk and filled with a lot of uncertainty. We want them to understand that they're not alone. The mail-out program is a great way to keep interacting with our patients. One of the things people enjoy about our classes is that connection of being together as a group, so we still need to keep those relationships alive and growing and we do that by making sure they have everything they need at home."

For more information, please contact the Tulalip Diabetes Care and Prevention Program at (360) 716-5641.

News

For the community, by the community: Tribal member-led food drive helps feed hundreds

By Kalvin Valdillez

"I was just checking out Facebook and saw they were giving out some fruits and vegetables and I thought 'how nice, I should go get some'," said Tulalip tribal member Udora Ceja. "It's a privilege to get this. I feel grateful and thankful that our Tribal members are taking care of each other and supporting each other and our community. My kids love bananas. I think I'm going to show them how to make banana bread for the first time!"

Historically, Native American families have faced difficulties accessing

proper nutritious foods. The relocation of Indigenous peoples to reservations plays a huge role in terms of food insecurity amongst tribal nations as forced assimilation caused Natives to stray from their traditional diets. In addition, reservations are typically located at a distance away from the nearest grocer in comparison to the lessthan-one-mile radius of the average American home.

The coronavirus has made that 'trip out of town' a lot more challenging for Native families, especially for those who occupy multi-generational homes as many individuals within that family may be considered high-risk, while others may be asymptomatic. Along with the threat of the virus itself, many are now having to figure out what the next chapter in their career is as the unemployment rate continues to rise across the nation.

At the beginning of the pandemic, the Tulalip Tribes held a food distribution where they handed out over 5,000 pounds of foods to its membership. A lot of those foods from that distribution, namely the potatoes and onions, were donated by a number of Washington State farms by way of a local non-profit



known as Farmer Frog that teaches youth how to cultivate and maintain a garden. Farmer Frog in turn got in touch with Jessica Crofoot who reached out to numerous tribes throughout the region, placing healthy and delicious foods on the tables of Native families, making one less worry on their minds at such a scary point in time.

"We had an Indigenous relative reach out to us, Jessica Crofoot. Her sister Lyndsey Crofoot is the one who is our harvesting mentor," explained Tribal member Natosha Gobin. "The farmers have a surplus of fresh produce that they would usually sell to fruit stands or restaurants. They're feeling the burden of not being able to distribute their food, just like a lot of our communities are dealing with not having access to food. Jessica coordinated with multiple tribes to do food distributions. The Tribe picked up on the potato and onion distribution."

She continued, "Jessica reached out to me this week and said 'hey I have four pallets of watermelons - can you help me get this to your community?' I tried to reach out to the Tribal government, but they said they didn't have the capacity to do it at this time."

Determined not to miss out on this opportunity, Natosha decided to take it upon herself to make this donation happen. She fell back on her resources, instantly reaching out to the people she knew she could count on.

"I called on Rudy Madrigal knowing he had the box truck; he has the ability to pick it up," she said. "I met with Rudy and told him we have an opportunity to get free produce for our people, we just need it picked up and brought here. He did not hesitate, he said not a problem, let's get it done."

Due to a prior engagement, Rudy couldn't personally make the trip to pick up the watermelon. Instead, Mike 'Big Mike' Frease took the keys to Rudy's box truck and hit the freeway to the Farmer Frog headquarters. Upon arriving, Big Mike learned that the organization had a bigger donation ready for shipment than originally anticipated. In addition to the four pallets of watermelon, there were also several pallets of bananas and two pallets of dairy boxes which included milk, cheese, half &half, cottage cheese, butter and yogurt. For reference, each pallet was neatly stacked with

approximately fifty boxes. Big Mike loaded up the truck and headed back to Tulalip.

By this point in time, Natosha recruited a few fellow tribal members and assembled a team. They set-up shop across the Greg Williams Court on the warm, summertime afternoon of July 31st. Once Big Mike arrived with the truck full of produce, the group of community volunteers busted out their smartphones and hit Facebook live, informing all of their friends and family of the distribution. "I reached out to Zee

(Jimicum), Sarah (Hart), and Amy Anderson knowing that they will do anything to help the community. I let them know I needed their help and they said 'what time? We'll be there'. We also had Monie Ordonia, she showed up and grabbed her goods and hopped in to help us out. Tommy (Reeves) came to help, Bradley Althoff jumped right in and started helping us. This right here is the perfect example of community. Everyone pulling together."

For two straight hours, the team was busy loading car after car with boxes of food. Amy Anderson, assisted by Tulalip youth Cora Jimicum and Shelly Madrigal, stacked boxes on the back of a pickup truck and drove through the neighborhoods of Tulalip, delivering bananas, watermelon and dairy boxes to the doorsteps of many local elders and seniors, as well as to the Tulalip Senior Center and the Tulalip Boys & Girls Club. During the distribution's third hour, the stream of cars began to slow down and pretty soon all that remained were a couple dozen boxes of bananas, and shortly after that the entire truck was empty.

"The Tribe is doing some great things for everyone during

Notices_

this hard time," admitted Natosha. "But this a good example of what the community can do. The Tribe had nothing to do with this, they didn't have the capacity to go and pick it up, so this is literally community connections, and it shows community leadership in those people who showed up to break a sweat and pass this out. be able to pass that on. We are at a time where people are struggling with unemployment, people are getting let go from their job. Kids are at home. I know what it's like to have kids go through gallons of milk for cereal. Having fresh fruit at no cost is pretty awesome. I think my favorite part of the day is getting to say I love you to so many people after not seeing them for so long."



"It's such a good feeling to

Tulalip Tribal Court develops Family Treatment Court offering alternative to Current Dependency Court - An innovative and cultural response to addiction affecting Tulalip families

Submitted by Melissa Johnson, Family Treatment Court Coordinator

The Tulalip Tribes is introducing an innovative alternative for parents who are struggling to care for their children as a result of substance abuse. Starting late summer /early fall, Tulalip families involved in juvenile dependency cases will have an option to enter into the new Family Wellness Court(FTC), a cutting-edge, more intense wraparound Court, which aims to assist families in breaking the cycle of addiction, the root cause of many local child abuse and neglect cases. This will be one of the first Tribal family treatment courts in the region.

Court staff, with input from all interested stakeholders, including judges, court staff, beda?chelh, the ORA and treatment providers, have been working on a shared vision of improving outcomes for children, families and the community by administering justice in a more culturally sensitive, safe and supportive environment that empowers families to create positive lasting change. "Teamwork makes the dream work! Together, our team is in a better position to evaluate what is needed and empower our families and provide support and services to them," said Judge Colegrove.

Rather than just one judge making decisions in dependency cases, in the FTC, together a team specific to each individual family will convene much more regularly and work with the family to uniquely tailor an approach to recovery and reunification that focuses on honesty, sobriety, and healing.

Family members are provided individualized therapeutic programs designed to strengthen individuals, families, and the community through traditional Tulalip values and spiritual healing. The respectful family wellness team approach values all members of the family and the Tulalip community as a whole.

Some of the benefits of family Treatment Court:

- Earlier family reunification
- Team approach
- Focus on traditional values & healing
- Non-Adversarial
- Provides incentives
- Individualized, wrap around services

Tulalip Board members are excited about the new Treatment Court as well. "Mainstream approaches to generational trauma and addiction haven't proven to be successful, we believe it's time for a more traditional approach to healing our people", said Service Committee Chair and Board member Misty Napeahi.

Board member Marlin Fryberg said he was "happy to see that Tulalip culture would be such an important component to the new Court."

For more information on this innovative program call the Family Treatment Court Coordinator, Melissa Johnson 360-716-4321.

Court Notices

TUL-CV-YG-2019-0425 and TUL-CV-YG-2019-0427. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: J. M.-R. and E. M.-R. TO: JUAN MADRIGAL: YOU ARE HEREBY NOTIFIED that Youth Guardianship actions were filed in the above-entitled Court pursuant to TTC 4.05 regarding the above mentioned youths. You are hereby summoned to appear and defend regarding the above entitled actions at a hearing on September 03, 2020 at 01:30 PM in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. Should the Court rooms be closed due to covid-19 you should call in to your hearing via GoToMeeting, phone number: 1-571-317-3112, access code: 286-262-589. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: July 25, 2020.

TUL-CV-YG-2020-0112. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: G. P. M.: ARLETIA JEAN PAUL, YOU ARE HEREBY NOTIFIED that a Petition for Guardianship (Youth) was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on September 24, 2020 at 1:30 p.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. Should the Court rooms be closed due to Covid-19 you should call in to your hearing via GoToMeeting, phone number: 1-571-317-3112, access code: 286-262-589. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: July 25, 2020. TUL-CV-YG-2019-0426. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: J. A.-R. TO: MAURICIO ARROYO: YOU ARE HEREBY NOTIFIED that a Youth Guardianship action was filed in the above-entitled Court pursuant to TTC 4.05 regarding the above mentioned youth. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on September 03, 2020 at 01:30 PM in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. Should the Court rooms be closed due to covid-19 you should call in to your hearing via GoToMeeting, phone number: 1-571-317-3112, access code: 286-262-589. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: July 25, 2020.

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2020-0304 Summons by Publication and & Notice of Petition for Exclusion. THE TULALIP TRIBES, Petitioner vs. THEODORE DAVID WAKENIGHT, Respondent. On March 6, 2020, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than October 5, 2020 and serve a copy on the Office of the Reservation Attorney within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6332 31st Ave. NE, Tulalip, WA 98271.

TULALIP BOYS & GIRLS CLUB FALL 2020 VOLLEYBALL

Learn the fundamentals of volleyball in a fun, positive environment!

REGISTRATION: Opens June 15th

COST: FREE!

PRACTICES: Begin September 7th, 1 per week

GAMES: Begin September 26th, 8 games total



Tulalip Boys & Girls Club 7707 36th Ave. NW, Tulalip, WA | 360-716-340 | www.bgcsc.org

GIRLS CLUBS

TULALIP BOYS & GIRLS CLUB FALL 2020 FLAG FOOTBALL

Flag football is all about having fun, being active and learning football skills! AGES 3 THROUGH 14, CO-ED

REGISTRATION: Opens June 15th **COST:** FREE FOR ALL AGES! **PRACTICES:** Begin September 7th, 2 per week



Tulalip Boys & Girls Club 7707 36th Ave. NW, Tulalip, WA | 360-716-3400 | www.bgcsc.org

COVID-19 Return to Play Plan Boys & Girls Clubs of Snohomish County

Overview:

The safety of our kids, families, staff and community continues to be top priority at the Boys & Girls Clubs of Snohomish County. As we continue to work through the challenges of COVID-19 while returning to play youth sports, it is important for all players, coaches, parents and staff follow the "Return to Play Plan" as outlined below. Our Return to Play follows within the guidelines of CDC and local health organizations.

In response to the COVID 19, teams should adhere to the following:

- Anyone that may be sick or has tested positive for COVID 19, must stay home until cleared by a medical doctor.
- Practices should emphasize more on skill building activities and less competition or scrimmage activities
- Teams should participate with strong Social Distancing activities such as teams practicing in smaller groups in different parts of the field.
- Practice sidelines should be limited to only "essential" parents or guardians of players.
- Those on the sidelines must practice good social distancing by

not congregating together.

- Coaches must have hand sanitizer with 60% alcohol available for their players if handwashing facilities are not available.
- Coaches and parents are encouraged to wear facemasks while attending practices.
- Coaches are responsible for disinfecting all equipment before and after practice.
- Players should not share water bottles and avoid using public drinking fountains.
- Practices and games should not have gatherings of more than 50 people at a time.

Do not play if:

- Exhibiting any symptom of COVID19- fever of 100.4 or higher, mild to severe respiratory illness, coughing, difficulty breathing, shortness of breath, muscle aches, sudden loss of smell and any additional symptoms identified by the CDC.
- Have been in contact with someone that has been positive with COVID-19 within the last 14 days
- If your child has a serious underlying health condition making them susceptible to contracting COVID-19.