



United Soccer Athletes (USA) Soccer Club

COVID-19 (infectious disease) Safety Policy for Returning to Training

Final Updated 7/27/2020

On June 2, the state soccer organization (Michigan State Youth Soccer Association (MSYSA)) gave notice to the leagues and clubs that we may return to training (not playing) in small groups, but with significant restrictions. In reaction to this notice, the league in which we play (Grand Valley Soccer Association (GVSA)) distributed subsequent mandates. The league mandates called for direct adherence to the MSYSA mandates. Since that date, there have been numerous updates to the mandated restrictions.

Following the MSYSA and GVSA lead, the United Soccer Athletes (USA) Soccer Club developed our plans and logistics for supporting these mandates. This document contains our plan and mandates. It is being distributed to all club staff, coaches, families (players). This document does not supersede the mandates put forth by MSYSA nor GVSA. As such, the MSYSA document is the foundation for our protocols and must be understood and adhere to along with our club protocols. Those documents are cited as part of this document for reference. All these documents are subject to change at any time. Changes will be clearly documented and distributed. For ease of reference, significant changes in this document have been highlighted.

It is the responsibility of everyone associated with the USA Soccer Club to know, understand, and abide by the safety mandates. Furthermore, as a team, it is our responsibility to hold each other accountable and help each other with adherence (e.g., being prepared, cooperating with coaches, helping to watch players, etc.).

As this is technically the off-season and we are still functioning under the reality of the pandemic, participation in any club activities will be voluntary. Historically, the club does host activities from after tryouts/registration until August. What club-related activities do occur are team-specific and voluntary. Working under the current pandemic-driven circumstances, we are working to balance the desire to get the players back on the field to make up for lost time (the lost spring season) and our historic approach of 'letting it be summer'.

Keeping with our historic approach, any club activities will remain team-specific and voluntary. Not every team will approach the return to training in the same way. Based on history, we expect that training will be largely age-driven. For example, younger teams may have team building activities but not full training. Whereas high school teams may start and continue training throughout the summer.

It is expected that everyone associated with the club will work together to uphold the measures. It will be the responsibility of each player/family to be accountable and manage the measures that are individually controllable (being prepared with mask, hand sanitizer, personal soccer equipment, etc.). The coaches will be responsible and accountable for overseeing overall team safety and activities. For example, training must take place without sharing of equipment (each player must have their own ball), masks and hand sanitizer must be applied (each player must supply their own), social distancing must be upheld (each player must do their part to keep proper distancing). Coaches will provide training that supports social distancing and non-sharing of equipment. Players must support the coach by maintaining

the requisite social distancing and other safety measures. Coaches will also not allow individuals to participate if they are not prepared or in adherence to the mandates.

Relative to supporting the safety measures, the details to which all coaches, players, and families must adhere are:

ACTIVITY STRUCTURE

- All activities are to be outdoors.
 - USA is mandating that no team activity may have more than 20 total participants (coaches and players) at a single time through June 28.
 - From June 29 on, the group size for team activities may expand to 40 total participants.
 - Club or age-group activities may have up to 100 participants at any time.
 - No club or team activity may have more than 100 participants at any time.
 - No indoor team gatherings are allowed.
- Activity locations must be strictly managed.
 - Team training locations are to be assigned by club staff.
 - Locations coordinated with team staff will be secured through cooperation with location officials and organizations.
 - Club activities must support policies set forth by location officials.
 - Teambuilding activities and social functions may not occur until notice is provided by USA Club leadership.
 - Teams may incorporate teambuilding activities into technical training activities given that they fully support all safety measures detailed in this document.

PARTICIPATION REQUIREMENTS AND REMEDIAL ACTIONS

- Identification and adherence to these are the responsibility of each player/family, not the coach or Club.
 - Participation will only be allowed if the individual has:
 - Not tested positive for or had symptoms (typically understood to be presented as multiple symptoms (i.e., if an isolated cough or headache symptom (potentially from allergies) would not alone be taken as a definitive factor) of COVID-19 in the past 14 days of the activity.
 - Not been otherwise ill (i.e, in a manner that would keep them home from school).
 - Normal temperature readings (100.4 degrees or less). Temperature checks will not be conducted by USA staff but by players and their families prior to attending the activity.
 - No known exposure to someone who is positive for COVID-19 or has symptoms in 14 days of the activity.
 - (this has been removed and no longer applies) Lives in Michigan and has not travelled outside of Michigan for 14 days of the activity.
- Notice of illness
 - It is expected that everyone will be accountable for their own status. Parents are expected to report illness within their family to the Club (team coach).
 - If a club official (staff or coach) becomes aware of an illness (within club staff, players, or player families) they will contact the Club Director of Operations immediately.
 - Upon initiation of a team activity, coaches or staff may ask each athlete about the general health items listed above.
 - If identification occurs at a team activity:
 - the athlete will not be allowed to participate in the activity
 - they will be separated from the balance of the participants

- the parent/guardian will be notified
 - the player will not be allowed to return until a resolution is verified.
- Upon notice or identification of potential illness risk, all team soccer activities will be universally stopped immediately and until further notice is provided by the Club.
 - This period of time will generally be up to 14 days from the last interaction with the team.
 - This time period may be extended if additional individuals are identified with illness risk factors
- Upon notice or identification of an illness risk, the club Director of Operations (or other board-level staff member) will confirm the illness with the family.
 - It will be at the judgment of individual families to seek testing or additional medical attention.
- Upon confirmation, all club participants (families/players, coaches, staff) that are directly impacted will be notified.
 - The group will be made aware of the potential health issue
 - They will be instructed about next steps (e.g., team activities to be suspended for 14 days, recommend individual medical consultation, etc.).
 - Confidentiality of the impacted player/family will be maintained.
- Local health professionals may be consulted to identify additional actions to be taken.
- **Return to participation**
 - Individual players with an identified risk may return to team activities based on:
 - Written notice for returning to play by the parent/guardian and/or healthcare professional indicating:
 - Symptom or illness free for 7 days
 - A negative COVID-19 medical test result
 - Team activities may resume after:
 - The individual has been cleared to return to participation
 - 14 days has past since the identification and subsequent suspension of team activities without any additional illness risks being identified within that timeframe.
 - Medical consultation has indicated that the team may resume activities
 - Return to normal team activities will be communicated.
 - The club Director of Operations (or other board-level staff) will confirm return to participation with the family
 - The club Director of Operations (or other board-level staff) will confirm return to participation with the team coaching staff
 - The team coaching staff will confirm return to team operations with the team (while maintaining the confidentiality of the impacted player/family)

GENERAL PARTICIPATION ACTIVITIES

- Social distancing must be upheld at all times.
 - Players
 - Players must enter and leave the activity space individually (not in groups).
 - Players must align their equipment and themselves along the sideline or other defined space with at least 6 feet of spacing.
 - Coaches and Activities
 - Coaches must maintain social distancing with each other and their players.
 - Small group training sessions will take place outside in an area where social distancing can be maintained.
 - Training must be performed such that individual players can maintain 6 feet intervals.

- No formations that jeopardize social distancing are allowed (e.g., shooting on goal, entering the goal, etc).
 - No activities involving direct or indirect contact between athletes.
 - No playing of games, scrimmages, or other game-like activities
 - No player/team group celebrations, cheering, or intra-team interactions (handshake lines).
 - Parents/Spectators
 - Parents and spectators in proximity to training activities are to be minimized to 2 people per player.
 - It is recommended that spectators stay away from the fields (e.g., stay in cars, take walks, etc.)
 - Spectators must maintain 6 feet of social distancing or more if they are not from the same household.
 - If in a group, spectators must wear face protection if they are not social distancing.
 - It is recommended to minimize or eliminate carpooling if possible.
- Use of personal facial protection.
 - Players, coaches, and spectators must wear facial protection to and from the field (i.e., between vehicles and the field).
 - Players, coaches, and spectators must wear facial protection while not involved in training activities (i.e., spectators wear masks when in proximity to athletes, players and coaches – before and after training).
- No sharing of equipment, clothing, or other items.
 - Soccer balls may be shared but with restrictions.
 - During passing activities with player feet.
 - No handling of the ball.
 - No heading of the ball.
 - Goalkeepers may train but with restrictions.
 - Each goalkeeper must have a dedicated ball (no shooting on goal with multiple balls)
 - Goalkeepers must wear gloves
 - No use of shared training vests or other wearable ‘team gear’.
 - No handling of soccer balls between players (including no goal tending).
 - No sharing of personal clothing, gear, braces or first aid equipment
 - between players
 - between players and spectators (outside of their household)
- Players are required to provide and manage their own gear, personal hygiene, and infection prevention supplies.
 - Bring your own soccer gear, including a ball.
 - Personal water bottle.
 - Personal mask/facial covering.
 - Personal hand sanitizer/disinfectant.
 - Ensure that player’s clothing is washed after every training.
 - Ensure that all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Equipment and equipment use.
 - Coaches and other players may not provide individual equipment.
 - Any training gear (e.g., cones, flags) will only be handled by a single coach. Players and parents may not assist with setting up/taking down activities.
 - Coaches will ensure that equipment is properly sanitized prior to every training session.

CLUB POINT OF CONTACT

- Any questions or concerns, from any party, are to be directed to the Club Director of Operations

- operations@usasoccerholland.com
- 616-510-0774

MICHIGAN STATE YOUTH SOCCER ASSOCIATION (MSYSA) DOCUMENT

- If referenced document is not physically attached to this document, apply Return to Training Guidelines, with an effective date of June 2, 2020 and update provided on June 10, 2020 and June 16, 2020 and July 16, 2020.