



RYSA REVOLUTION



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Rockdale Youth Soccer Association – COVID 19 – Guidelines

As a result of the COVID-19 Pandemic, and in coordination with local health officials, local government regulations, CDC Guidelines and medical professionals, Rockdale Youth Soccer Association has developed a return-to-play plan. We are all excited and anxious to be back at the fields together, but ALL coaches, players and families must strictly follow these guidelines. As we return to soccer activities, please know that ALL activities are optional to all RYSA players. Any and all concerns should be brought to the attention of your coach.

US Soccer Return to Play – Phase 2 Full Team Training

Health & Safety:

- Prior to attending any training event, each player should check his or her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- Prior to participation, staff should obtain verbal confirmation from each participating player that:
- The player has not had any no close contact with a sick individual or anyone with a confirmed case of COVID-19
- The player has not had a documented case of COVID-19 in the last 14 days.
- The player is not currently demonstrating or suffering from any ill symptoms.
- Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.

Social Distancing:

- Individuals should maintain social distancing guidelines during arrival and departure from training, and efforts should be made to stagger arrival and departure times to minimize potential interaction with other groups. Clubs should also consider designating separate arrival drop-off and departure pick-up zones.
- Other individuals in attendance (family members, for example) must stay away from the field, and maintain at least 6 feet between other individuals in attendance. Ideally, attendees will remain in cars to reduce the risk of disease transmission.
- In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.
- Players should avoid all physical contact with each other, including celebrations, handshakes, high-fives, team huddles, etc.

Training Format:

- Training of any group size can be conducted with no restrictions on training activities.
- Contact between players may occur during play.
- Coaches can integrate into training environments for instruction purposes but should not be in contact with players.
- Multiple groups can train simultaneously within the same single location as long as social distancing guidelines and group size restrictions are met.

Facilities & Equipment:

- Training areas must be separated and specifically designated such that groups will not touch the same surfaces (benches, for example).
- Players should bring their own equipment (ball, hand sanitizer, water bottle, training vest(s), towels, etc.) such that no equipment is shared between players. Players and coaches may contact another individual's soccer ball with their feet but should not contact it with their hands.
- Surfaces that may be contacted and shared by players (benches, balls, for example), should be disinfected before and after use. Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.
- Each coach and player should have their own hand sanitizer. Players and coaches should disinfect hands prior to and immediately after every group session and after any contact with a shared surface.
- Restrooms will be cleaned regularly to reduce risk of transmission. Hand sanitizer and/or soap will be available and should be used immediately before and after restroom use.

Phase 3 Return to Local Competition

- RYSA return to competition will consist of our normal intra-club scheduling for U5-U12 and participation in the RIAS league through GYSA for U14-U19. RYSA will need to follow COVID protocols put in place by host organizations.
 - RYSA will use the "SCCL RECOMMENDATIONS FOR RETURN TO COMPETITION" document as a guide and will issue further details about RYSA hosted events (regular season games, scrimmages, friendlies, tournaments, etc.).
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Symptoms of COVID-19 Infection:

- Individuals with COVID-19 can exhibit symptoms ranging from mild to life threatening. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
- Fever (≥ 100.4 degrees F) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- More information can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Return to Play Following Confirmed or Suspected COVID-19 Infection:

These recommendations are intended to guide decision-making regarding players or staff with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission.

Symptomatic player / staff with suspected or laboratory-confirmed COVID-19 infection cannot attend club events until:

- a) At least 24 hours have passed since resolution of fever (defined as ≥ 100.4 degrees F) without the use of fever-reducing medications, AND
- b) At least 10 days have passed since symptoms first appeared, AND
- c) Symptoms have improved.

OR:

- c) Resolution of fever without the use of fever-reducing medications, AND
- d) Improvement in respiratory symptoms (e.g., cough, shortness of breath), AND...
- e) Negative results of an FDA authorized molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (two negative specimens).

Player / staff with laboratory-confirmed COVID-19 who have not had any symptoms cannot attend club events until:

- a) 10 days after date of their first positive COVID-19 diagnostic test assuming no symptoms since that time. If symptoms develop, then management should be guided as above for symptomatic individuals.

OR

- b) Negative results of an FDA authorized molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (two negative specimens).

Governor Kemp Executive Order - Georgia

On July 15, 2020 the Governor provided additional guidance in his Executive Order 07.15.20.01. In this order, we see the following:

General Provisions

- This Order is effective from July 16, 2020 until July 31, 2020
- Residents/visitors shall practice Social Distancing
- Residents/visitors are strongly encouraged to wear face coverings except when eating, drinking or exercising outdoors
- No business, establishment, corporation, non-profit corporation, organization or county or municipal government shall allow Gatherings of persons.

Definitions

- “Gathering” shall mean more than fifty (50) persons physically present at a Single Location if, to be present, persons are required to stand or be seated within six (6) feet of any other person. Therefore, groups of more than fifty (50) people are permitted if their grouping is transitory or incidental, or if their grouping is the result of being spread across more than one Single Location.
- “Single Location” shall mean a space where all persons gathered cannot maintain at least six (6) feet of distance between themselves and any other person.
- “Social Distancing” shall mean keeping space between yourself and other people outside of your home or place of residence. Persons practicing Social Distancing should stay at least six (6) feet from other people, avoid assembling in groups, avoid crowded places, and avoid large crowds. This provision shall not apply to cohabitating persons, family units, or roommates residing together in private homes, whether inside or outside of their homes or place of residence.
- “Symptoms of COVID-19” shall mean symptoms identified by the Centers for Disease Control and Prevention as symptoms of COVID-19 and shall include at least the following: fever or chills; cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; and diarrhea

Additional Documents:

Centers for Disease Control and Prevention. (2020). Considerations for Youth Sports.
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Elite Clubs National League. (2020). Recommendations for Returning to Play in a Training Environment. <https://www.eliteclubsnationalleague.com/wp-content/uploads/2020/05/ECNL-x-Return-to-Play-Recs.-V5-Doc.pdf>

Elite Clubs National League. (2020). Recommendations for Return to Competition. <https://www.eliteclubsnationalleague.com/wp-content/uploads/2020/07/Return-to-Comp.-Doc.-Master.pdf>

U.S. Soccer. (2020). U.S. Soccer PLAY ON Phase 1: Grassroots Soccer Recommendation Guide.
<https://www.ussoccer.com/playon/guides/phase-1-grassroots>

U.S. Soccer. (2020). U.S. Soccer PLAY ON Phase 2: Grassroots Soccer Recommendation Guide.
<https://www.ussoccer.com/playon/guides/phase-2-grassroots>

U.S. Soccer. (2020). U.S. Soccer PLAY ON Phase 3: Grassroots Soccer Recommendation Guide.
<https://www.ussoccer.com/playon/guides/phase-3-grassroots>

U.S. Youth Soccer. (2020). US Youth Soccer Return To Activity Notice (version 1.1 5/19/20).
https://www.georgiasoccer.org/assets/65/6/usys_rta_notice_051920.pdf