



# AYSO Alliance - Area 2D

## COVID-19 Health and Safety Protocols

(Guidance as of Sept 5, 2020)



### Introduction

The following protocols aim to safeguard and promote the health and wellbeing of players, coaches, other needed volunteers and families as much as possible in relation to COVID-19. They seek to follow AYSO National policies, regulations established by public health authorities, guidance from medical professionals and best practices being followed by other youth sports organizations. Protocols will be updated on a periodic basis to maintain compliance with AYSO and local health guidance. This guidance is subject to change as conditions and local and state regulations change.

### General Protocols for In-Person Training Sessions

#### Authorized Participants

- (1) Only players registered with AYSO and approved to train with an AYSO Alliance team may participate in the training session. Players should participate in training sessions with only one team throughout the fall season.<sup>1</sup>
- (2) Only coaches registered with AYSO and approved to coach an AYSO Alliance team may participate in the training session. Coaches should participate in training sessions with only one AYSO Alliance team throughout the fall season.
- (3) The COVID-19 Safety Monitor (a volunteer position) assigned to the training session.  
[This volunteer will be responsible for monitoring and supporting coaches in implementing the specific protocols for health and safety for players, coaches and parents listed below. Specific duties are included in the Appendix A.]

#### Approving Authorized Participants to Participate in Trainings

Authorized Participants (i.e., players, coaches and the COVID-19 Safety Monitor as described above) must be approved to participate **prior to each training session**. Participants are authorized to participate only if (a) they are free of COVID-19 symptoms and (b) they have had no known “close contact”<sup>2</sup> with a person who has experienced COVID-19 symptoms or had a positive COVID-19 test. Authorized Participants should complete both an “at-home assessment” and an “on-field assessment” prior to being authorized to participate in trainings:

*At-Home Assessment:* If any participant is experiencing COVID-19 symptoms (see Appendix B for a list of typical COVID-19 symptoms) at home or has had known “close contact” with a person who has experienced COVID-19 symptoms or had a positive COVID-19 test, she or he should not come to the training session and should inform the coach prior to the session. The coach will provide the player and parents with guidance for their return-to-play.

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<sup>1</sup> Some AYSO Alliance teams will include players registered for the AYSO Fall Core season in Region 218 in their training sessions. These “reserve” players will be afforded the opportunity to train with the AYSO Alliance team (only) in the Fall season with the likelihood that they would continue with a Select team (if possible) in 2021.

<sup>2</sup> CDC defines “close contact” as less than six feet for 15 minutes or more: <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>



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*On-Field Assessment:* If any participant is identified as experiencing COVID-19 symptoms based on temperature checks and screening questions (included in “Guidance for COVID-19 Safety Monitor” document) conducted by the COVID-19 Safety Monitor at check-in, the COVID-19 Safety Monitor should inform the player, coach and parents, instruct the player and parents that they will not be able to participate in the training session and provide the player and parents with guidance for their return-to-play.

### Standard Protocols for Training Sessions

- All participants should wash hands thoroughly before and after each training session.
- All participants and parents should wear masks and maintain physical distancing when arriving at the field for check-in. Participants should place their equipment at least ten feet away from the equipment of other participants.
- As noted above, all participants in the training session will check-in with the COVID-19 Safety Monitor to complete necessary no-contact temperature checks and screening questions prior to participating in the training session. A coach will check-in the COVID-19 Safety Monitor with the same process.
- All participants will maintain a physical distance of six feet from other participants at all times.
- Coaches and COVID-19 Safety Monitor wear masks throughout the training sessions. Players can take off masks only after they have checked in and have been authorized to participate in the session.
- Participants should not physically touch (e.g., high 5s, fist bumps) others at the training session.
- Participants should cover their mouths and noses when coughing or sneezing.
- The COVID-19 Safety Monitor will ensure that all participants use hand sanitizer that contains at least 60% alcohol before, during (midpoint) and at the conclusion of each session.
- Only coaches and the session’s COVID-19 Safety Monitor will handle training equipment. ~~and goals.~~ Coaches can request parent volunteers who have signed the AYSO COVID-19 waiver to move goals if they wear masks and sanitize their hands before and after moving the goals.
- All equipment, including soccer balls, will be cleaned and disinfected by the coaches and/or the session’s COVID-19 Safety Monitor at the end of each session.
- No bathrooms will be available at the fields. Participants will need to use the bathroom prior to the training sessions.

### Specific Responsibilities of Coaches Related to Health and Safety Protocols

- Coaches will follow guidance provided by the COVID-19 Safety Monitor at the session. Coaches will instruct players to respect and follow guidance provided by the COVID-19 Safety Monitor.
- Coaches will print out and bring in a folder to each session the documents listed in Appendix A and Appendix B. After each session, coaches will put the updated AYSO Alliance COVID-19 Check-in Sheet back in the folder -- and have it available for the AYSO Alliance Program Director upon request.



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- Coaches will ensure that a check-in and hand sanitizing station is set up at each session.
- Coaches will provide any equipment that may need to be shared during each session (e.g., soccer balls, cones, individual bibs). Coaches are responsible for ensuring this equipment has been cleaned between each session.
- Coaches and the session's COVID-19 Safety Monitor will set up the field and handle coaching equipment (e.g., cones, goals, etc.) during the session. Coaches can request parent volunteers who have signed the AYSO COVID-19 waiver to move goals if they wear masks and sanitize their hands before and after moving the goals.
- Coaches will have available single-use bottled water for players that did not bring sufficient quantities of water to stay hydrated.
- Coaches will ensure that if ice packs or other first aid are needed, they will not be shared and, if reusable, will be disinfected between uses.
- If a player is injured during a session, coaches will use their best judgment to decide if physical distancing requirements need to be broached to assess the injured player. If a player's family member is available to come onto the field, the coach will attempt to coordinate an assessment of the player's fitness and injury with the family member.
- Coaches will submit a standard AYSO incident report<sup>3</sup> to the AYSO Alliance Area 2D Program Director ([AYSOAllianceArea2D@gmail.com](mailto:AYSOAllianceArea2D@gmail.com)) and to the AYSO Region 218 Safety Director ([safety@davisayso.org](mailto:safety@davisayso.org)) of "any participant who reports symptoms of COVID19, tests positive for COVID19 or who is exposed to someone with COVID19."<sup>4</sup> The AYSO Alliance Area 2D Program Director and the AYSO Region 218 Safety Director (in coordination with Area 2D Director) will provide guidance to the coach and families of the affected team on how to proceed.

**\*\*\* Important\*\*\***  
Anyone receiving report of COVID19, must protect the privacy and confidentiality of the parties involved except as required to report to the Health Department.

### Specific Responsibilities of Parents Related to Health and Safety Protocols

- Parents will respect and follow guidance provided by the COVID-19 Safety Monitor. Parents should feel comfortable contacting the COVID-19 Safety Monitor with any questions or suggestions about the health and safety protocols being followed at the session.
- Parents will be permitted to check-in players but, except for the COVID-19 Safety Monitor and parents helping to move goals (following guidelines above), are not permitted to be on the field during training sessions. Parents will wear face masks and abide by physical distancing requirements when dropping off or picking up their player.
- Parents will ensure their players are healthy and are requested to take player temperatures before each session. If players have a fever (e.g., a temperature over 100.4°F), players should not attend the session, and parents should notify coaches immediately.

<sup>3</sup> Click here to access the standard AYSO Incident Report form: [https://www.aysovolunteers.org/wp-content/uploads/2020/06/Incident\\_Report\\_Form\\_with\\_Instr\\_rev07012020-v2.pdf](https://www.aysovolunteers.org/wp-content/uploads/2020/06/Incident_Report_Form_with_Instr_rev07012020-v2.pdf)

<sup>4</sup> <https://www.aysovolunteers.org/wp-content/uploads/2020/07/AYSO-Guidance-Safety-Director-2020-0721-v2.pdf>



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- Consistent with applicable law and privacy policies, parents should notify coaches immediately if their player has COVID-19 symptoms, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.
- Parents, other than the COVID-19 Safety Monitor, will not assist coaches with equipment before or after training sessions. Coaches can request parent volunteers who have signed the AYSO COVID-19 waiver to move goals if they wear masks and sanitize their hands before and after moving the goals.
- Recommended that player's clothing is washed after every session, and all equipment they bring (ball, cleats, shin guards, etc.) are sanitized before and after every session.
- Recommended that each player brings water and their own hand sanitizing products to every session.

### Specific Responsibilities of Players Related to Health and Safety Protocols

- Players will respect and follow guidance provided by the COVID-19 Safety Monitor. Players should feel comfortable contacting the COVID-19 Safety Monitor with any questions or suggestions about the health and safety protocols being followed at the session.
- Players will wash hands before and after each session.
- Players will be responsible for bringing their own equipment including cleats, shin guards, water, a ball and gloves (for keepers).
- Players will bring their own water and not share or touch any other players' equipment or possessions (gloves, water bottles, phones, etc.)
- Players will practice social distancing, and place bags and personal equipment at least 10 feet apart from other players' bags and personal equipment.
- Players will not share drinks or use water fountains at the training facility.
- Players will observe social distancing requirements and will not have physical contact with other players, coaches or volunteers, including when greeting teammates and at the conclusion of each session.
- During any extended breaks from play, players will wear a cloth face covering that covers their nose and mouth.
- Players will label all equipment they bring to training sessions (ball, water bottle, etc.).
- Recommend that each player brings their own labeled hand sanitizer at every session.
- Players should inform parent or coach if they feel unwell for any reason.



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**Appendix A: Responsibilities of COVID-19 Safety Monitor**

**GENERAL**

Thank you for your time today! We appreciate your help. Please wear a face mask throughout the training session and maintain a distance of six feet from all participants and parents.

You are responsible for helping AYSO Alliance and the coaches maintain a training environment that follows the COVID-19 Health and Safety Protocols.

Your assistance in observing the training session and intervening in the training session to ensure compliance is needed, expected and supported.

Please contact the AYSO Alliance Area 2D Program Director ([AYSOAllianceArea2D@gmail.com](mailto:AYSOAllianceArea2D@gmail.com)) and/or the AYSO Region 218 Safety Director ([safety@davisayso.org](mailto:safety@davisayso.org)) with any questions, suggestions, issues or recommendations related to the COVID-19 Health and Safety Protocols.

\*\*\* Important\*\*\*

Anyone receiving report of COVID19, must protect the privacy and confidentiality of the parties involved except as required to report to the Health Department.

**BEFORE STARTING CHECK-IN PROCESS**

1. Please provide the coach with a signed COVID-19 waiver <https://www.aysovolunteers.org/wp-content/uploads/2020/09/ayso-covid-19-waiver-9.1.20201.pdf> for your participation as an AYSO volunteer. The coach will maintain a list of volunteers who have already submitted COVID-19. Volunteers only need to submit the signed COVID-19 waiver once.

**COVID-19 SAFETY MONITOR CHECK-IN**

2. Please ask a coach to complete a temperature check and screening questions for yourself before conducting the check-in of coaches and players. Please record your name and check the boxes related to the temperature check and screening questions on the check-in form.
3. Sanitize your hands and the thermometers.
4. Display the “Symptoms of Coronavirus (COVID-19)” documents (in English and Spanish) in a location that parents and players can see. Display the document with screening questions (in English and Spanish) in a location that parents and players can see.
5. Fill out the top section of the AYSO Alliance Area 2D Check-in Sheet (provided by the coach).

**PARTICIPANT ARRIVAL**

6. Please ensure all players, coaches and parents wear face masks when arriving. Please remind everyone to keep masks on when arriving.
7. Please ensure players and coaches place their bags, water and other equipment about 10 feet apart.
8. Players and coaches can chat and warm-up as they wait for check-in, as long as they stay about six to ten feet apart and wear masks.



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### PARTICIPANT CHECK-IN

9. Squirt hand sanitizer on the participant being screened.
10. Ask the participant the following screening questions:
  - a. Do you have any of the following symptoms: 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? Diarrhea?
  - b. Have you been in close contact with someone diagnosed with COVID-19 in the past 14 days?

Notify the coach if a participant responds in the affirmative to either of the above questions. The coach should (i) ask the participant to go home, (ii) provide the individual with instructions on managing COVID-19 symptoms at home, and (iii) submit an incident report to AYSO.

11. Complete the temperature check:
  - a. Concussion bands should be removed 30 minutes before temperature check. Sweat or sunblock should be wiped off before screening. Do not take temperature reading over a scar or scab. Only screen a person who is not facing into the sun. Shade should be on their skin for the check.
  - b. Take the temperature reading at the center of the forehead about one inch away from the skin. Do not take a temperature reading from any other area. If the thermometer touches the skin,



**Hold the button until you feel a vibration.**

disinfect the thermometer and ask the player to put sanitizer on their forehead.

- a. If the reading is at or lower than 96°F, please recheck the player’s temperature or ask a coach for assistance. If the reading continues to be below 96°F, ask the coach to use a different thermometer.
- b. If the reading is between 96F and 100.4°F, please put a check mark next to the players’ name for the date of the training session. Please do not record a temperature number. The player is cleared for practice and can take off her or his face mask and begin the activity planned by the coach.
- c. If the reading is at or higher than 100.4°F, please have the player or coach rest in the shade and hydrate for 10-15 minutes. Recheck the temperature. If there is a second temperature reading over 100.4°F, notify the coach. Coach should (i) ask the participant to go home, (ii) provide the individual with instructions on managing COVID-19 symptoms at home, and (iii) submit an incident report to AYSO.

**Using and Storing Thermometers**

Thermometer readings will be inaccurate if the weather outside is colder than 59 ° F or hotter than 104 ° F. Thermometer needs 30 minutes in the environment to calibrate itself to the outside temperature before screening. This Thermometer is a precision instrument. Please store it in the container it came in at an environment between 60° F to 104° F.



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**DURING TRAINING SESSION**

12. Squirt hand sanitizer on each participant at least once during the middle of the practice.
13. During practice, watch and remind players and coaches of six feet physical distancing, both on the field and during water breaks. Coordinate with coaches on intervening during the training session.

**AFTER TRAINING SESSION**

14. Give participants one last squirt of sanitizer.
15. Assist with cleaning balls/cones/goals/sanitation table and any other cleaning that needs to be done after practice.
16. Chat with coaches after practice about any recommendations for future training sessions.



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**Appendix B: Materials for COVID-19 Monitor to Have Available**

Coaches should ensure the COVID-19 Monitor has the following documents to display and provide to players and families as needed:

**AYSO Alliance Area 2D Check-in Sheet**

[https://docs.google.com/spreadsheets/d/1LWMDqgUEFnuNdYd8pWE1tWIJYWDMR9j694c\\_b7ZTm0Y/e/dit?usp=sharing](https://docs.google.com/spreadsheets/d/1LWMDqgUEFnuNdYd8pWE1tWIJYWDMR9j694c_b7ZTm0Y/e/dit?usp=sharing)

**Symptoms of Coronavirus (COVID-19) - CDC, English version**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>

**Symptoms of Coronavirus (COVID-19) - CDC, Spanish version**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms-sp.pdf>

**Managing COVID-19 Symptoms at Home - CDC, English version**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>

**Managing COVID-19 Symptoms at Home - CDC, Spanish version**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things-spanish.pdf>

**AYSO Incident Report**

[https://www.aysovolunteers.org/wp-content/uploads/2020/06/Incident\\_Report\\_Form\\_with\\_Instr\\_rev07012020-v2.pdf](https://www.aysovolunteers.org/wp-content/uploads/2020/06/Incident_Report_Form_with_Instr_rev07012020-v2.pdf)

**AYSO COVID-19 Waiver**

<https://www.aysovolunteers.org/wp-content/uploads/2020/09/ayso-covid-19-waiver-9.1.20201.pdf>