

American Youth Soccer Organization (AYSO)

Return to Play Guidelines

Health and Safety

The Centers for Disease Control and Prevention offers recommendations on how members of the public can limit the spread of the coronavirus.

Overall – Standard Practice

- Face Masks are required at all times for all participants.
- Stay at home if you are sick. Any players, coaches, game officials, board members who are sick will not be allowed to participate and should not attend any events – practices or games.
- Spectators are not allowed at games or practices. Parents and family members are strongly encouraged to remain inside their vehicles.
- For all participants, thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol, before and after attending a practice or game.
- Clean and disinfect frequently touched surfaces and exercise equipment (including balls).
- Cover your mouth and nose with tissue when coughing or sneezing.
- No physical greetings, handshakes.

Recommendations Upon Return-to-Practice/Play

Region Responsibilities:

- Work with public health officials to notify adult leaders, youth and their families if the organization becomes aware of a participant developing COVID-19 who came in contact with others during your activities. Refer to document – AYSO Guidance for Safety Directors/CVPAs.
- The region should have a COVID-19 Point of Contact and he/she should work with each team to identify a COVID-19 POC for each team. It is vitally important that the appointed COVID-19 point person is alerted immediately upon notice that someone has become ill to start the contact tracing and quarantine process. – Shawn Sanekane r100cvpa@aysohawaii.org
- Maintain participant confidentiality regarding health status.
- Schedule practices with ample space for physical distancing.
- Adhere to AYSO Safe Haven guidelines, i.e. 1:8 adult to child ratio; minimum of 2 adults present; no adult alone with children other than their own. Whenever possible, adult of same gender as players should be present.
- Support coaches with fitness and technique in isolation exercises, grid work and spatial awareness. Refer to the AYSO Ready! Set! PLAYSOCCEER website / Activities tab / Return-to-play documents – Coaching Activities for Ages 5-8, 9-12, 13+.
- Provide physical guides, such as signs and tape on playing fields, to help coaches and players remain at least 6 feet apart.
- Recommended to organize and schedule groups of players, i.e., by age or teams, and keep them consistent to avoid transmission.

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- Communicate drop off, waiting and pick up protocols for parents to facilitate appropriate social distancing while providing for the safety of all participants.
- Create a communication plan for Region to members and a communication pathway for parents to communicate their concerns or questions with Region leadership (emails on kailuaayso.org board page).

Coach Responsibilities:

- Coaches will send pre-training communication to families ensuring that only healthy participants attend and reiterate expectations and guidelines.
- Utilize technique in isolation exercises, grid work, fitness and spatial awareness to limit physical contact between players.
- Keep players together in small groups/cohorts with one coach and make sure that each group of players and coach avoid mixing with other groups as much as possible. Teams might consider having the same group of players stay with the same coach or having the same group of players rotate among coaches.
- Adhere to AYSO Safe Haven guidelines, i.e., 1:8 adult to child ratio; minimum of 2 adults present; no adult alone with children other than their own. Whenever possible, adult of same gender as players should be present.
- Once regulations permit expanded numbers, consider staging inner-squad scrimmages instead of games with other teams to minimize exposure among players and teams.
- Ensure all players have and handle their own labeled equipment (ball, water bottle, training disks, etc.).
- Coach should be the only person to handle coaching equipment (e.g.: cones, disks, etc.); do not let anyone assist.
- No shared equipment in use (players will provide their own bibs/pinnies or extra shirt to games and practice).
- Keep an attendance log for all practices and games.
- Serve as focal point, or designate the Team Parent, for notification from team families if a family member becomes ill with COVID-19, tests positive for COVID-19, or comes in contact with a confirmed case of COVID-19. Then will notify Shawn, CVPA, at r100cvpa@aysohawaii.org.
- Complete and submit AYSO's Incident Report Form to the Region Safety Director (r100safety@aysohawaii.org) immediately, including team roster. A designated volunteer or team parent can be added to help assist coach in accordance with the same health and safety guidance designated for the coach.

Team Parent Responsibilities:

- Assist Coach, as requested, with communications to families - including safeguard reminders, i.e., only healthy participants attend activities, or serve as the focal point for notification from team families if a family member becomes ill with COVID-19, tests positive for COVID-19, or comes in contact with a confirmed case of COVID-19. Notify the Coach immediately.

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- Help to maintain physical distancing requirements of all participants.
- Help team/teams adhere to AYSO Safe Haven supervision guidelines.

Game Officials Responsibilities:

- Referees are recommended to stay a minimum of 6 feet away from players, coaches and the referee team during the pre-game, half-time, post-game and during play.
- Avoid touching eyes, nose, and mouth
- Spitting or rinsing the mouth with water is to be avoided.
- Cough into elbow.
- Modified - No coin toss and Home team selects the half of the field. Away team will take kick-off.
- Do not share whistles or, if possible, any other referee equipment.
- If not feeling well during the game at any time, go home immediately.
- Keep the game flowing to limit groups of players congregating, i.e., set plays.
- If shared, wipe down the handles of flags with an alcohol-based rub or wash with soap and water, located in field boxes.

Parents Responsibilities:

- Ensure your child is healthy. Test child's temperature before departing for soccer practice (if above 100.4, do not attend).
- Notify your coach immediately if your child or family member becomes ill for any reason.
- Drop off and pick up players with special care given to the presence of children coming to and from the activity and receive verbal acknowledgement from the coach each time.
- Please wait in your car and/or adhere to social distance requirements, based on state and local health requirements and as requested by your coach or AYSO officials.
- Limit the use of carpools or van pools, and limit passengers to household members.
- Wash your child's clothing after every training/activity (recommendation).
- Sanitize all equipment (ball, cleats, shin guards, etc.) before and after every practice.
- Clearly label your child's water bottle and personal items.
- Ensure your child has hand sanitizing products with them at every session.
- Do not assist coach with equipment before or after training.
- Check Region (kailuaayso.org) and Coach communication regularly.

Players Responsibilities:

- Responsible for cleaning all required equipment after each training sessions (ball, cleats, shin guards, etc.).
- Bring and use your own labeled hand sanitizer at every session.
- Do not touch or share anyone else's equipment.
- Practice physical distancing, place bags and equipment at least 6 feet apart.
- No sharing drinks or use of water fountains at facility (players should mark their own water bottles).

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COVID-19 Plan

Incidents

- The CVPA (r100cvpa@aysohawaii.org) should be the Region's Point of Contact for COVID-19 precautions and reporting, who will follow the AYSO Guidance on Reporting.
- When the region discovers that a player or volunteer has tested positive for COVID-19:
 - a) Isolation Sick - coaches, officials, volunteers, players, or families should *not* return until they have met CDC's criteria to discontinue home isolation.
 - b) Make sure that coaches, officials, volunteers, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify the Region's CVPA (r100cvpa@aysohawaii.org) if they or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
 - c) Individuals who are sick should go to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact (within 6ft for more a total of 15 minutes or more) with a person who has symptoms should be separated and remain at home as well, and follow CDC guidance for community-related exposure (see "Notify Health Officials and Close Contacts" below).
 - d) Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable). Wait at least 24-hours before cleaning and disinfecting to protect those doing the cleaning. If 24-hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.
 - e) Regions should notify Dept. of Health officials and AYSO Regional members of COVID-19 cases, while maintaining confidentiality in accordance with the Health Insurance Portability and Accountability Act (HIPAA), the Americans with Disabilities Act (ADA) and other applicable laws and complete the AYSO Incident Report Form and turn the Incident Report in to the CVPA.
 - f) The names of anyone who reports a medical condition, injury or illness, must be kept confidential to protect the rights of privacy of those individuals. Disclosure of names and medical conditions is considered a breach of confidentiality/privacy protected under the Health Insurance Portability and Accountability Act (HIPAA), the Americans with Disabilities Act (ADA) and other applicable laws.

Contact Tracing

- Maintain a list of all participants at trainings, and attendees, etc. For privacy purposes, the list should be securely stored and not shared publicly.
 - In the event that someone participating in your activities becomes ill, refer to this list to determine who at your Region may have been directly exposed to illness, and advise them accordingly.
 - Follow the Hawaii State Department of Health's guidance on contact tracing.
 - Include the following items in your contact tracing list to support the process:
 - a) Date
 - b) Name
 - c) Phone
 - d) Email Address of participants
 - e) Specific training session i.e. time/field/coach etc.
- For minors, use a parent's contact information.