

## Hesperia AYSO – Return to Play

### WINTER SEASON 2020

As stay-at-home orders and business restrictions continue to evolve, we know that there is a strong desire to return to soccer play as soon as it is deemed safe to do so. A phased approach to re-opening is likely to be the case at the State, Regional, County, and/or Municipal level, which will vary throughout the country. The County of San Bernardino published a statement based on California Department of Public Health guidance: “The State Department of Public Health has issued long-anticipated guidance allowing youth sports and physical education – including school-based, club, and recreational programs – to resume, as long as they are limited to groups of participants who regularly gather” (Cohort assembly),” such as a class or organized team, and only when physical distancing of at least six feet can be maintained. Activities should take place outside to the maximum extent possible. Sporting events, assemblies, and other activities that require close contact or that would promote congregating, such as tournaments and competitions, are not yet permitted either indoors or outdoors.” Defined risks include:

- Number of people sharing a space,
- Distance between people,
- Duration of sharing a space,
- Physical contact between people,
- Touching shared objects.

Hesperia AYSO Region 878 is working closely with Hesperia Recreation and Parks Department, following county and state executive orders, and monitoring CDC public health guidance with regards to community interactions and access to facilities. As information changes, Hesperia AYSO does not claim or assume responsibility for the entirety of this information; we will strive to keep this document up to date, maintain transparency, and communicate region wide as the situation evolves.

This document provides guidance and rules Hesperia AYSO Region 878 will enforce to limit the spread of the coronavirus as we return to play for Winter Season 2020. We want to ensure families are as comfortable as possible with return to play while allowing youth to engage in the healthy exercise and friendly competition they need to grow into their potential.

## GENERAL GUIDELINES FOR ALL RETURN TO PLAY ACTIVITIES

Until further notice the following general guidelines shall be followed throughout all activities:

- Frequently-touched surfaces and equipment shall be cleaned and disinfected regularly.
- EVERYONE should thoroughly wash their hands with soap and water for at least 20 seconds (PREFERRED) or use an alcohol-based hand sanitizer containing at least 60% alcohol (if hand-washing is not possible).
- **ALL Volunteers, Players, and Spectators** SHALL wear cloth face coverings that covers nose and mouth in public settings, especially while interacting with non-household members.
  - *The ONLY EXCEPTION is volunteers and players actively engaging in athletic activity where face coverings interfere with normal breathing.*
  - **Families and Spectators** should avoid spectating near playing spaces and near other spectators not from the same household.
- ALL Volunteers, Players, and Spectators shall maintain at least 6-feet social distancing from non-household members.
- ALL Volunteers, Players, and Spectators should cover mouth and nose with tissue or cloth when coughing or sneezing.
- Teams will have ample space for practices to allow proper 6-foot social distancing among all participants.
- Limit non-essential visitors, spectators, and volunteers at all events
  - Wherever practical, visitors and spectators should drop off and pick up players at the activity space but return to their cars while activities are underway;
  - If returning to their car is not practical, spectators shall:
    - maintain 6-feet social distancing and
    - shall wear face covering when interacting with volunteers, non-familial players, or other spectators.
- Do not participate in activities with groups from outside your cohort and/or individuals from outside your local geographic area:
  - Teams form a cohort, or pod, (in accordance with CDC guidelines for K-12 guidelines) designed to limit contact between groups to prevent cross-over of the virus to other groups' participants.
- ANYONE who is sick **must** stay at home. Healthy participants ONLY.

***ANY VOLUNTEER, PLAYER, OR FAMILY MEMBER WHO BECOMES SICK AFTER INTERACTING WITH ANY OTHER VOLUNTEER, PLAYER, OR OTHER FAMILY MEMBERS MUST NOTIFY THE REGION.***

Hesperia AYSO has the following Communication Plan in place:

- **Report illness and/or contact with potential carriers of Covid-19 IMMEDIATELY** to a board member or via google form on the website and Facebook closed group.
  - A board member shall contact County and Local health officials to start the contact trace and testing protocols immediately after notification.
- Questions and concerns may be submitted via google form on the website and Facebook closed group. A board member should respond within 72 hours.

- Any relevant changes that directly impact Return-To-Play which require immediate distribution will be communicated immediately after the board learns of the changes.
- ALL communications will be distributed region-wide by:
  - [www.hesperiaayso.org](http://www.hesperiaayso.org), click the “COVID-19 Update” link;
  - Bulk email to the addresses of each player’s account \*;
  - The Facebook closed group;

***\* Account holders are responsible for confirming the email address loaded under their profile in [hesperiaayso.org](http://hesperiaayso.org) is accurate AND that the sources “@hesperiaayso.org”, “@bluesombrero.com”, and “@sportsconnect.com” are tagged as safe within spam-filtering software.***

**If Hesperia AYSO learns that a volunteer, player, or spectator shows symptoms of illness:**

- Hesperia AYSO will contact County and Local Health Authorities to facilitate contact trace and testing protocols.
- Hesperia AYSO will maintain the confidentiality of the participant’s identity and health status wherever possible.
- All communication with the region or individuals outside the affected family will be generalized to protect the participant’s anonymity while still conveying important information.
- Volunteers, players, and spectators who may have come into contact with the ill individual will be notified of potential exposure and encouraged to wait out the 14-day quarantine and/or get a Covid-19 test.
- Hesperia AYSO shall remain in contact with the ill individual’s family.
  - Information will be shared with the region as details emerge, including positive or negative results of Covid-19 testing.
- Questions and concerns may be submitted to the region by the google form posted to [HesperiaAYSO.org](http://HesperiaAYSO.org) and the Facebook closed group.
- Any relevant changes that directly impact Return-To-Play which require immediate distribution will be communicated immediately.

## Expectations of Participants

### Coach Conduct:

- Coaches shall send pre-training communication to set event guidelines.
- Coach shall clean or disinfect frequently-touched surfaces prior to players' arrival.
- Coaches shall maintain social distancing from players and family members.
- Acknowledge the family member accompanying players and have their updated contact information; family members should NOT leave the area of the part, in case of injury, but should not linger near the playing space.
  - If a player is injured during ANY event, immediately contact the player's family.
  - Avoid contact with players unless the situation is severe enough that the risk to the player outweighs the risk of transmitting a virus AND the player's family member is not available.
- Set out cones, flags or other markers for each player 6 feet apart to help them maintain social distance from each other.
  - Players shall deposit belongings at their designated marker; only the player should touch those belongings.
  - Players remain at their marker until called to a skills station.
- Ensure players have and use personal hand sanitizer on arrival, mid-way through, and at the end of every event.
- Ensure all players have and handle their own equipment; no shared individual equipment is permitted.
- Utilize technique in isolation exercises, grid work, fitness and spatial awareness to limit physical contact between players (see <https://www.aysovolunteers.org/coaching-activities/> for content).
  - Keep players together in small groups/cohorts and make sure that each group of players avoid mixing with other groups as much as possible.
- Once regulations permit contact activities, consider staging inner-squad scrimmages instead of games with other teams to minimize exposure between players of other teams.
- Coach should be the only person to handle coaching equipment (e.g.: cones, disks, etc.); do not let parents or attendees assist.
- No physical greeting of players (verbal acknowledgement is expected).
- Stay positive and create a fun environment in this new normal.

*\*A designated volunteer may assist the coach in accordance with the same health and safety guidance designated for the coach.*

### Family and Spectator Conduct:

- Ensure your child is healthy. Test the child's temperature before departing for soccer practice (if above 100.0 degrees F, do not attend).
  - Notify your team/club immediately if your child or family member becomes ill for any reason using the google form posted to HesperiaAYSO.org or Facebook closed group
  - Adhere to CDC, State, and County quarantine guidelines.
  - Drop players off and receive verbal acknowledgement from the coach; avoid loitering at the practice field. However, do not leave the park during activities.

- Update your Coach with current contact information.
- In case of injury, Volunteers will contact a player's family rather than make physical contact with the player unless the situation is severe enough that the risk to the player outweighs the risk of transmitting a virus.
- Stay in your car or adhere to social distance requirements, based on state and local health requirements.
- Limit the use of carpools or van pools, and limit passengers to household members.
- Recommended that all equipment (ball, cleats, shin guards, clothing etc.) are sanitized before and after every event.
- Ensure your child has hand sanitizing products with them at every event.
- Do not assist the coach with equipment before or after training.
- Put the players name on all personal belongings to avoid anyone touching your player's belongings.
- Check Region and Coach communication regularly.

**Player Conduct:**

- Inform your family if feeling unwell.
- Wash hands before and after training.
- Wear masks whenever practical.
- Responsible for cleaning / sanitizing all 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 social distancing, place bags and equipment at least 6 feet apart. Coach may use cones to designate YOUR space and your belongings
- No sharing drinks or use of water fountains at the facility (players should mark their own water bottles).
- No physical greetings with their teammates (verbal acknowledgement is expected; we are physically distant not anti-social!!!).

## Event Specific Guidelines

### Guidelines Specific to Practices and Player Clinics:

Practices can be held safely while still developing individual and group skills. In fact, good multiplayer tactical and strategic play includes playing open space and avoiding other players from both teams, skills which we may emphasize in this time of social distancing:

- Practices will be conducted with ample space for each team to maintain social distancing, at minimum 50 square feet per player and volunteer:
  - U6/U8: 5 players + 2 Volunteers requires 350 sq ft minimum
  - U10: 9 players + 2 Volunteers requires 550 sq ft minimum
  - U12: 11 players + 2 Volunteers requires 650 sq ft minimum
  - U14+: 14 players + 2 Coaches requires 800 sq ft minimum

*\* In all cases, these are minimum space requirements; teams should be allotted larger spaces where possible.*

- Painted lines or other markers shall delineate the activity areas
- Hand sanitizer or hand washing on arrival, mid-way through the event, and at end of the event is REQUIRED for all participants.

### Guidelines Specific to Player Evaluation Clinics and Competitive Team Tryouts:

Player Evaluation Clinics are designed to promote balanced teams. Competitive Team Tryouts are designed to select the best players among candidates. In both cases, players are evaluated based on four-to-five basic individual and team skills. The following guidelines are nearly identical to practice guidelines with some additions to manage the scale of such events:

- Expect as many as 40 players per division per event; expanded workout areas are required to provide social distancing space;
- Painted lines will delineate the division-specific workout areas.
- Parents will receive an email, with pertinent information including what to bring to the event (i.e. hand sanitizer) and informing them exactly where to go when they get to the event.
- Division coaches shall wear distinctive clothing and parents shall be instructed to which coach's area to approach
  - Example: "Your child will be with Coach Sam for the U10 division. Please go straight to coach Sam's area on Monday morning. Sam will be wearing a YELLOW Hat."
- Volunteers will be stationed at tables to check-in players, separated by at least 20 feet, near each division workout area. Maintain social distancing while checking in.
- Once the player is stationed at a player marker within the division workout area and is acknowledged by the coach(es), parents should depart to a safe distance, preferably their car.
- Players remain at their designated cone until called to a skills station.
- Hand sanitizer or hand washing on arrival / mid-way and end of training session.
- Players will be grouped by 9 or fewer players and that group will stay together throughout the session, rotating through the skills stations, led by an adult volunteer.

### **Guidelines Specific to Player Development Events:**

Hesperia AYSO conducts Player Development skills clinics for players, available region-wide to divisions U10 and up, conducted by several of our most experienced coaches. Clinics tend to draw between four to 20 players and staffed by one to three coaches:

- FIELD training events will be division specific to minimize group size; expect up to 20 players, depending on Division.
- KEEPER training events are NOT division specific because they tend to be fewer than 20 players combined; if participation increases beyond 20, the region will respond accordingly.
- Painted lines will delineate the workout areas
- Coaches will set out player markers for each player 6 feet apart. Players deposit their belongings at their designated cone; only the player should touch those belongings.
- Players remain at their cone until called to a skills station.
- Hand sanitizer or hand washing on arrival / mid-way and end of training session.
- Players will be grouped by 9 or fewer players and that group will stay together throughout the session, rotating through the skills stations, led by an adult volunteer.

### **Guidelines Specific to Games:**

The earliest potential game date after January 1<sup>st</sup>, 2021. Guidelines for response to Covid-19 are expected to change significantly by then. Therefore, this section will be developed fully later.

***PLEASE NOTE: This is a live document and is subject to change. As state and local restrictions and guidelines are adjusted in your area with regards to youth sports, AYSO will communicate how to transition into Phase 2 of our Return-to-Play guidance.***