



SERVING THE COMMUNITIES OF LOS ALAMITOS ~ ROSSMOOR ~ SEAL BEACH

The Board of Directors for Region 159 has been working to prepare and implement CDC & AYSO National Guidelines for Return-to-Play, as safely as possible for the Fall 2020 season.

We are working with government agencies, along with our City & School District officials to verify we have the appropriate protocols in place. This process is a 'work in progress' and will continue to evolve as additional Health Department and Government needs require.

As an overview of expectations for all involved with AYSO activities, Return-to-Play will be a phased program (see attached Phasing Document), based upon County Health Department guidelines.

A Graduated Approach Based on Federal, State and Local Guidelines the Centers for Disease Control and Prevention has released guidelines for returning to youth sports.

General Guidance: The Centers for Disease Control and Prevention offers recommendations on how members of the public can limit the spread of the coronavirus. They currently include:

- Clean and disinfect frequently touched surfaces and exercise equipment (including balls).
- 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.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Stay at least 6 feet away from non-household members. Note: research is ongoing on appropriate physical distance for bodies in motion.
- Cover your mouth and nose with tissue when coughing or sneezing.
- Stay at home if you are sick.

Overall – Standard Practice

- **Healthy Participants Only:** Any players, coaches, spectators who are sick will not be allowed at practices or games.
- Parents, and family members will abide by social distancing regulations and are strongly encouraged to remain inside their vehicles during practice.

Below are specific guidelines & requirements for the Regions safe Return-to-Play activities:

Region:

- 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. (May not be on the playing field with participants)
- We will only begin AYSO Field activities once given the approval by the County, appropriate City and School District officials.



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- Face masks for coaches, spectators, and volunteers **are REQUIRED at all times during practices, Camps or eventually play.**
- We will be scheduling AYSO events with social distancing in mind: Staggered start and end times. Entrance at one area and exit at another, where possible. Fields will be more spread out. It may require shortening practice/CAMP development time.
- Support coaches with fitness and technique in isolation exercises, grid work and spacing awareness (appropriate content is available).
- Being sensitive and accommodating to parents who may be uncomfortable with returning to play at this time.
- Communication plan for region to families.
- Communication pathway for parents to communicate their concerns or questions with region leadership (info.ayso159@gmail.com). Open communication and understanding are key. Parents, coaches, referees, and Board Members will receive guidelines including symptoms to look for, and how to report if a family member of player test positive for COVID. We will be following the attached guidelines. Our Safety Director and Regional Commissioner (or designee) will be the Regional Board Members communicating with the parents and community. See attached
- **We strongly ENCOURAGE**, for the safety of all Players & Volunteers, (and spectators IF allowed), that you stay home for 14 days if you have traveled out of the state.
- Send reminders to families ensuring that only healthy participants (Volunteers & Players) attend, and reiterating expectations and guidelines.
- Provide gloves & hand sanitizers for field set up and take down.
- Provide physical guides, such as signs and tape on playing fields, to help coaches and players remain at least 6 feet apart.
- Avoid group events, such as games, competitions, or social gatherings, where spacing of at least 6 feet between people cannot be maintained.
- Limit nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county).
- **Adherence to COVID-19 Health & Safety Requirements is MANDATORY by all involved with AYSO.** This is NOT about an individual; this is about keeping ALL who participate healthy & safe. Coaches, Players (and spectators IF allowed) who fail to follow AYSO, State, County or City COVID-19 requirements will: 1) First Offense, receive a verbal warning & retraining of requirements, 2) Second Offence, Suspension of training in progress & retraining of requirements 3) Third Offense, Suspension of training for a minimum of two sessions & retraining of requirements; 4) any reoccurrence, REMOVAL from AYSO activity for remainder of the scheduled period (season, program, camp, etc.). Please, this is not even an area the Region wishes to engage; Practice personal & player SAFETY DAILY.



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- Avoid activities and events such as off-site competitions or excursions.
- Communicate drop off, waiting and pick up protocols for parents to facilitate appropriate social distancing while providing for the safety of all participants.
- Verify player WAIVER is complete & on-file with Region.
- We will be incredibly open with communication in the event we have a participant who tests positive for COVID, while maintaining confidentiality regarding health status.

Coach:

- Coaches will send pre-training communication to families ensuring that only healthy participants attend and reiterate expectations and guidelines: Mask to & from field, along with personal hand sanitizer.
- Coaches should maintain social distancing requirements from players and family members.
- Wearing a face mask for the duration of the practice/CAMP/PLAY is critical & REQUIRED.
- 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/groups 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. Parent or second volunteer must remain OFF field, with visibility on players
- Utilize fitness and technique in isolation exercises, grid work, and spatial awareness to limit physical contact between players (appropriate content is being developed and will be available).
- 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 parents or attendees assist.
- Hand sanitizer or handwashing on arrival / mid-way and end of training session. Region will provide hand sanitizer to each team.
- No shared equipment in use.
- No physical greeting of players (verbal acknowledgement is expected).
- Stay positive and create a fun environment in this new normal.
- Report to the board Safety Director & Regional Commissioner immediately, if parent states player or family member tested positive for COVID. This is PRIVATE information and may not be shared with anyone without the need to know!
- Keep in their possession at all times: player registration forms, symptoms of COVID sheet, and player/coach attendance record.



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- Complete and submit AYSO Incident Report Form to the Region Safety Director immediately, including team roster for any reported exposure or event.

*An approved team parent (with AYSO Regional Commissioner prior Approval) may be added to assist a coach in accordance with the same health and safety guidance designated for a coach.

Parents/Spectators (IF approved by Region):

- Ensure your child is healthy. Check for COVID symptoms and test child's temperature before departing for soccer field (if above 100.4, do not attend & notify Coach immediately).
- Notify your coach or the Regional Commissioner immediately if your child or family member test positive for COVID.
- Face masks **are required at all field activities**. Abide by social distancing guidelines.
- CLEAN & sanitized all equipment (ball, cleats, shin guards, etc.) before and after every field usage/practice.
- BRING hand sanitizing products with player at every session.
- Do not assist coach with equipment before or after training.
- Check Region and Coach communication regularly.

- Abide by social distancing and new spectator layout.
- Report to coach is player or family member tests positive for COVID.

Players:

- Inform parent or coach if they do not feel well.
- Wash/sanitize hands before, during, and after training.
- Bring and use your own labeled hand sanitizer at every session.
- Do not touch or share anyone else's equipment. Use your OWN ball.
- Practice social 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).
- No physical greetings with their teammates (verbal acknowledgement is expected). We are physical distancing not social.).