



# AYSO Region 112 Return-to-Play Plan for Coaches

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UPDATED 8/18/2020

**The state and county have issued guidance on allowing youth sports to resume. In short, we can start skills training with no contact and must maintain social distancing of 6 feet or 8 feet when doing strenuous exercise and must wear appropriate protective equipment including mask, except when doing strenuous exercise.**

### **Coach:**

- Coaches will send pre-training communication to families ensuring that only healthy participants attend and reiterate expectations and guidelines.
- Coaches will maintain social distancing requirements from players and family members.
- Wearing a face mask is required for the duration of the practice.
- Utilize technique in isolation exercises, grid work, fitness and spatial awareness to limit physical contact between players ([appropriate content can be found here](#)).
- Make sure that each group of players and coach avoid mixing with other groups as much as possible.
- 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.
- Will stay positive and create a fun environment in this new normal.
- 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. Players are responsible for bringing their own hand sanitizer and mask.
- No physical greeting of between players but verbal acknowledgement is expected.
- Stay positive and create a fun environment in this new normal.
- Coaches will ensure no shared equipment between players.
- Coaches will ensure no physical greeting between themselves but verbal acknowledgement is expected.
- Coaches will ensure no high five or hand slap, just verbal acknowledgement.
- Serve as focal point, or designate the Team Parent/Manager, 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.
  - Complete and submit [AYSO's Incident Report Form](#) to the Region Safety Director 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 provided they have the appropriate training.
- Coach will maintain attendance roster for each training session.

**Coaching should be done based on the below guidelines for the various Phases based on permission from the state, county, and cities we serve:**

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## Phase 1

- During this phase, since there is no ability to host in-person training events or competition. Virtual communications are recommended as an option to use to keep in touch with coaches, players, parents and others.
- Coaching occurs virtually.
- Individual or group Training using Conferencing Technology.
- Players practice at home using their own equipment.

## Phase 2 (2-4 weeks)

- ✓ Continue using Phase 1 to supplement Phase 2.
- ✓ Due to stay-at-home guidelines throughout the country, many players have been unable to train and have been less active while at home. Players may not be physically prepared to return to full intensity training and as a result, are at greater risk for injury or illness should they be placed in a full-intensity training environment.
  - a. Trainings are recommended to be no longer than 60 minutes during Phase 1.
  - b. Coaches should carefully assess their players' fitness levels to best plan for and manage the volume, intensity and frequency of early return-to-play trainings.
  - c. Do not do "too much, too soon." Avoid greater risk of injury and illness by gradually reintroducing players to play in a safe and progressive manner.
  - d. Coaches should plan to progress to full intensity training over weeks.
- ✓ Small group training with a maximum of 8 players and one coach and these groups will stay in the same group week after week.
- ✓ If a parent/guardian does not feel comfortable having their child Return to Play, we shall be supportive of player choosing NOT Returning to Play.
- ✓ Water breaks should adhere to social distancing guidelines. When there is a water break during training, participants should make their way to their personal station, and drink only from their own bottle.
- ✓ Participants within a Training Group may not arrive at the facility (training area) until the previous Training Group has completely departed.
- ✓ All practice drills and activities are to focus on individual fitness and skills training for the authorized Training Group in a socially distant environment.
- ✓ During Phase 2, it is important to consider injury risk strategies as endurance, strength and soccer skills come back into focus
- ✓ Throw-ins should be avoided during Phase 2
- ✓ There should be no heading the ball during Phase 2.
- ✓ Physical distancing of six (6) feet between each player and between players and coaches is required at all times. Youth sports activities are limited to activities that enable all players and coaches to maintain a physical distance of at least six feet between each other at all times, and an eight feet distance during times of heavy physical exertion. These activities include but are not limited to training, conditioning,

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and skills-building activities. Contact sports cannot practice in the same manner as they used to practice prior to COVID-

- ✓ All players, coaches, family members and visitors are required to wear an appropriate face covering that covers the nose and the mouth at all times, except while engaging in solo physical exertion (such as jogging by one's self).
- ✓ Screening is conducted before players and coaches may participate in youth sports activities. Checks must include a check-in concerning fever, cough, shortness of breath, difficulty breathing and fever or chills, and whether the person has had contact with a person known or suspected to be infected with the Novel Coronavirus (COVID-19) within the last 14 days. These checks can be done in person or through alternative methods such as on-line check in systems or through signage posted at the entrance to the facility stating that visitors with these symptoms should not enter the premises.
- ✓ Until further notice, all youth sports activities must only take place outdoors.
- ✓ All youth sporting events, including tournaments, events or competitions are not permitted at this time.
- ✓ To the maximum extent practicable, players are required to bring their own equipment to practice and not share equipment.
- ✓ Players, coaches, and employees are discouraged from making physical contact with one another (for example, high-fives, handshakes, fist bumps) to limit the potential for disease to spread.
- ✓ Players and coaches should use hand sanitizer when handwashing is not practicable. Sanitizer must be rubbed into hands until completely dry. Note: frequent handwashing is more effective than the use of hand sanitizers, especially when hands are visibly dirty. Children under age 9 should use hand sanitizer under adult supervision.
- ✓ Players are required to bring their own pre-filled reusable or purchased water bottles. Players should not drink from the same beverage container or share beverages.
- ✓ Parents should ideally drop off kids and pick them up from practice if applicable. If parents choose to stay and observe the practice, they may do so from pre-designated areas, wear masks, while keeping proper distancing from athletes and other parents. Parents should stay in their cars.
- ✓ Players may not share equipment.
- ✓ Players may not share practice bibs/pinnies.
- ✓ No parents on the practice field.
- ✓ No scrimmages between players.
- ✓ No competition or tournaments between Teams.
- ✓ No physical contact is permitted such as: hugs, high-fives, etc.
- ✓ No activities that may create opportunity for an individual to come in contact with another's equipment. This would include headers, throw-ins, etc.
- ✓ No sharing of belongings between players, such as water bottles, cell phones, cleats, socks, shin guards, etc.
- ✓ No spitting by the players on other individuals.
- ✓ All participants must sign the Covid-19 Waiver.

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- ✓ At all times, pay close attention to your players to avoid over-training. Overreaching is a temporary condition that occurs in response to heavy or intense loads. The symptoms of overreaching are generally feeling unwell, disrupted sleep, and mood fluctuations.
  - a. Over-training does not have any significant impact on athletic performance. If a player recognizes the condition of overreaching in the early stages and allows their body to regenerate properly, their condition will return to normal. If an athlete does not allow their body to recover completely, and continues to train hard, that would lead to overtraining. Sign may include:
    - i. Fatigue
    - ii. Loss of appetite
    - iii. Weight loss
    - iv. Irritability
    - v. Injury
    - vi. Persistent soreness
    - vii. Unrestful sleep and low sleep quality
    - viii. Low interest in training

### **Phase 3 (until we have permission to proceed to Phase 4)**

- All the Core features from Phase 1 and 2, except as modified below.
- Drills within a Training Group may involve passing, provided that the ball is not touched by the player other than by their feet and the players maintain social distancing as regulated by State and/or Local authorities.
- No parents on the practice field.
- Players may not share practice bibs/pinnies.
- No scrimmages, competitions, tournaments between Teams from different Leagues/Clubs.
- No physical contact such as hugs, high-fives, etc. are allowed.
- No sharing of belongings between players, such as water bottles, cell phones, cleats, socks, shin guards, etc.
- No spitting by the players on other individuals.

### **Phase 4 (until we have permission to proceed to Phase 5)**

- ❖ All the Core features from Phase 1, 2, and 3 except as modified below.
- ❖ Practice drills and activities may now include multiple players within the Training Group. The number of players in a Training group shall follow regulations defined by State and/or Local authorities.
- ❖ Scrimmages between Training Groups within the same League/Club are allowed.
- ❖ Acknowledge that small-sided games and set plays are not socially distanced. Players may come in contact with one another and should be vigilant about following the general hygiene code of conduct outlined below to promote the safety of all those involved in the activity.
- ❖ If a player does not feel comfortable participating in a small-sided game or set play, do not pressure the player to join. Allow the player to watch from a socially distanced vantage point where he or she can still learn from the training activity.

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- ❖ As much as possible until the small-sided game or set play begins, players should remain socially distanced. (i.e. during explanation of the activity, they should remain a minimum of six feet apart). During any break in play, the players should again revert to socially distance themselves.
- ❖ Sharing of equipment such as soccer balls is allowed for use in the regular practice drills such as headers, and throw-ins are allowed.
- ❖ Practicing set plays is an important part of game-readiness. Focus on efficiency in your set play training exercises.
  - Set-play activities should be completed with minimal delays or standing around.
  - Consider using technology or props to provide initial overviews or reinforcements of player locations and movements during a set play, to avoid extensive modelling that may bring players into extended contact with one another.
- ❖ No parents on the practice field.
- ❖ Players may not share practice bibs/pinnies.
- ❖ No scrimmages, competitions, tournaments between Teams from different Leagues/Clubs.
- ❖ No physical contact such as hugs, high-fives, etc. are allowed.
- ❖ No sharing of belongings between players, such as water bottles, cell phones, cleats, socks, shin guards, etc.
- ❖ No spitting by the players on other individuals.

### **Phase 5 (until we have permission to proceed to Final Phase)**

- All the Core features from Phase 1, 2, 3 and 4, except as modified below.
- Back to normal following State, County, City guidelines.
- Team Training drills allowed based on State and/or Local social distancing guidelines
- Scrimmages are allowed between League as defined by the State and/or Local authorities.
- Match play allowed.
- Sharing of equipment, such as soccer balls, is allowed as used for the regular practice drills such as headers, throw-ins, etc.
- No parents on the practice field.
- Players may not share practice bibs/pinnies.
- No scrimmages, competitions, tournaments between Teams from different Leagues.
- No physical contact such as hugs, high-fives, etc. are allowed.
- No sharing of belongings between players, such as water bottles, cell phones, cleats, socks, shin guards, etc.
- No spitting by the players on other individuals.

### **Final Phase**

- All the Core features from Phase 1 – 5, except as modified below.
- Teams are allowed to participate in Scrimmages, Competition and Tournaments based on State and/or Local social distancing guidelines
- Practice drills and activities can include multiple Teams.

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- Parents allowed on the sidelines at Competitions and Tournaments based on the State and/or Local social distancing guidelines but not on the same side as the Assistant Referees.
  - No parents on the practice field.
  - No physical contact such as hugs, high-fives, etc. are not allowed.
  - No sharing of belongings between players, such as water bottles, cell phones, cleats, socks, shin guards, etc.
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**PLEASE READ THROUGH THE ADDITIONAL  
INFORMATION ON THE FOLLOWING PAGES FOR  
REFERENCE AND INFORMATION.**

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## 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 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.
  - If any player, coach, or spectator who are sick, will not be allowed at practices or games.
  - Parents and family members will abide social distancing (physical distance from others) regulations and are encouraged to stay in their vehicles during practices. Physical distance is 6 feet or more away.
  - For individuals who have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician must be provided to AYSO in order to return to full participation in sport & activity.
  - Comply with the local Parks and Recreation Centers and or School Districts COVID-19 requirements to obtain field permits.
  - All teams, coaches and players should follow the heat policy outlined
    - a. Heat-related illnesses, such as heat exhaustion and exertional heat stroke (EHS), can be serious and potentially life-threatening conditions which can be brought on or intensified by physical activity.
    - b. Recognizing the signs and symptoms as early as possible allows for treatment and rapid recovery with hydration and onsite immediate cooling down the individual.
    - c. Educate staff on the signs and symptoms of heat-related illness and early management.
    - d. Follow heat acclimatization guidelines during practices and conditioning. Acclimatization is the body's natural adaptation to exercising in the heat. This process typically takes 10-14 days.
    - e. Avoid the hottest part of the day for training sessions (11am-4pm)
    - f. Ensure appropriate hydration policies are in place with all participants having unlimited access to water, especially in warm climates.
      - i. Players should plan to bring two personally labeled bottles to training. Players should not share their personal water bottles.
      - ii. If the player does not bring water, or runs out of water, the Club should carefully consider and plan how it can safely make water available.

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- 1. Consider pre-poured individual disposal cups, or disposable water bottles, arranged by an adult wearing gloves. Set up the cups or bottles on a table or at individual prep stations. Avoid passing the cups or bottles by hand.
- 2. Water fountains are recommended only to fill up a cup or bottle. Participants should avoid directly drinking out of the water fountain, their mouth may inadvertently come into direct contact with the communal fountain. Hand sanitizer should be available and used before and after using the water fountain.
- - g. Be conscientious about how PPE impacts breathing or causes heat and discomfort. Players are not encouraged to wear PPE during active training and coaches should consider taking a “PPE break” by moving safely 10 feet away from other participants. Follow PPE recommendations provided above.
- For contact tracing purposes, AYSO must maintain a list of all facility (training area) users, 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 for “tracking or tracing” to who may have been directly exposed to illness, and advise them accordingly. Include the items below in your contact tracing list. For minors, use a parent’s contact information.
  - a. Date
  - b. Venue
  - c. Name
  - d. Phone
  - e. Email Address of participants
  - f. Specific training session i.e.time/field/coach etc.

### [AYSO Return to Play Micro Site](#)

#### **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.
- Maintain participant confidentiality regarding health status.
- Sanction practices only when official parks and fields become available by local authority.
- Have an action plan in place, in case of notification of a positive test result.
- Provide coaches with a detailed explanation and training on these recommendations.

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- All participants (coaches, players, referees, instructors, administrators) are required to wear new or clean PPE upon arrival, departure and when not physically active during activities.
- Schedule practices with ample space for player 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.
- PPE should cover the nose and mouth, be breathable, consist of cotton or wick-type material and follow CDC guidelines.
  - Support coaches with fitness and technique in isolation exercises, grid work and spatial awareness ([appropriate content can be found here](#)).
- Provide physical guides, such as signs and tape on playing fields, to help coaches and players remain at least 6 feet apart.
- Will schedule practices with ample space for player distancing.
- Will try to avoid events when 6 feet distancing cannot be maintained.
- Be sensitive and accommodating to parents who may be uncomfortable with returning to play at this time.
- 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).
- 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/Club to members and a communication pathway for parents to communicate their concerns or questions with Region/Club leadership (i.e.: BAND app).
- Will have waiver required for every participant before starting any activities for return-to-play (practice or games).

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# CORONAVIRUS, FLU, COLD?

As the number of coronavirus cases rise, some key differences set coronavirus apart from the seasonal flu and the common cold — mainly the intensity of the symptoms and the recovery period. A guide at identifying the differences in the three conditions  
**All three, however, are spread by air-borne respiratory droplets and contaminated surfaces**

<b>CORONAVIRUS</b>	<b>SEASONAL FLU</b>	<b>COMMON COLD</b>
<b>Onset:</b> Sudden	<b>Onset:</b> Abrupt	<b>Onset:</b> Gradual
<b>Symptoms</b> <ul style="list-style-type: none"> <li>■ Fever</li> <li>■ Dry cough</li> <li>■ Muscle ache</li> <li>■ Fatigue</li> </ul> <b>Less common symptoms</b> <ul style="list-style-type: none"> <li>■ Headache</li> <li>■ Coughing up blood (haemoptysis)</li> <li>■ Diarrhoea</li> </ul>	<b>Symptoms</b> <ul style="list-style-type: none"> <li>■ Fever</li> <li>■ Dry cough</li> <li>■ Muscle ache</li> <li>■ Headache</li> <li>■ Sore throat</li> <li>■ Runny or stuffy nose</li> <li>■ Fatigue</li> </ul> <b>Less common symptoms</b> <ul style="list-style-type: none"> <li>■ Diarrhoea</li> <li>■ Vomiting</li> </ul>	<b>Symptoms</b> <ul style="list-style-type: none"> <li>■ Runny or stuffy nose</li> <li>■ Sneezing</li> <li>■ Sore throat</li> </ul> <b>Less common symptoms</b> <ul style="list-style-type: none"> <li>■ Low grade fever</li> <li>■ Muscle or body ache</li> <li>■ Headache</li> <li>■ Fatigue</li> </ul>
<b>Incubation:</b> <b>1-14 days,</b> may go up to 24 days	<b>Incubation:</b> <b>1-4 days</b>	<b>Incubation:</b> <b>2-3 days</b>
<b>Complications:</b> <b>5% cases</b> (acute pneumonia, respiratory failure, septic shock, multiple organ failure)	<b>Complications:</b> <b>1% cases</b> (including pneumonia)	<b>Complications:</b> <b>Extremely rare</b>
<b>Recovery:</b> <b>2 weeks</b> (mild cases); 2-6 weeks (severe cases)	<b>Recovery:</b> <b>1 week</b> (mild cases); 2 weeks (severe cases)	<b>Recovery:</b> <b>1 week</b> for most cases; may last as long as 10 days
<b>Treatment or vaccine</b> No vaccines or anti-viral drugs available; only symptoms can be treated	<b>Treatment/vaccine</b> An annual seasonal flu vaccine is available	<b>Treatment/vaccine</b> No treatment, but doctors advise treating symptoms

**WHAT THIS MEANS** If you have a stuffy/runny nose or are sneezing, you likely **DO NOT** to have coronavirus

## SEVEN KINDS OF CORONA

Seven strains of coronavirus (CoV) that infect humans have been identified. These cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV)

**Harmless**

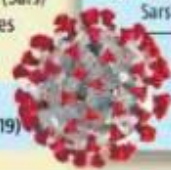
- Serotype 229E
- Serotype OC43
- Serotype NL63
- Serotype HKU1

These cause symptoms of the common cold, and rarely cause severe pneumonia

**Dangerous**

These are known to cause more severe disease. These are:

1. **Sars-CoV** which causes severe acute respiratory syndrome (Sars)
2. **Mers-CoV** was that causes Middle East respiratory syndrome (Mers)
3. **Sars-CoV2** that causes coronavirus disease (Covid-19)



## The unknowns of Sars-CoV2

**Sars-CoV2** is closely related (with 88% identity) to two bat-derived Sars-like coronaviruses (bat-SL-CoV-ZC45 and bat-SL-CoVZXC21) collected in 2018 in Zhoushan, eastern China

**It has 79%** genetic affinity with Sars-CoV; 50% with Mers-CoV

**The Sars-CoV2** receptor-binding domain structure, which allows a virus to latch on to and enter a cell, is similar to Sars-CoV, despite amino acid variation at some key residues.

Little is known about **Sars-CoV2**, studies on Sars-CoV provide clues to its behaviour and ability to infect

On smooth surfaces such as tables, phones etc, Sars-CoV retains its viability for 5 days at 22-25°C and relative humidity of 40-50%, which is typical for air-conditioned rooms. Though this may vary for Sars-CoV2, experts say this is a good indicator for its behaviour

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## State of California [COVID-19 INTERIM GUIDANCE: Youth Sports](#)

Release date: August 3, 2020

All guidance should be implemented only with local health officer approval following their review of local epidemiological data including cases per 100,000 population rate.

Consistent with the July 20, 2020 announcement of the California Interscholastic Federation, this document provides guidance for all youth sports programs—including school-based, club, and recreational programs—to support a safe environment for players, coaches and trainers, families, spectators, event/program/facility managers, workers, and volunteers. For further guidance related to school settings, please see this updated guidance for schools and school-based programs.

NOTE: The risk of transmitting the COVID-19 virus depends on several factors germane to sports, including:

- Number of people in a location
- Type of location (indoor versus outdoor)
- Distance between people
- Length of time at a location
- Physical contact between people
- Touching of shared objects
- Use of face coverings
- Mixing of people from locations with different levels of community transmission

As general guidance, smaller groups are safer than larger; outdoor locations are safer than indoor; sports that can ensure distance of six feet or more are safer than close contact; and shorter duration is safer than longer. Leagues, coaches, parents, and athletes need to consider all these factors as they plan to return to play.

- Outdoor and indoor sporting events, assemblies, and other activities that require close contact or that would promote congregating are not permitted at this time. For example, tournaments, events, or competitions, regardless of whether teams are from the same school or from different schools, counties, or states are not permitted at this time.
- Youth sports and physical education are permitted only when the following can be maintained: (1) physical distancing of at least six feet; and (2) a stable cohort, such as a class, that limits the risks of transmission (see CDC Guidance on Schools and Cohorting). Activities should take place outside to the maximum extent practicable.
- For sports that cannot be conducted with sufficient distancing or cohorting, only physical conditioning and training is permitted and ONLY where physical distancing can be maintained. Conditioning and training should focus on individual skill-building (e.g., running drills and body weight resistance training) and should take place outside, where practicable. Indoor physical conditioning and training is allowed only in counties where gyms and fitness centers are allowed to operate indoors.

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- Avoid equipment sharing, and if unavoidable, clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.
- Consistent with guidance for gyms and fitness facilities, cloth face coverings must be worn during indoor physical conditioning and training or physical education classes (except when showering). Activities that require heavy exertion should be conducted outside in a physically distanced manner without face coverings. Activities conducted inside should be those that do not require heavy exertion and can be done with a face covering. Players should take a break from exercise if any difficulty in breathing is noted and should change their mask or face covering if it becomes wet and sticks to the player's face and obstructs breathing. Masks that restrict airflow under heavy exertion (such as N-95 masks) are not advised for exercise.
- Youth sports programs and schools should provide information to parents or guardians regarding this and related guidance, along with the safety measures that will be in place in these settings with which parents or guardians must comply.

## [Youth Sports Questions and Answers](#)

### [COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH ORDER OF THE HEALTH OFFICER](#)

#### Reopening Protocol for Youth Sports Leagues

The County of Los Angeles Department of Public Health is adopting a staged approach, supported by science and public health expertise, to allow certain venues to safely reopen. The requirements below are specific to Youth Sports Programs permitted to be open by the Order of the State Public Health Officer. In addition to the conditions imposed on these specific programs by the Governor, these types of programs must also be in compliance with the conditions laid out in this Checklist for Youth Sports.

Note that this protocol applies to recreational youth sports leagues, club sports, travel sports, and sports sponsored by private and public schools serving students in TK-12 schools. It is not intended for use by adult sports leagues, including collegiate sports, or amateur adult sports, which must remain closed per the State Health Officer Order. Until further notice, all youth sports activities must take place outdoors.

Please note: This document may be updated as additional information and resources become available so be sure to check the LA County website <http://www.ph.lacounty.gov/media/Coronavirus/> regularly for any updates to this document.

This checklist covers:

- (1) Protecting and supporting employee and customer health
- (2) Ensuring appropriate physical distancing
- (3) Ensuring proper infection control
- (4) Communicating with the public
- (5) Ensuring equitable access to services These five key areas must be addressed as your program develops any reopening protocols.

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All Youth Sports Teams must implement all applicable measures listed below and be prepared to explain why any measure that is not implemented is not applicable

## MEASURES TO ENSURE PLAYER AND COACH SAFETY

- Physical distancing of six (6) feet between each player and between players and coaches is required at all times. Youth sports activities are limited to activities that enable all players and coaches to maintain a physical distance of at least six feet between each other at all times, and an eight feet distance during times of heavy physical exertion. These activities include but are not limited to training, conditioning, and skills-building activities. Contact sports cannot practice in the same manner as they used to practice prior to COVID-19.
- All players, coaches, family members and visitors are required to wear an appropriate face covering that covers the nose and the mouth at all times, except while swimming, showering, eating/drinking, or engaging in solo physical exertion (such as jogging by one's self). This applies to all adults and to children 2 years of age and older. Masks with one-way valves may not be used. Only individuals who have been instructed not to wear a face covering by their medical provider due to a medical condition, mental health condition, or disability that prevents wearing a face covering are exempt from wearing one. Players should take a break from exercise if any difficulty breathing is noted and should change their mask or face covering if it becomes wet and sticks to the player's face and obstructs breathing. Masks that restrict airflow under heavy exertion (such as N-95 masks) are not advised for exercise.
- Screening is conducted before players and coaches may participate in youth sports activities. Checks must include a check-in concerning fever, cough, shortness of breath, difficulty breathing and fever or chills, and whether the person has had contact with a person known or suspected to be infected with the Novel Coronavirus (COVID-19) within the last 14 days. These checks can be done in person or through alternative methods such as on-line check in systems or through signage posted at the entrance to the facility stating that visitors with these symptoms should not enter the premises.
  - If the person has no symptoms and no contact to a known or suspected COVID-19 case in the last 14 days, they can be cleared to participate for that day.
  - If the person has had contact to a known or suspected COVID-19 case in the last 14 days they should be sent home immediately and asked to quarantine at home. Provide them with the quarantine instructions found at [ph.lacounty.gov/covidquarantine](https://ph.lacounty.gov/covidquarantine).
  - If the person is showing any of the symptoms noted above they should be sent home immediately and asked to isolate at home. Provide them with the isolation instructions found at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).
- Until further notice, all youth sports activities must only take place outdoors. Teams may utilize a canopy, or other sun shelter, but only if the sides of the canopy or sun shelter are not closed and there is sufficient outdoor air movement.
- All youth sporting events, including tournaments, events or competitions are not permitted at this time. Practice games among players of the same team (intra-squad games, scrimmages, and/or matches) are allowed for non-contact sports only. Non-contact sports include those sports that allow all players in the game, scrimmage or match to maintain an 8-foot distance between one another during competition (for example, singles tennis matches, golf matches, some track and field events).

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- Any areas where players are seated off-field or off-court (e.g., bench, dugout, bullpen) has been reconfigured to create additional seating such that players and employees are able to maintain a physical distance of 6 feet while in the area.
- Youth sports programs should ensure that players remain in a stable cohort in order to limit the risk of transmission (see CDC Guidance on Schools and Cohorting).
- Consider redesigning youth sports activities for smaller groups and rearranging practice and play spaces to maintain physical separation.
- To the maximum extent practicable, players are encouraged to bring their own equipment (for example, bats, golf clubs, rackets) to practice and not share equipment. Players may engage in limited sharing of equipment, such as kicking a soccer ball between two players, or throwing a baseball, football, or frisbee as part of skill-building exercises. However, sharing of equipment in this manner should only be in designated pairs of players, not as a group activity. If equipment must be shared, it is disinfected between use by different people to reduce the risk of COVID-19 spread.
- Players, coaches, and employees are discouraged from making unnecessary physical contact with one another (for example, high-fives, handshakes, fist bumps) to limit the potential for disease to spread.
- Sports teams that have access to indoor bathroom and locker facilities may access them for the purposes of engaging in hand hygiene, changing, showering, and utilizing the rest rooms. Stagger visits to the locker room or rest rooms to allow for physical distancing while indoors.
- Any locker rooms or restrooms that are in use are disinfected frequently, on the following schedule:
  - Locker rooms \_\_\_\_\_
  - Restrooms \_\_\_\_\_
  - Other \_\_\_\_\_
- Players and coaches should use hand sanitizer when handwashing is not practicable. Sanitizer must be rubbed into hands until completely dry. Note: frequent handwashing is more effective than the use of hand sanitizers, especially when hands are visibly dirty.
- Children under age 9 should use hand sanitizer under adult supervision. Call Poison Control if consumed: 1-800-222-1222. Ethyl alcohol-based hand sanitizers are preferred and should be used when there is the potential of unsupervised use by children. Isopropyl hand sanitizers are more toxic and can be absorbed through the skin.
- Encourage players to bring their own pre-filled reusable or purchased water bottles. Water fountains are available to fill water bottles only. Players should not drink from the same beverage container or share beverages.
- When choosing cleaning products, use those approved for use against COVID-19 on the Environmental Protection Agency (EPA)-approved list “N” and follow product instructions. These products contain ingredients which are safer for individuals with asthma
- Use disinfectants labeled to be effective against emerging viral pathogens, following label directions for appropriate dilution rates and contact times. Provide employees training on the hazards of the chemicals, manufacturer’s directions, and Cal/OSHA requirements for safe use.
- Custodial staff with the responsibility of cleaning and disinfecting the site must be equipped with proper protective equipment, including gloves, eye protection, respiratory protection, and other

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appropriate protective equipment as required by the product instructions. All products must be kept out of children's reach and stored in a space with restricted access.

- All employees have been told not to come to work if sick, or if they are exposed to a person who has COVID-19. Employees understand to follow DPH guidance for self-isolation and quarantine, if applicable. Workplace leave policies have been reviewed and modified to ensure that employees are not penalized when they stay home due to illness.
- Workers are provided information on employer or government-sponsored leave benefits the employee may be entitled to receive that would make it financially easier to stay at home. See additional information on government programs supporting sick leave and worker's compensation for COVID-19, including employee's sick leave rights under the Families First Coronavirus Response Act and employee's rights to workers' compensation benefits and presumption of the work-relatedness of COVID-19 pursuant to the Governor's Executive Order N-62-20.
- Upon being informed that one or more employees, coaches, or players test positive for, or has symptoms consistent with COVID-19 (case), the team has a plan or protocol in place to have the case(s) isolate themselves at home and require the immediate self-quarantine of all employees that had a workplace exposure to the case(s). The team or league's plan should consider a protocol for all quarantined individuals to have access to or be tested for COVID19 in order to determine whether there have been additional workplace exposures, which may require additional COVID-19 control measures. See the public health guidance on responding to COVID-19 in the workplace.
- Employee screenings are conducted before employees may enter the workspace. Checks must include a check-in concerning cough, shortness of breath, difficulty breathing and fever or chills and if the employee has had contact with a person known to be infected COVID-19 in the last 14 days. These checks can be done remotely or in person upon the employees' arrival. A temperature check should also be done at the worksite if feasible.
- In the event that 3 or more cases are identified among the members of the youth sports team within a span of 14 days the coach or league should report this outbreak to the Department of Public Health at (888) 397-3993 or (213) 240-7821. If a cluster is identified at a worksite, the Department of Public Health will initiate a cluster response which includes providing infection control guidance and recommendations, technical support and site-specific control measures. A public health case manager will be assigned to the cluster investigation to help guide the response.
- Employees who have contact with others are offered, at no cost, an appropriate face covering that covers the nose and mouth. The covering is to be worn by the employee at all times during the workday when in contact or likely to come into contact with others. Employees who have been instructed by their medical provider that they should not wear a face covering should wear a face shield with a drape on the bottom edge, to be in compliance with State directives, as long as their condition permits it. A drape that is form fitting under the chin is preferred. Masks with one-way valves should not be used. Employees need not wear a face covering when the employee is alone in a private office or a cubicle with a solid partition that exceeds the height of the employee when standing.
- Employees are instructed to wash or replace their face coverings daily.
- Employees, coaches, and youth team members have been reminded to adhere to personal prevention actions including:

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θ Stay home when you are sick.

θ Stay home until at least 10 days have passed since your symptoms first appeared AND at least 24 hours after recovery, which means your fever has resolved without the use of fever-reducing medications and there is improvement in your symptoms (e.g., cough, shortness of breath).

θ If you tested positive for COVID-19 but never had any symptoms, you must stay home until:

- 10 days after the date of the first positive test, but
- If you develop symptoms, you need to follow the instructions above.

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol. Wash your hands before meals, after using the restroom and after coughing and sneezing.
- Cover your coughs and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately. If you do not have a tissue, use your elbow (not your hands).
- Do not touch your mouth, eyes, nose with unwashed hands. θ Avoid contact with people who are sick. θ Avoid sharing items such as phones or other devices. If devices must be shared be sure to wipe them down with a disinfectant wipe before and after sharing.
- Constantly observe your work distances in relation to other staff and players. Always maintain the recommended minimum 6 feet separation from others unless specific work assignments require less distancing and wear a face cloth covering when working near or with others.
- Disinfect frequently touched objects and surfaces. This should be done hourly during business hours. θ Copies of this Protocol have been distributed to all employees, youth, and families.

## B. MAINTENANCE PROTOCOLS

- Group gatherings are prohibited, and benches and tables are removed or cordoned off because they can't be used.
- Commonly used items are sanitized regularly.
- Commonly used equipment is sanitized before and after each use.
- Restrooms are sanitized regularly.
- Water fountains are available to fill water bottles only.

## C. MONITORING PROTOCOLS

- Instruction and information signage is posted throughout the facility regarding infection control, physical distancing and the use of face coverings. Online outlets of the youth sports program (website, social media etc.) provide clear information about physical distancing, use of face coverings and other issues.
- Signs are posted that instruct visitors that they should stay home if sick with respiratory symptoms. θ Coaches and league managers monitor compliance of posted restrictions.
- Participants are asked to leave if not complying with these restrictions.

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Any additional measures not included above should be listed on separate pages, which the youth sports coordinator should attach to this document.

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### Sources:

This document was created using guidelines from the State of California, Los Angeles County, AYSO, US Soccer and Cal South.

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## DISCLAIMER, ASSUMPTION OF RISK AND WAIVER ADDENDUM

### COVID-19 ASSUMPTION OF RISK, WAIVER AND RELEASE OF LIABILITY AGREEMENT

Inherent in participation in sporting activities such as soccer, whether as an athlete, a volunteer or a spectator, are certain hazards and dangers, including, but not limited to, those risks, inherent or otherwise, detailed in the Disclaimer, Assumption of Risk and Waiver agreement, which you signed during the registration process for this membership year.

In addition to those risks set out in the Disclaimer, Assumption of Risk and Waiver agreement, which you have willingly and voluntarily assumed, we are all now grappling with the effects of the ongoing pandemic brought about by the novel coronavirus SARS-CoV-2, and COVID-19, the highly contagious infectious disease caused by this newly identified virus.

In the majority of people who become infected, COVID-19 causes a mild respiratory illness similar to influenza. In some individuals, including those who may have asthma, diabetes or other underlying health problems, it can lead to a severe respiratory condition that requires hospitalization. In the United States alone, the current pandemic has resulted in over 1.7 million confirmed coronavirus cases and, sadly, more than 101,000 deaths.

Notably, people can be without symptoms (asymptomatic) despite having a SARS-CoV-2 infection. This means that they can still spread the virus to others even though they do not feel unwell. This makes COVID-19 potentially dangerous, as it is highly infectious. Moreover, there currently are no vaccines or drugs approved to treat or prevent COVID-19.

Please understand that despite all the precautions that you, other participants, AYSO as a whole and/or your AYSO Region may take to combat novel coronavirus or COVID-19 (collectively, "COVID-19") such as, for

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example, hand cleaning, social distancing, equipment cleaning, minimizing the use of shared objects between individuals, and other acts of vigilance against COVID-19, AYSO and this AYO Region cannot guarantee your health or safety, and you may still be exposed to COVID-19, including, without limitation, through touching soccer balls and other equipment, utilizing field space for training and/or matches, participating in training and/or matches, and through direct and/or indirect interactions with other players, coaches, referees, volunteers, or individuals who have COVID-19, have been exposed to COVID-19 or individuals who may be carrying the COVID-19 virus, but do not exhibit any symptoms of that disease.

Consequently, guarantees cannot be made about your health or safety relative to COVID-19, notwithstanding any precautions taken. By submitting an application to play or volunteer, and accessing the programming in your AYSO Region, you, on behalf of yourself and your participating child, and on behalf of all persons who reside with you and with your child, as well as your heirs, beneficiaries, representatives, successors and assigns:

1. Knowingly and voluntarily assume all risks and dangers, known and unknown, that are associated with any exposure to COVID-19, including, but not limited to, suffering any type of medical condition, illness and, potentially, death;
2. Acknowledge that your use of and/or participation in the programming of AYSO and this AYSO Region could result in you contracting COVID-19, respiratory failure, death, and/or the transmission of COVID-19 to family or household members and others who may also suffer these effects;
3. Knowingly and voluntarily waive, release, covenant not to sue, and forever discharge, and agree to indemnify and hold harmless, AYSO and this AYSO Region, its players, parents, volunteers, subsidiaries and other affiliates, and its and their respective officers, directors, members, employees, contractors, agents, representatives, successors and assigns (the "AYSO Parties") from any and all liability, damages, losses, suits, demands, causes of action (including, without limitation, negligence), or any other claims of any nature whatsoever, arising out of, or relating in any way to, your use of and/or participation in the programming of AYSO and this AYSO Region and any potential or actual exposure to COVID-19, to the maximum extent permitted by law; and
4. Agree to abide by the directives and guidelines in effect in your state, county and community to disrupt the spread of COVID-19.

You can find more information, updates and resources on COVID-19 by accessing the city, county or other municipal web sites in your area, and by going to the Centers for Disease Control and Prevention at <https://www.cdc.gov>.

You will also find AYSO-specific guidance and protocols on return to play at <https://www.aysovolunteers.org/returning-to-play/>

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The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, AYSO makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

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