



AYSO Region 86 Program

Return to Play Protocol

The following plan has been established to activate Region 86's program while protecting and supporting our players' health, practicing social distancing, and minimizing the risks of COVID-19. This guidance has been approved by AYSO Region 86's Board of Directors and will be submitted to the local authorities for final approval.

On August 3, 2020, the California Department of Public Health issued interim guidance on youth sports. The following procedures were established with the help of these guidelines. While these return to play protocols were established with the help of these guidelines, final approval must come from the city of Laguna Beach.

Signing up to play is a personal choice. AYSO families should feel comfortable determining if they would like to engage in this fall program in a small group team environment. We recommend all participants communicate with a Board member or their coach to better understand the safety protocols and work together to prevent the spread of COVID-19.

Program Goals

The overarching goal for our fall program is as follows:

- to provide an opportunity to engage in outdoor physical activity
- Help participants develop their technical soccer skills in a fun, team-based environment.
- Lay the foundation/framework for a potential return to playing games

The schedule has been developed with this final goal in mind. No return to game play will occur without the approval of the city of Laguna Beach, California and Orange County health authorities, and AYSO Region.

Key program rules developed under California Dept of Health Guidance:

- Small, consistent teams to limit group exposure
- Outdoor training
- Designated practice/training times that limit exposure to other teams (no drop ins)
- Maintaining social distancing
- Use of face coverings by coaches and volunteers

County Variance Info

California is closely monitoring COVID-19 closely in each community to keep the public informed. Counties on the county monitoring list must take certain actions to limit the spread of COVID-19.

As of August 15th, Orange County remains on the county monitoring list. To be removed from the list, a county must meet the following criteria:

<i>County Monitoring Criteria</i>	<i>Orange County Statistics</i>
Case rate of fewer than 100 cases per 100,000 population over the past 14 days	95.6
Positive test rate of less than 8% over the past seven days	5.5%
A less than 10% increase in COVID hospitalizations over the past three days	-2.3%
Have more than 20% of ICU beds available	30%

As of 8/21/2020

Source:

<https://ochca.maps.arcgis.com/apps/opsdashboard/index.html#/ed75287f88bb4872bc605ca23c638069>

Phases of Training

- Initial phase of training will generally follow Phase I of Area 11L's Return to Play phasing plan:
 - E.g., training drills and activities designed to maintain zero contact between players during training (passing, dribbling, footwork, etc.)
- Transition to Phase II: After a minimum to two weeks at Phase I, the AYSO Regional Commissioner, Safety Director and EXTRA Coordinator will consider allowing training activities to advance to training activities generally consistent with Phase II as State and County guidelines permit
 - E.g., training drills and activities that allow minimal contact such as 1v1s and 2v2s but no full team scrimmage activities

Transition to additional phases that allow scrimmages and games would require additional guidance from public health authorities (e.g., County and State) or imminent commencement of tournament or other play by AYSO Area 11L or other sponsoring organizations.

Timeline & Schedule:

August 18th – board to vote on Fall program

August 31st - Sign up deadline

Monday September 7th – Teams formed

Monday September 14th – First week of practices

Season/Saturday Schedule – 10 game/practice days

September 19th – November 21st

Alternative?:

- October 3 – November 21 – 8 Saturday Scheduled events
 - Allows for three weeks of training in Phase 1 before moving to Phase 2

Team Roster Size:

The following are the team sizes per the National Rules and Regulations:

Age Division	Players per team on field	Maximum Max no. of team members	Minimum Min no. of team members
19U	11-a-side	20	12
16U	11-a-side	20	12
14U	11-a-side	15	12
12U	9-a-side	12	10
10U	7-a-side	10	8
8U	4-a-side (No goalkeepers)	6	5
6U	4-a-side (No goalkeepers)	6	5
AYSO School yard Soccer	4-a-side (No goalkeepers)	6	5

We propose the following modifications to team sizes:

- 14U – 19U: 9-a-side, 12 maximum team members, field size will be reduced
- 8U – we will revert to national rules from prior seasons of 7-a-side

Fields:

We have received initial feedback from the city of Laguna Beach but not the school district. As such, we have developed these protocols under the assumption these activities will take place at the following fields: Alta Laguna, Moulton Meadows, Lang Park

Field Set up

Alta Laguna

- 4 Fields (normally two)
- 4 fields for 4 v 4

Moulton Meadows

- 2 Fields (normally one)
- One field will be set up for 9 v 9 and one field for 7 v 7.

Lang Park –U5 and U6 only:

- Four marked fields (normally two) but U6 frequently split up into multiple groups to play
- U5 program to be held second half of the 10 week season if we have enough participants

Practice Schedule

Weekdays – Alta Laguna and Moulton Meadows

September – November 21

- 3pm – 4pm: 4 teams
- 4:15pm – 5:15pm: 4 teams

Lang Park – U5 and U6 only:

- Four marked fields (normally two) but U5 and U6 frequently split up into multiple groups to play

Practice Schedule

- U5 - No weekly practice; Saturday's only. No changes from prior year
- U6 – Optional 1 weekly practice & Saturday events

Training (Practice) Protocols

Schedule

- All training sessions to be scheduled with a minimum 15-minute buffer between sessions to eliminate mixing of team groups
- Players to arrive no more than 5 minutes before start of training
- Players to leave training area immediately at the conclusion of training

Training Area

- Training area to be defined at each facility
- Return to play protocols will be posted at each facility.
- Only registered players and coaching staff inside training area
- No family members or siblings inside training area during training activities
- For each training site, AYSO will provide clear instructions for entering and exiting the training area, so as to minimize players coming into contact with other teams when entering or exiting the training area

Before Training

- All participants in training (players, coaches, volunteers, trainers) should conduct a temperature check before going to the training area
- No participant who has a temperature > 100.4 degrees OR any symptoms associated with COVID-19 according to the CDC or CDPH should go to training
- Players with COVID-19 symptoms should not train under ANY circumstances
- Players who have household members who have COVID-19 symptoms OR recent (less than 14 days) positive COVID-19 test should not train under any circumstances
- Any participant who has tested positive for COVID-19 must provide written confirmation of negative COVID-19 status and clearance from a physician before returning to training

Training Arrival

- Players are to arrive in designated training area no more than 5 minutes before start of training.
- Parents will ensure that all equipment (cleats, ball, shin guards, etc.) is sanitized before arrival at training area
- Per County requirements, a Designated AYSO Volunteer will mark attendance and conduct temperature checks on all participants (players, coaches, volunteers) arriving at training. Any participant who has a

temperature > 100.4 degrees or exhibits COVID-19 symptoms will be sent home immediately.

Compliance Requirements

- All participants shall be given access to these protocols on our website AYS086.org
- Each team shall have a Designated AYSO Volunteer responsible for ensuring compliance with these protocols at each session (such volunteer shall be an officially registered AYSO volunteer, i.e., coach, assistant coach, referee, board member, or other volunteer, with all clearances and requisite training completed)
- Designated AYSO Volunteer will maintain a list of all participants who are present in the training area. This list shall be securely stored and maintained. In the event a participant reports COVID-19 symptoms or a positive test, this list shall be used to advise other participants accordingly pursuant to CDC and/or CDPH COVID-19 notification guidance.
- Family members shall remain outside training area for the duration of practice and should immediately leave the park facility at the conclusion of the training session.

Training Protocol

- Coaching staff will establish and enforce safe distance (i.e., 6 feet) guidelines for all players. Coaches will ensure that players place equipment (bags, water, etc.) at least 6 feet apart to ensure distancing during breaks in training.
- Coaching staff will wear masks or other face covering during training when unable to maintain minimum of 6 feet of distance.
- During initial phases, players and coaches will not use "hands" to touch soccer ball at any time during training. Drills may involve passing, provided that ball is not touched by players other than with their feet and players maintain distance of 6 feet.
- Players are required to bring their own soccer ball, hand sanitizer, facial protection (to be worn while using on-site restrooms) and water bottle. These latter three items may not be shared under any circumstances.

- Coaching staff only will handle any training "aids" such as cones.
- No shared equipment such as goalkeeper gloves or pinnies.
- No physical contact between participants such as: hugs, high-fives, knuckles, etc.

After Training

- Parents will ensure that all clothing and equipment is sanitized after every training session
- Parents will notify EXTRA Coordinator, safety director, or team coaching staff if family member or player becomes ill with COVID-19 symptoms or tests positive for COVID-19



AYSO Region 86 EXTRA Program

Returning to play is a personal choice. AYSO EXTRA families should feel comfortable determining if they would like to resume activities in a small group team environment. We recommend all participants communicate with a Board member or their coach to better understand the safety protocols and work together to prevent the spread of COVID-19.

If a parent/guardian does not feel comfortable having their child return to play, the AYSO EXTRA program will be supportive of that choice. Rosters shall be frozen until Area 11L fall EXTRA circuit play begins.