

# San Bruno AYSO Practice Based Season 2020

## GENERAL Safety Precautions:

- Health/Temperature Check to be completed at home before each session and must be below 100.4F. If temperatures are above 100.4F the player or adult is to remain home.
- Please do not send your player to practice if they have any symptoms (for example, cough, runny nose, sore throat)
- Health/Temperature Checks will be conducted at the field, prior to practice, by a team volunteer, who will keep a record of all in attendance on the field.
- Maintain physical distance of at least 6 feet while at the fields
- Face Coverings are required for adults at all times and for players when not actively practicing

## COACH/Volunteer-Specific Safety Precautions:

- Specialized Training for COVID-19 Procedures and new drills/exercises (Can be found at <https://www.aysovolunteers.org/returning-to-play/>)
- Health/Temperature Check before every session
- Report COVID-19 Positive Test or Exposure to commissioner at [commissioner@sanbrunoayso.org](mailto:commissioner@sanbrunoayso.org)
- Use of PPE supplies
- Temperature check of coach and players at field
- Record attendance and confirm Health check for all players/volunteers
- Send copy of attendance sheet on a weekly basis to [commissioner@sanbrunoayso.org](mailto:commissioner@sanbrunoayso.org) (Due Monday each week for the prior week)
- Wear mask or face covering
- Physical distancing from players, parents and other volunteers
- Limitations on equipment handling
- Equipment Disinfection

## PARENT/CAREGIVER-Specific Safety Precautions:

- Review and agree to AYSO rules/regulations
- Complete Health Screening/Temperature Check for players/self if you will be on the field, prior to arriving at practice (screening will also be done on field prior to practice.)
- Check in at the field with your child to complete the health screening. Please maintain 6 feet distance with other families. Please also allow time before practice for check in.
- Report player/household member COVID-19 Positive Test or Exposure to coach and commissioner at [commissioner@sanbrunoayso.org](mailto:commissioner@sanbrunoayso.org)
- Punctuality for Pick-Up/Drop-Off
- Wear mask or face covering
- Physical distancing
- Not allowed in training area, must be at least 12 feet away from the training area

## **PLAYER-Specific Safety Precautions:**

- Complete health screening at home before every session
- Wear mask or face covering when entering and exiting fields
- Masks or face covering preferred during practice
- Temperature check/health screening by team volunteer/coach prior to start of session
- No physical contact with other players
- Physical distancing
- Use hand sanitizer, before, during and after practice. Each player should have their own hand sanitizer
- Provide soccer ball for session that is disinfected between sessions
- Limitations on equipment handling
- Personal designated area for personal items

**If player/coach tests positive for COVID-19 or has been exposed to a COVID-19 positive individual:**

**Players:** IMMEDIATELY notify your COACH

**Coaches:** IMMEDIATELY notify the REGIONAL COMMISSIONER at [commissioner@sanbrunoayso.org](mailto:commissioner@sanbrunoayso.org)

**COVID-19 positive or exposed individuals MUST NOT attend any AYSO practice session or event until the Protocol for returning to play has been completed.**

Player and coach confidentiality must also be maintained

# Protocol for Returning to Play After COVID-19 Positive Test or Exposure

**AYSO Coaches, Volunteers, and Players must follow these protocols**

## Returning to play after a COVID-19 Positive Test or Exposure:

- Prior to returning to any practice session or AYSO event, Volunteers, Parents and Players are required to follow and complete the isolation/quarantine instructions from their medical provider and the county health department before returning to AYSO activities. More information can be found at: <https://www.smchealth.org/coronavirus> and [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus).
- AYSO Coaches, Volunteers, and Players must be approved by the regional commissioner at [commissioner@sanbrunoayso.org](mailto:commissioner@sanbrunoayso.org) prior to returning to AYSO activities.

## Returning to play after a COVID-19 Positive Test or Exposure:

- AYSO Coaches, Volunteers or Players who have been exposed to a COVID-19 positive individual, whether at a team session (coach/volunteer/player) or outside of AYSO, will not be allowed to attend practice sessions or any other AYSO event for at least 14 days, per guidance by the county health department: <https://www.smchealth.org/coronavirus>

**NOTE:** This protocol may be revised at any time based upon recommended practices by the local or federal public health officials.

