



Return to Play Guidelines

for Fall 2021 Core Season

River Delta AYSO Region 2/C/328



OVERVIEW: This document represents River Delta AYSO's Fall 2021 Return to Play plan for recreational youth soccer. This plan is intended to provide guidance in dealing with COVID-19 to coaches, players, parents, referees, Board members, and volunteers. The intent of this Return to Play plan is to implement achievable measures to ensure reasonable social distancing, increased hygiene practices, and other public health measures to reduce the risk of transmission of COVID-19 consistent with guidance issued by the California Department of Public Health.

These guidelines have been created with guidance and recommendations from the California Department of Public Health, the Solano County Public Health Department, the CDC, AYSO National, California CIF and US Youth Soccer and are subject to change or revision pending changes in the COVID-19 tier category for Solano County.

GENERAL GUIDANCE

- **Healthy Participants Only:** Any player, coach, team manager, referee, volunteer, spectator, etc. with any of the following conditions may not attend a practice, game or tournament until evaluated by a medical professional and given clearance to do so:
 - Active COVID-19 infection
 - Known direct contact with an individual testing positive for COVID-19
 - Awaiting COVID-19 test results
 - Showing symptoms of COVID-19: fever, cough, shortness of breath, difficulty breathing, sore throat, chills, headache, body aches, extreme fatigue, recent loss of taste or smell or any other symptoms related to COVID-19.
- Face coverings for players are to be worn when not participating in the activity (e.g., on the sidelines).
- Face coverings to be worn by coaches, support staff and observers at all times, and in compliance with the CDPH [Guidance for the Use of Face Coverings](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Guidance-for-Face-Coverings_06-18-2020.pdf) ([https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH Document Library/COVID-19/Guidance-for-Face-Coverings_06-18-2020.pdf](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Guidance-for-Face-Coverings_06-18-2020.pdf))
- Observers maintain at least 6 feet from non-household members.
- No sharing of drink bottles and other personal items and equipment. This includes soccer balls.
- Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.
- 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 prior to practice, games, or after breaks.
- **Training:** there will be no regional in-person class room training for coaches, referees, or volunteers. Training will be done via online self-paced computer based training at www.aysou.org and/or web conference training using Zoom. Region may utilize other socially distanced trainings offered by Area or Section staff. Field portions of the 10U, 12U and 14U coach training will be offered as a web conference training and/or outdoor field session where social distancing policies will apply.
- **Scheduling of Practices and Games:** This year practice field time will be coordinated to allow sufficient time between practices to facilitate the complete evacuation of individuals from the field. Games will similarly be scheduled far apart to prevent overlap of teams and spectators at the field location. Participants will be required to wait in cars before practice or games.
- **Public Restrooms:** Some fields we use (Egbert Field, Val De Flores Park, Liberty Park) have city maintained restrooms. The region will communicate information on restroom policies to parents prior to the beginning of the season. Access to public restrooms should be limited if possible. A “one-in-one-out” policy is recommended. Public water fountains should not be used.
- **Messaging:** The Region will display posters and signs throughout the various field locations to frequently remind visitors to take steps to prevent the spread of COVID-19.
- **Regional Communication:** Share information on the risks of COVID-19 and the mitigation efforts undertaken by River Delta AYSO as presented in this document. Use of email, regional website, social media, and coach talks are all recommended.
- **COVID-19 Waiver:** All participating families are required to sign the [AYSO COVID-19 waiver](#) during the registration process.

PLAYERS

- Regularly monitor/take temperature in advance of AYSO activities & stay home if you feel sick or have a fever (100.4° or above).
- If you have a known exposure to COVID-19, or show any signs/symptoms, you MAY NOT return to practices or games for 14 days.
- Bring your own labeled hand sanitizer to all practices and games, and use often.
- Bring both your jerseys to every game.
- Bring your pinny to every practice and to every game (only applies to 10U and up).
- Bring your goalkeeper gloves to every game (only applies to 10U and up).
- Wear mask when arriving to and leaving field (not to be worn during activity).
- Masks are not recommended during practices and games, but are allowed. When actively engaged in play during practices and games, players are not required to wear masks, but may wear masks if they or their parents feel more comfortable doing so.
- Social distancing: place your bag, water bottle, soccer ball, and pinny at least 6 feet apart from other players' equipment.
- No handshakes, hugs, high fives, fist bumps, elbow bumps, or any other deliberate contact.
- No sharing of water bottles or any equipment like pinnies, goalkeeper gloves, goalkeeper jerseys, soccer balls, shin guards, etc.

PARENTS

- **Ensure your child is healthy:** Monitor your child for signs/symptoms of COVID-19, including regular temperature checks prior to each practice and each game. If above 100.4°, do not attend.
- Keep child away from training environment for 14 days if has known exposure to COVID-19 or displays signs/symptoms such as fever.
- Notify your child's coach immediately if your child or family member becomes ill for any reason.
- Clearly label your child's water bottle, hand sanitizer, soccer ball, pinny, bag and other personal items.
- Players in divisions 10U and up will receive an individual pinny. Players must bring their pinny to every practice and every game. Jerseys, pinnies, and balls should NOT be shared.
- Ensure your child has hand sanitizing products with them at every practice and game.
- Washing pinny after each practice is recommended.
- Washing jerseys after each game is recommended.
- DO NOT assist coach with equipment before or after practice.
- Parents should not attend practices unless absolutely necessary (if requested by coach, if required for parental supervision, or if needed for younger ages). Parents should typically only approach the practice field if they're picking up or dropping off their child. Masks should be worn by the parent in all instances and they should keep 6-foot distance from the players, coach and other parents present at the practice.
- Parents stay in their cars during practices (drop off at the practice site is ok but parents must return to their cars immediately after drop off).
- If you need to talk with the coach, please call them, text them, or use BAND or similar team networking platform. Do not interact at the field.

COACHES

- Maintain 6 feet physical distance from players and family members.
- Wear mask for the duration of the practice and game.
- Coach should be the only person to handle coaching equipment (e.g.: cones, disks, etc.); DON'T allow players, parents or attendees to assist.
- Use hand sanitizer or wash hands on arrival, mid-way and end of practice session.
- Equipment must be sanitized between practices.
- No sharing of water bottles or any equipment like pinnies, goalkeeper gloves, goalkeeper jerseys, etc.
- Players in divisions 10U and up will receive an individual pinny. Players must bring their pinny to every practice and game. Pinnies should NOT be shared.
- Reinforce behavior: NO handshakes, high fives, sharing water bottles, etc.
- Avoid huddles during practices and games.
- Avoid lines during practices. When lines are inevitable, encourage players to leave 6 feet between teammates.
- Limit full contact between players to game days (avoid during practice).
- Keep an attendance log for each practice and each game.
- Serve as focal point (or designate a 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. Utilize phone calls, texts or a team management application such as BAND for all team communications.
- In the event a player, coach or team family member becomes ill with COVID-19, immediately complete and submit AYSO's Incident Report Form to our Region's Safety Director, Peter Gollinger at webadmin@riverdeltaayso.org including a team roster with the report.

REFEREES

- Referees are not required to wear masks during active play, but may wear masks if they feel more comfortable doing so.
- Stay at least 6 feet from anyone as much as possible, before/after as well as during the game.
- Wear mask when arriving to and leaving field.
- Wear mask during pre-game duties.
- Use hand sanitizer or wash hands before and after game.
- Assistant referees should bring their own individual flag to games.
- Rather than sharing flags, club linesmen should be instructed to indicate ball out of play with a stretched out arm.

SPECTATORS AT GAMES

- **Spectators will wear masks at all times.** This includes walking to and from the field as well as when watching games from the sideline.
- **Each field will have a designated player sideline and a spectator sideline.**
- Spectators not from the same household should sit 6 feet away from each other.
- Spectators from the same household should sit together.
- Siblings of players must stay with their parents and shall not play off to the side.
- A spectator group should have only members of the same household. Spectator groups shall not exceed 6 individuals, and each group shall remain 6 feet from other groups or people.
- Groups of 3-6 family members should put their seats in two rows (with minimum space between the two rows).
- Due to the social distancing requirements, space for spectators is limited. We are strongly encouraging a limit of one spectator per household.
- Spectators should be at least 10 feet away from the sideline.
- A second row of spectators may be created if there is not enough room for all spectators on the first row. This second row should be at least 6 feet behind the first row.
- Spectators attending games should be strictly immediate family, so no relatives or grandparents.
- Out of town family members are discouraged from travelling to attend games.
- Spectators should not touch the soccer ball with their hands.
- Anyone not practicing proper social distancing and mask etiquette will be asked to leave the area. The game may be suspended or ended upon failure to comply.

GAMES

- **Social distancing:** Players place bag, water bottle, soccer ball, and pinny at least 6 feet apart from other players' equipment.
- **No Team Benches.** Players may bring their own chair. This chair must not be shared with other players.
- **Masks:** Spectators and coaches wear masks at all times. Players and referees wear masks to and from the field. Masks are not required for players and referees on the field.
- **No handshakes,** hugs, high fives, fist bumps, elbow bumps, or any other deliberate contact.
- **Do not touch soccer ball with hands:** Besides the goalkeepers, nobody should touch the soccer ball with their hands. When the ball goes out of bounds, the ball should be dribbled/kicked to move it to the location where it went out of bounds.
- **Kick-ins:** When the ball goes out of bounds, teams will do kick-ins rather than throw-ins.
- **No Team Snacks:** The traditional post-game team snacks are not permitted. Players are allowed to have a personal snack at half-time and/or at the end of the game, but only if it is provided by their parent/guardian.

Pre-game Ceremony

- No coin toss. Home as listed on the schedule will defend the north or east goal (pending field assignment and layout) and will get the kick-off to start the game.
- Teams will lineup at each side of the halfway line, 8 feet from the halfway line, to allow enough social distance space for the referee to move between the two teams. Teammates distanced 6 feet apart. Players are not required to wear masks during the pre-game ceremony.

- Referee will conduct an equipment check.
- Referee will remind players of no handshakes, hugs, high fives, fist bumps, elbow bumps.
- Referee will remind players to not touch the soccer ball with their hands when collecting the ball after it goes out of bounds.
- Referee will remind players of kick-ins instead of throw-ins.

Post-game Ceremony

- No high five lines and no parent tunnels.
- Teams line up on opposing sides of the halfway line. Teammates distanced 6 feet apart. Clap for opposing team. Players then go over to the spectator sideline and clap for the spectators, while the spectators clap for the players.