



Proposed Approach for Fall Core “Training Season” 2020 Draft for Consideration by Davis AYSO Board (7/14/2020)

Introduction

Davis AYSO will offer a 2020 Fall Core “Training Season” which is:

- (1) Fully consistent with the letter and spirit of public health guidance for COVID-19 provided by the city and county (which follows the guidance from the state);
- (2) Aligned with AYSO’s mission of “deliver(ing) quality youth soccer programs which promote a fun, family environment based on AYSO’s Six Philosophies.”

Overview of the 2020 Fall Core “Season”

The 2020 Fall Core “Training Season” will be focused on providing opportunities for players to develop individual skills within a team environment that follows training protocols that follow city, county and state guidance related to public health. Davis AYSO does **not** anticipate players being able to “compete” during the Fall Core “Season” in either small-scale (e.g., 2 v 2, 5 v 5) or regular games.

- Teams with volunteer coaches will be formed for 2012 - 2002 birth year players
 - o Teams will be formed based on the availability of volunteer coaches
 - o Team size will be kept to 8-10 kids for all age groups
- A play-at-home soccer experience will be offered for 2015, 2014, and 2013 birth year players. Details to come at a later date.
- Teams will have no-contact, one-hour training sessions twice a week on Nugget Field for eight weeks.
 - o Training sessions will follow the protocols established (see current version of the protocols in the appendix below) for compliance with public health guidance for COVID-19. Nugget Field will be lined and flagged to separate teams to ensure sufficient space for training sessions.
 - o Each gender-age division will have an experienced mentor coach providing recommended, physically distanced games (drills) and guidance to all coaches on a regular (weekly) basis.
- DCAs and/or mentor coaches for each gender-age group will develop fun age-appropriate “competitions” (e.g., absolute levels, improvement) in individual skills (e.g., toe touches, juggling) between teams.
- Players will receive a fun “2020 Davis AYSO Season” shirt for participating in the season. There will be no professional photos of the players this season.

Cost of the 2020 Fall Core “Training Season”

The registration fees for the 2020 Fall Core “Training Season” will be \$150 (including the National AYSO fee). Scholarships are available to cover the registration fees.

Calendar for the 2020 Fall Core “Training Season”

Davis AYSO plans to begin the 2020 Fall Core “Training Season” the week of September 6 and conclude the season the week of October 25. If it is necessary due to the public health situation, we will delay the start of the season and continue for eight weeks after it begins.



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Appendix 1: Health and Safety Protocols (Current Draft)

The following set of health and safety protocols seek to safeguard the health and wellbeing of players, coaches, families and other volunteers as much as possible. They seek to follow AYSO National policies, regulations established by public health authorities, guidance from medical professionals and best practices being followed by other youth sports agencies. Protocols will be updated to maintain compliance with AYSO and local health guidance. This guidance is subject to change as conditions and local and state regulations change.

Standard Practice Protocols

Training sessions will be conducted in person and must adhere to the following general practices:

- Players participating must be registered with AYSO.
- A “COVID Monitoring Parent” (a new volunteer position) will be present at all sessions. The volunteer(s) will be responsible for monitoring and supporting coaches in implementing the Coach and Parent protocols. All coaches, parents and players must follow guidance provided by the COVID Monitoring Parent at the field. The “COVID Monitoring Parent” will be expected to contact the Davis AYSO Regional Commissioner or Safety Director with any concerns, questions or suggestions related to the health and safety protocols of the sessions.
- Players, coaches, family members and other volunteers will follow local physical (social) distancing rules at all times.
- No bathrooms will be available at the fields. Players and coaches will need to use the bathroom prior to the training sessions.
- Players and coaches will stay at home if they are sick and will not be allowed at trainings until they have recovered.
- Players will have temperatures taken using “no contact” thermometers before each training session. If a fever is indicated, they will not be permitted to train or remain on the field. Players may return for a subsequent session only when they have fully recovered.
- All equipment, including soccer balls, will be cleaned and disinfected at the beginning and end of each session.
- All players and coaches will wash hands before each training session.
- Hand sanitizer that contains at least 60% alcohol will be provided and used by players and coaches before, at a training session midpoint, and at the conclusion of each session.
- Players and coaches will cover their mouths and noses when coughing or sneezing.
- Trainings will allow for ample space for player distancing. Check-in procedures will be developed to provide appropriate physical distancing. We will develop fitness, technical, grid work and spatial awareness activities that incorporate physical distancing requirements.
- Further communications regarding trainings will be provided to families to ensure that only healthy participants attend. Expectations and guidelines will be updated and communicated to families as needed.



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Coach Protocols

- Coaches must have registered with AYSO.
- Coaches will follow all guidance provided by the “COVID Monitoring Parent” present at the session. Coaches will instruct players to respect and follow all guidance provided by the “COVID Monitoring Parent” at all times.
- Coaches will maintain physical (social) distancing requirements from players and family members.
- Coaches will ensure that hand sanitizing stations are set up at each session.
- Coaches will wear a face mask at all times during training sessions.
- Only coaches will handle coaching equipment (e.g., cones, goals, etc.).
- Coaches will provide any equipment that may need to be shared during each session (e.g., soccer balls, individual bibs/pinnies).
- Coaches will not physically greet or players (e.g., no high 5s or fist bumps, etc.).
- Coaches will establish safe zones where players place bags and other equipment, at least 10 feet apart.
- **Coaches will have an action plan in place and approved by AYSO, in case of notification of a positive test result (to be updated).**
- Coaches will notify the families of all players who have had close contact with a person recently diagnosed with COVID-19 and advise them to stay home and self-monitor for symptoms.
- Coaches will ensure that if ice packs are needed, they will not be shared and, if reusable, will be disinfected between uses.
- If a player is injured during a session, coaches will use their best judgment to decide if physical distancing requirements need to be breached to assess the injured player. If a player’s family member is available to come onto the field, the coach will attempt to coordinate an assessment of the player’s fitness and injury with the family member.
- Coaches will provide single-use bottled water for players that did not bring sufficient quantities of water to stay hydrated.
- Coaches will stay positive and create a fun environment.

Parent Protocols

- Parents will respect and follow all guidance provided by the “COVID Monitoring Parent” at the field. Parents should feel comfortable contacting the “COVID Monitoring Parent” with any questions or suggestions about the health and safety protocols being followed at the sessions.
- Parents, and family members will abide by state and local physical (social) distancing requirements.
- Parents will be permitted to check-in players but are not be permitted to be on the field during training sessions.
- Parents will ensure their children are healthy and are requested to take player temperatures before each session. If players have a fever (e.g., a temperature over 99°F), players should not attend and parents should notify coaches immediately.



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- Consistent with applicable law and privacy policies, parents should notify coaches immediately if their player has COVID-19 symptoms, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.
- Parents will drop off players and receive verbal acknowledgement from the coach (no physical contact).
- Parents will wear face masks when they are in proximity of others.
- Parents will not assist coach with equipment before or after training sessions.
- Recommended that player’s clothing is washed after every session.
- Recommended that all equipment they bring (ball, cleats, shin guards, etc.) are sanitized before and after every session.
- Recommended that each player brings water and their own hand sanitizing products at every session.

Player Protocols

- Players participating must be registered with AYSO.
- Players will respect and follow all guidance provided by the “COVID Monitoring Parent” at the field. Players should feel comfortable contacting the “COVID Monitoring Parent” with any questions or suggestions about the health and safety protocols being followed at the sessions.
- Players will wash hands before and after each session.
- Players will be responsible for bringing their own equipment including cleats, shin guards, water, a ball and gloves (for keepers).
- Players will bring their own water and not share or touch any other players’ equipment or possessions (gloves, water bottles, phones, etc.)
- Players will practice social distancing, and place bags and personal equipment at least 10 feet apart from other players’ bags and personal equipment.
- Players will not share drinks or use water fountains at the training facility.
- Players will observe social distancing requirements and will not have physical contact with other players, coaches or volunteers, including when greeting teammates and at the conclusion of each session.
- During any extended breaks from play, players will wear a cloth face covering that covers their nose and mouth.
- Players will label all equipment they bring to training sessions (ball, water bottle, etc.).
- Recommend that each player brings their own labeled hand sanitizer at every session.
- Players should inform parent or coach if they feel unwell for any reason.



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Appendix 2: Guidance for COVID-19 Volunteer

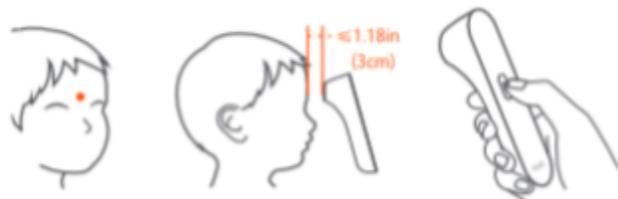
Thank you for your time today! We appreciate your help. Please find your responsibilities below.

PLAYER ARRIVAL

1. All players, coaches and parents should wear face masks when arriving. Please remind everyone to keep masks on when arriving.
2. Players and coaches should place their bags, water and other equipment on cones or dots that are about 10 feet apart.
3. Players and coaches can chat and warm-up as they wait for check-in, as long as they stay about 10 feet apart and wear masks.

CHECK-IN AND TEMPERATURE CHECK

4. Squirt hand sanitizer on the player, coach or volunteer being screened.
5. Players and Coaches and Volunteers should have a temperature check before any physical activity.
 - a. Ideally, Concussion bands should be removed 30 minutes before temperature check.
 - b. Sweat or sunblock should be wiped off before screening.
 - c. Do not take temperature reading over a scar or scab.
 - d. Only screen a person who is not facing into the sun. Shade should be on their skin for the check.
 - e. Take the temperature reading at center of forehead about one inch away from the skin. Do not take a temperature reading from any other area. If the thermometer touches the skin, disinfect the thermometer and ask the player to put sanitizer on their forehead.



**Hold the button until
you feel a vibration.**

- i. If the reading is at or lower than 96 °F, please recheck the player’s temperature or ask a coach for assistance. If the reading continues to be below 96 °F, ask a program coordinator to use a different thermometer.
- ii. If the reading is between 96 °F and 100 °F, please put a check mark next to the players’ name for the date of the training session. Please do not record a temperature number. The player is cleared for practice and can take off her or his face mask and begin the physically distanced activity planned by the coach.
- iii. If the reading is at or higher than 100 °F, please have the player or coach rest in the shade and hydrate for 10-15 minutes. Recheck the temperature. If there is a temperature reading over 100.4 °F, notify the coach. The coach should ask the player, coach or volunteer to go home and provide the individual with instructions on monitoring for symptoms of COVID. Upon returning home, if the participant is experiencing any symptoms of COVID and/or if the participant is tested for COVID,



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she or he should notify the coach. If participant is feeling fine by the next training session and his or her temperature is within the acceptable range, he or she is welcome to come back to play, coach, or volunteer.

DURING TRAINING SESSION

6. Squirt hand sanitizer on each participant once during practice.
7. During practice, watch and remind players and coaches of 10 feet physical distancing, both on the field and during water breaks. Coordinate with coaches on intervening during the training session.

AFTER TRAINING SESSION

8. Chat with coaches after practice about any recommendations for future training sessions.
9. Give participants one last squirt of sanitizer.
10. Assist with cleaning balls/cones/goals/sanitation table and any other cleaning that needs to be done after practice.

Important Notes about Using and Storing Thermometers

Thermometer readings will be inaccurate if the weather outside is colder than 59 ° F or hotter than 104 ° F. Thermometer needs 30 minutes in the environment to calibrate itself to the outside temperature before screening. This Thermometer is a precision instrument. Please store it in the container it came in at an environment between 60 ° F to 104 ° F.

GENERAL NOTE: These protocols were developed to be used and tested during the AYSO United Alliance tryouts. We are currently refining them based on observations, review of some lessons learned from other clubs and guidance from a small team of medical professionals.