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## RETURN TO PLAY – SAFETY PROTOCOL SUMMARY

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### PHASE 1 SAFETY MEASURES

The coach will divide participants into **Stable Groups** limiting participation to 12 (not including coaches). These groups will remain consistent as outlined in the phased Return To Play Approach.

#### GENERAL GUIDELINES AND PREPARATION

- **If a player or coach is sick or feeling sick, they will not come to any Mira Mesa AYSO activities.**
- **Any player, coach or volunteer who has signs or symptoms of COVID-19 in the past 14 days or with known exposure to someone that has been ill within the past 14 days, will not attend any Mira Mesa AYSO activities.**
- All coaches and players will wash their hands before coming to any Mira Mesa AYSO activity. All players and coaches should sanitize their hands before AND sanitize immediately after trainings or activities, and wash when return home.
- Carpooling is not allowed.
- Coaches' and players' clothing must be washed following each training.
- Facilities should provide restrooms with handwashing flyers from CDC that include symptoms of CDC.

#### PARENTS

- **Check the temperature/health of player before every training session.** If over 100.4, player must remain at home.
- Sanitize all equipment after every training.
- Ensure player washes hands before and after each training.
- Adhere to your own social distancing.
- Send player with adequate water.
- Parents or guardians will not congregate at training fields. If a parent feels supervision is necessary, he/she may view training from a pre-designated area that is located safely away from the training areas. Parents must maintain proper distancing from players and other parents. Preference is for parents to remain in their car and players to walk to/from the vehicle in the parking lot.

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### PLAYER

- Wash hands before leaving home for training.
- Participants will adhere to all safety protocols. Respect and practice social distancing.
- Participants will be required to wear face coverings, with exception of during active training.
- Sanitize hands upon arrival at the field, and upon return to vehicle at the end of training.
- Keep bag and water in your area, away from other players' items.
- Participants will not be allowed to hug or give high fives.
- **Participants will be expected to bring their own hand sanitizer.**
- **Participants will bring their own water in reusable bottles.**
- **Participants must bring their own soccer ball** and touch by hand only their own soccer ball at trainings.
- Participants will place gear and bags six feet apart from other players' gear while at trainings.
- Wash hands immediately upon return to home.

### COACHES/ADMINS

- Pre-plan training sessions that focus on skills and fitness.
- Clearly designate Stable Support Group rosters. Do not intermingle players between groups at any time.
- Screen players upon arrival. Send home any player exhibiting symptoms immediately.
- Sanitize hands of each player upon arrival.
- Check your temperature before every training session. If over 100.4 reading, cancel the session.
- Practice social distancing and lead by example.
- Do not congregate with other coaches.
- Do not allow any individual to handle any gear such as cones or goals other than yourself.
- Wash hands before leaving home for training and upon return home.
- Sanitize hands upon arrival at the field and upon return to vehicle at the end of training.
- Wear a face covering at all times when not active on the field in demonstration.
- Sanitize all equipment after every training.

### COVID CASE RESPONSE PROTOCOL

- Any coach who develops COVID-19 symptoms or a diagnosis must alert Mira Mesa AYSO.
- Any player who develops COVID-19 symptoms or a diagnosis must alert Mira Mesa AYSO.
- If a member of a player's or coach's family tests positive for COVID-19, it must be reported immediately to Mira Mesa AYSO.
- If a coach or player tests positive for COVID-19, the following steps will be taken:
  - A notification will be sent to participants within the individual's Stable Group.
  - The coach or player will not be allowed to return until the person can confirm the following:
    - No fever for 72 hours, without the use of fever reducing medications;
    - Improvement of cough or any other symptoms;
    - at least 10 days have passed since symptoms first appeared;
    - Written confirmation of COVID-19 negative status from County Health Department and clearance for a return to play from a medical provider must be provided to Mira Mesa AYSO.

#### Helpful Links:

CDC How to Protect Yourself and Others

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

CDC Symptoms of Coronavirus

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>