

Mira Mesa AYSO COVID FAQs

What will practice look like when we go back?

- *Initially, players will train in stable groups with a maximum of 12 players.*
- *Sessions will be strictly no contact with players working in their own individual grid. Drills will focus on individual skills, fitness and possibly passing exercises.*
- *As it is deemed safe, restrictions will be eased to allow for contact drills, increasing the size of stable groups and eventually scrimmages and games will resume.*
- *See other reference that describes Phases and duration of each Phase.*

Drop Off Procedures are as follows:

- *Players remain in car until 5 minutes before practice start time*
- *Players (**with mask on**) proceed directly from their car to their designated entrance*
- *Wait for screening protocol, and then proceed to designated training area*
- *Players place bags in designated areas around the perimeter of training area*
- *Maintain 6 feet of distance from teammates, coaches and other parents at all times*

What is the Pick Up procedure after practice?

- *After training, players will proceed directly to exit / designated waiting area outside the exit and wait for their parents collect them from practice.*
- *No lingering or congregating on the fields or at exit.*
- *Maintain 6 feet of distance from teammates, coaches and other parents at all times*

Are parents allowed to stay and watch practice?

- *Parents are strongly encouraged to return to the car after dropping their child off and to remain in their car for the duration of practice to minimize the amount of people in the perimeter of the field.*

Is carpooling allowed?

- *Carpooling is strongly discouraged until we resume normal practices. Please avoid carpooling if at all possible.*

What should I do if I rely on a carpool to get my child to practice?

- *If you are unable to provide transportation to practice, it is acceptable to keep your child home while social distancing measures are in place. Just communicate your situation to your coach.*

When to stay home and protocol for suspected or confirmed cases of COVID-19

If my child is not feeling well should I still send them to practice?

- *No. Keep your child home if they do not feel well, even if their symptoms are not consistent with COVID-19. If you are not sure, err on the side of caution and keep them home.*

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If a member of my household is not feeling well should I still send my child to practice?

- *No. If a member of your household does not feel well, do not send your child to practice, even if your child is feeling ok and even if symptoms are not consistent with COVID-19.*

What happens if my child starts feeling sick while at practice?

- *If your child is not feeling well at practice, your coach will contact you and ask that you pick him/her up. Continue to monitor your child's symptoms. If they are showing symptoms of COVID-19, keep them home for at least 72 hours from when they have recovered from symptoms, and 10 days from when symptoms first occurred.*

What should I do if my child shows symptoms or tests positive for COVID-19 after returning to practice?

- *Contact your coach immediately. Your coach will initiate necessary communication protocols including alerting local health officials and close contacts if necessary. Your child's identity will be kept private. Keep your child home from practice until at least 72 hours with no fever without use of fever reducing medications and symptoms improved and 10 days from when symptoms first appeared. Reference CDC Guidelines for Isolation, and CDC guidelines for symptom based vs. test based strategies for ending isolation.*

What should I do if a member of my household shows symptoms or tests positive for COVID-19?

- *Keep your child home from practice until 14 days after their last exposure and monitor for symptoms. Follow the CDC Guidelines for Quarantine.*

What should I do if my child or a member of my household tests positive for COVID19 but has no symptoms?

- *Keep your child home from practice until 10 days have passed since the positive test, or until two negative tests in a period greater than 24 hours. Follow the CDC Guidelines for Ending Home Isolation.*

What should I do if my child has recently been in close contact with a confirmed case of COVID-19?

- *If your child has been in close contact with a confirmed case of COVID-19 within 48 hours prior to the confirmed case showing symptoms, keep them home for 14 days and monitor for symptoms. See CDC Guidelines for Community Related Exposure.*

What happens if a member of my team has a suspected or confirmed case of COVID-19?

- *The club has a responsibility to report close contacts but also maintain privacy of confirmed or suspected cases. If a member of your team reports a confirmed or suspected case, while the player's identity must be kept private, all members or your child's training group will be notified of the potential exposure and advised on next steps based on the situation.*