



KANSAS STATE YOUTH SOCCER

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"The purpose of the Kansas Youth Soccer Association is to promote, foster, and perpetuate the game of soccer throughout the State of Kansas."

Kansas Youth Soccer Return-To-Play (RTP) FAQ Sheet

AD ASTRA PLAN FAQ'S

What are the purpose of the Return-to-Play guidelines?

Kansas Youth Soccer Return-To-Play guidelines are in accordance with the State of Kansas "[Ad Astra: A Plan to Reopen Kansas](#)" time frame and following its guidance through each phase of the plan beginning with Phase Two (2). This time frame is what will get players, coaches, referees and parents back to the fields playing games again when the time is right, but we must take it in steps following the state governments baseline and/or any specific city/county government restrictions.

Does my player have to go back to training with his team?

While many are going to be excited to return to train again with their teammates in person, we understand that there are others who may be apprehensive. Implementing the Kansas Youth Soccer Return-To-Play Guidelines will require a cooperative relationship between the Club, Coach, Parent and Player. While the Club and Coach must create a safe environment, the Parent must make the decision for their child to return to play. We must demonstrate respect and courtesy for everyone's feeling during this time and ensure that we provide a safe environment as we begin steps to return to play. If, as a parent you are not comfortable in your child's returning to play then please don't. Just because you can does not mean you must if there is hesitation on returning to training. And finally, Players must be responsible to adhere to, and respecting the social distancing requirements and contact guidelines that have been established.

What are the Phases of the Ad Astra Plan and timeline?

- Phase One (1): Begins May 4, 2020.
- Phase 1.5: Begins May 18, 2020.
- Phase Two (2): Begins May 22, 2020.
- Phase Three (3): Begins June 8, 2020.
- Phase Out: Begins no sooner than June 22, 2020.
 - Once the state is in "Phase Out" the Governor will issue additional guideline to explain the health metrics that will trigger an elimination of all statewide restrictions.

What does "no sooner than" mean when it comes to the Ad Astra Plan and its Phases?

This means that the Governor may move Kansas into that phase on that specific date or at a later date if it is to be determined that the earliest date would jeopardize the safety of Kansans. However local governments may change their own dates that differ from the Ad Astra Plan.

What role do local authorities have during the reopening process?

The State will set the regulatory guideline for Kansas local governments in each phase of this framework, allowing local governments to retain the ability to impose or limit additional restrictions that are in the best interest of the health of their respective residents. Any specific guidelines not outlined in the guidelines are the jurisdiction of each local government. The state will not force communities to reopen.



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Can local units of government be less restrictive than the Reopening Plan?

Under the Ad Astra Plan local units of government can be less restrictive than the Governor's plan. They may allow businesses or activities explicitly prohibited in each phase of the Governor's plan.

What if my local government wants to use a different, more restrictive standard?

Local governments do not have to apply or submit requests to the state to institute any equal or more restrictive standards. Local governments that choose not to impose any additional restrictions are required to operate within the regulatory guidelines of each phase.

If one county has a stricter stay-home order than the county you actually play soccer in -- which rules do you follow?

Follow the rules of the county you are living in at that time.

Are there any basic health guidelines that we should be following?

Throughout every phase of Ad Astra, the Kansas soccer community should:

- Maintaining social distancing
- Practice good hygiene
- Remain home when sick
- Follow isolation and quarantine orders issued by state or local health officers
- Use cloth face masks when leaving their homes
- Continue to clean and disinfect surfaces

How were decisions made about mass gatherings?

Mass gathering limits for each phase were determined by considering the growing capacity of our public health infrastructure and a measured, gradual approach for loosening restrictions. The Governor reserves the right to loosen or strengthen these restrictions in subsequent phases based on the state's health progress.

What is defined as a Mass Gathering?

Instances in which individuals are in one location and are unable to maintain a 6-foot distance between individuals (not including individuals who reside together) with only infrequent or incidental moments of closer proximity.

What if something is not mentioned in the Ad Astra Plan?

Any specific guidelines NOT OUTLINED in the Ad Astra plan are the jurisdiction of each local government.



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Ad Astra Phase Three (3) FAQ'S

When does Phase Three (3) start?

Begins **June 8, 2020** as recommended by the State of Kansas and to be implemented as a guideline for local governments to follow should they wish to implement them locally.

What does Phase Three say specifically about organized sports team's trainings, facilities and tournaments?

The Ad Astra Plan for Phase Three (3) states that **ALL BUSINESSES & ACTIVITIES CAN SAFELY OPEN AND SHOULD:**

- Maintain at least 6 feet of distance between individuals or groups (max of 45)
- Follow fundamental cleaning and public health practices are followed. Compliance with any additional sector specific best practices guidance is strongly encouraged.
- Avoid any instances in which more than 45 individuals are in one location and are unable to maintain 6 feet of distance with only infrequent or incidental moments of closer proximity. This does NOT LIMIT the total occupancy of a facility, but requires that facilities limit mass gatherings in areas and instances in which physical distancing cannot be maintained, such as in entrances, lobbies, locker rooms, etc.

What are the mass gathering limitations for Phase Three (3) and how does that apply to soccer training specifically?

Mass gatherings of more than 45 individuals are not recommended.

- This means that all training groups must be divided into groups of 45 individuals or less.
- These limitations DO NOT place occupancy limits on facilities. So each facility may have more than 45 individuals as long as these groups of individuals are following social distancing guidelines of 6 feet between each group with only infrequent or incidental moments of closer proximity.

What is a non-contact policy mean and how can that be applied to soccer?

Coaches should not exercise drills that involve players or coaches within 6 feet of each other even with training groups that have no more than 45 individuals. Social distancing guidelines must be followed in accordance to the State of Kansas baseline throughout the training exercises.

What is defined as a spectator and why are they not allowed in Phase Three (3)?

Spectators are any person not directly involved with the team's training (coach, player, club official, etc.) that does not need to be physically present at the training location. Spectators may wait within cars or outside of them in parking lots of facilities as long as they maintain the social distancing and mass gatherings restrictions and are not congregating at entrances or exits. Overall the less attendance at trainings by individuals the safer it would be for everyone.



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How should we utilize hand sanitizer during trainings?

In order to prevent the spread of any viruses the best practices are to keep individuals hands clean. This is why the restriction that all training participants (players, coaches, etc.) need to use hand sanitizer upon arrival at the training location before training starts, during breaks, and after training. It should also be used after taking off or putting on a mask. Who supplies the hand sanitizer to be used at trainings needs to be determined by each club and potentially the facility.

How is wearing PPEs (masks & face coverings) while at training going to work?

Please note that in Phase Three (3) that masks or face coverings are **a choice to wear** in public settings by the State of Kansas. As such Kansas Youth Soccer makes the same statement when it comes to trainings and here are further guidelines for individuals to follow.

- **Players at training:**
 - May choose to wear masks when appropriate
 - Example Procedure:
 - Upon arrival to a training a player with a mask meets at training location until it is about to begin.
 - When training is about to begin player takes off the mask with hands and immediately needs to use hand sanitizer before training
 - During breaks for water players may not have a mask on in order to get water but before going back to training again must use hand sanitizer
 - After training ends and the player is breathing at a normal rate again they should use hand sanitizer before and after putting back on a mask before leaving a training.
- **Coaches at training:**
 - May choose to wear masks as appropriate
 - Should you need to demonstrate a drill and actively move then push down or take off the mask temporarily and before placing back on the face be sure to use hand sanitizer.

What is the purpose of a COVID-19 Safety Officer and what would their role specifically be doing?

This is geared towards clubs that wish to begin training sessions during Phase Three (3). Their role is to communicate all policies to the club coaching staff, parents, and players and provide updates and reminders. Other duties could include but not limited to:

- Distributing the Return-To-Play Guidelines to teams directly to a team coordinator (coach, manager, volunteer, etc.) to oversee and comply with the restrictions at trainings. Must be in compliance with all local and state governments
- Provide the team coordinators with any changes in the RTP Guidelines due to state government developments that would come directly from Kansas Youth Soccer.
- Schedule training sessions so that one team/group is able to conclude and depart prior to the next team/group arriving, avoiding high traffic times.
- Establish designated drop off and pick up zones for each field and facility to assist organization with parents.
- Instruct team coordinators to report any confirmed cases of COVID-19 to you immediately and cease all training activities.



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What are the specific restrictions on equipment use at trainings?

All club trainings in Phase Three (3) should follow these restrictions in order to provide a safer environment for everyone:

- Ensure that all athletes have their individual equipment (ball, water, shin guards, etc.)
 - All individual equipment should be disinfected before and after use so players and coaches should have disinfecting wipes present at trainings
 - Absolutely NO SHARING of equipment (including water, pennies, shin guards, etc.)
- Coaches bringing equipment is allowed under these circumstances
 - Players cannot share pennies/vests unless properly disinfected (washed) after each use, so recommend having players bring alternate shirt colors or issuing a player their individual penny/vest
 - Coaches are the only person to pick up or touch cones, discs, or other training equipment

Why are parents instructed to confirm with their child about symptoms before attending training?

All parents need to confirm with their player on how they feeling in order to make sure anyone feeling sick to stay home. Recommend if possible that parents take players temperatures at home because clubs are prohibited by law from doing this due to that being considered medical information. Coaches may inquire how players are feeling and if they are not feeling well they should be required to be sent home.