



## AYSO Region 13 COVID-19 | Return-to-Play Protocols (updated 09-05-20)

### OVERVIEW

These protocols follow guidelines from State, County, and City officials, and will enable the kids of Region 13 to return to playing soccer in an environment that is safe for players, volunteers, and spectators alike. Our goal is to carefully resume soccer while reducing infection risk during the ongoing COVID-19 pandemic.

These guidelines do not supersede applicable local, State, County, or City health requirements, though in some cases, Region 13 requires more than State, City, and County authorities. Region 13 recognizes that the situation is ever-evolving, and we will continue to monitor changes to State, County, and City guidelines and requirements.

### GENERAL GUIDANCE:

- Anyone in a public setting should wear a clean, cloth face covering that covers nose and mouth. Only individuals under the age of 2, or those who have been instructed not to wear a face covering by their medical provider due to a medical condition, mental health condition, or disability that prevents wearing a face covering are exempt from wearing one.
- All players, coaches, family members and visitors must remain at least six feet away from non-household members.
- Clean and disinfect frequently touched surfaces and equipment.
- Wash hands thoroughly and frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover mouth and nose when coughing or sneezing; cough into elbow.
- Avoid touching eyes, nose, and mouth; avoid spitting or rinsing mouth.
- **Only Healthy Participants Allowed;** stay home if sick; any player, coach, or spectator who is sick shall not attend any practice.
- Players, coaches, family members and visitors will be prohibited from participating if they do not comply with these instructions.

### REGION STAFF

- Sanction practices only when official parks/fields become available by local authority.
- Abide by State, City, County and school district return-to-play protocols.
- Communicate protocols and guidelines to volunteers, coaches, players, and parents via community newsletter, website, and posted signs.
- Create a communication plan for the Region to keep members informed, and for parents to express concerns to the Region.
- Enforce the wearing of facemasks for all coaches, spectators, and players.

- Schedule practices with physical distance in mind, including, whenever possible, the use of staggered start times; spread-out field areas; separate designated entrances and exits to fields, where possible.
- Ensure players remain in a stable cohort in order to limit the risk of transmission (per CDC Guidance on Schools and Cohorting).
- Redesign activities for smaller groups and rearrange practice and play spaces to maintain physical separation.
- Support coaches with training content appropriate for physical distance, emphasizing fitness, technique, grid work and spatial awareness.
- Reconfigure any areas where players are seated off-field to create additional seating such that players are able to maintain a physical distance of 6 feet while in the area.
- Be sensitive and accommodate those uncomfortable returning to play.
- Alert community if aware of a participant who tests positive for COVID-19, while maintaining individual confidentiality.
- Report (via Region 13 Safety Director) to City, County and AYSO officials if a member of Region 13 community tests positive for COVID-19. Further details below.
- Remind families how to stay safe at home; ensure only healthy participants attend practices; reiterate expectations.
- Provide gloves for field set-up and takedown.
- Prohibit players, coaches, family members and visitors from participating if they do not comply with these instructions.

## COACHES

- Communicate with families pre-training to reiterate guidelines and to ensure that only healthy participants attend trainings.
- Take own temperature before leaving home; stay home if fever or symptoms
- Conduct symptom checks for all players before or upon arrival (fever of 100F or above, cough, shortness of breath or difficulty breathing, fatigue, sore throat, chills, headache, muscle or body aches, a new loss of taste or smell, congestion or runny nose, nausea, vomiting, or diarrhea). These checks can be done remotely or in person upon arrival. If remote, ask if the person has had symptoms, or any contact with a person known to be infected COVID-19 in the last 14 days.
- Wear a facemask for the duration of practices; wash and replace face coverings daily.
- Use hand sanitizer upon arrival and at end of trainings.
- Maintain physical distance of eight (8) feet between each player, and between players and coaches, at all times.
- Emphasize fitness, technique, isolation exercises, grid work and spatial awareness in training in order to limit physical contact between players.
- Conduct visual wellness checks of all players during activities.
- Ensure all players handle their own, labeled equipment (ball, water bottle, etc.). Avoid sharing whenever possible.
- Ensure Coach is only person handling equipment (cones, goals, etc.).
- Modify activities to an exertion level that is safe for participants. Players should take a break from exercise if any difficulty in breathing is noted, and should change their face covering if it becomes wet and sticks to the player's face and/or obstructs breathing. Respirators that restrict airflow under heavy exertion (such as N-95 respirators) are not advised for exercise.

- Avoid handshakes, hugging, high-fives, or other physical greetings - verbal acknowledgement will suffice.
- Report immediately to Region 13 Safety Director if you become aware of any player or family member testing positive for COVID-19.
- Designate a volunteer to represent team for all matters related to COVID-19, including enforcement of mask-wearing and distancing.
- Children under age 9 should have adult supervision when using hand sanitizer. Call Poison Control if consumed: 1-800-222-1222. Ethyl alcohol-based hand sanitizers are preferred and should be used when there is potential of unsupervised use. Isopropyl hand sanitizers are more toxic and can be absorbed through the skin.
- Groups may utilize a canopy, or other sun shelter, but only if the sides of the canopy or sun shelter are not closed and there is sufficient outdoor air movement.
- Reconfigure any areas where players are seated off-field to create additional seating such that players are able to maintain a physical distance of 6 feet while in the area.
- Stay positive and create a fun environment in this new normal.
- Coaches will be prohibited from participating if they do not comply with these instructions.

## **PARENTS / SPECTATORS**

- Ensure child is healthy; check for symptoms; test child's temperature before departing for trainings; stay home if symptoms present or if fever above 100.4.
- Wash your child's clothing after every training.
- Clearly label your child's water bottle and personal items; do not share.
- Sanitize equipment (ball, cleats, shin guards, etc.) before/after practice.
- Wear a facemask anywhere in public space; wash and replace face coverings daily.
- Drop players at check-in gate; pay attention to distance of others coming and going.
- For practices, remain in cars when possible and avoid gatherings on fields.
- Keep sanitizing product on hand and near child at trainings.
- Children under age 9 should have adult supervision when using hand sanitizer. Call Poison Control if consumed: 1-800-222-1222. Ethyl alcohol-based hand sanitizers are preferred and should be used when there is potential of unsupervised use. Isopropyl hand sanitizers are more toxic and can be absorbed through the skin.
- Notify Coach or a Region 13 board member immediately if your child or any family member tests positive for COVID-19.
- Do not touch equipment during trainings, unless designated to do so, in which case be sure to wear gloves and discard them immediately after.
- Check Region 13 and Coach communication regularly; make sure you understand all protocols; ask questions if clarification is needed.
- Abide by physical distancing; ensure proper distance of others.
- Provide individual snacks for players; do not share.
- Family members and visitors will be prohibited from participating if they do not comply with these instructions.

## **PLAYERS**

- Inform parent or coach if you feel unwell.
- Take temperature before leaving home; stay home if fever or symptoms

- Wash hands before and after training.
- Bring and use own, labeled equipment and hand sanitizer at trainings.
- Do not touch or share anyone else's equipment or snacks.
- Clean all of your own equipment after each training.
- Stay physically distanced; place bags and equipment six feet apart.
- Wear facemasks at all times. This includes arriving/leaving the field.
- Don't share any drinks; make sure to mark your own water bottles.
- Avoid hugging, high-fives, handshakes, or other physical greetings.
- Children under age 9 should have adult supervision when using hand sanitizer.
- Players are prohibited from participating if they do not comply with instructions.

## IF COVID IS DETECTED

Main sources of contact within Region 13:

Neil Weinberger      Region 13 Commissioner      RC@ayso13.org

Dan Jeffries              Region 13 Safety Director      SAFETY@ayso13.org

Steps to be taken immediately upon notification of any member of the Region 13 community (coach, staff, player or visitor) tests positive for, or has symptoms consistent with COVID-19:

- Send individual home immediately if they arrive sick or become sick during session; ensure physical distance, face cover, and privacy. Encourage individual to contact medical provider.
- Anyone waiting to be picked up from practice site due to symptoms of COVID-19, or anyone coming into close contact with someone with COVID-19, shall be placed in an isolation area with monitoring, where applicable, preferably in an area where others do not pass. When a parent/guardian arrives to pick up player, have player walk, supervised, to meet them, if possible, since parent may also be carrying COVID-19.
- Report to Pasadena Public Health Department any time a player or staff member with COVID-19 (confirmed by a lab test or physician diagnosis) was at the site while sick or up to 48 hours before showing symptoms. Email nursing@cityofpasadena.net or call 626-744-6089; provide all information requested by the Health Department.
- Require any player or coach diagnosed with COVID-19 to stay home for at least 10 days or until 24 hours after fever and symptoms resolve (without use of fever-reducing medications), whichever is longer.
- Quarantine (send home) everyone who came into close contact (within 6 feet for 15 minutes or more) with someone with confirmed COVID-19 within the past 14 days. They must maintain quarantine at home for 14 days and not return for 14 days from last contact with someone with COVID-19, regardless of any interim test results.
- Communicate to individual that testing resources can be obtained from individual's physician, and at [www.cityofpasadena.net/covid-19/](http://www.cityofpasadena.net/covid-19/) and [covid19.lacounty.gov/](http://covid19.lacounty.gov/).

Further information available by calling 211 or 626-744-6068 for info on health insurance and primary care physicians, or visiting <https://www.cityofpasadena.net/public-health/>.

**Please Note:** This is a live document and is subject to change, as state and local guidelines are adjusted with regards to youth sports. Please continue to check [ayso13.org](http://ayso13.org) for updates.