



AMERICAN YOUTH SOCCER ORGANIZATION



COVID-19 RETURN TO PLAY SAFETY GUIDELINES AND PROTOCOL MANUAL



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INTRODUCTION

AYSO has created this manual to provide AYSO/AYSO United membership with information that will assist you in developing your Regional/Club Return-to-Play programming within the ongoing situation of COVID-19. We understand that each Region and Club's access to resources varies greatly and as such, the information below is not regulatory but is intended to give you a starting point for thoughtful conversation and consideration amongst your Regional and Club Boards as you develop your local strategy. The recommendations rely on a combination of rules and regulations set forth by public health authorities, as well as internal and external experts and other youth sports agencies. Please know that we recognize the implementation of these new guidelines will present challenges for all involved, and AYSO is here to assist our Regions and Clubs in putting these plans into action.

A graduated approach to re-opening is likely to be the case at the State, regional, county, or other municipal level, which will vary throughout the country. Some may have guidance on the return of youth sports, but many will not. We understand that this may make it difficult in planning your Return-to-Play strategies, so to that point, our continued recommended course of action is that you follow your county and state executive orders and public health guidance with regards to community interactions and access to facilities. The information in this document is NOT a substitute for professional medical advice, diagnosis, or treatment, it is for general information purposes only. As information changes, daily with COVID-19, AYSO does not claim or assume responsibility for the entirety of this information. If you have specific questions with regards to health and safety guidelines for your area, we advise that you consult your local public health officials. Please understand it is vitally important to follow the local orders in place.

In conclusion, even though the young and healthy may experience a less severe case of COVID-19, every case is potentially life-altering or deadly, particularly in those with risk factors. Health consequences may be long-term, which is why until COVID-19 is either eradicated or a vaccine taken, there is no way of eliminating the risk of infection. This should always be at the forefront when designing and considering Return-to-Play programming and clearly communicated to all participants, including players, parents and volunteers.

Thank you once again for your dedication and we hope you stay safe and well.

[Please book our AYSO Ready! Set! PLAYSOCER! microsite for most up to date information.](#)



PHASED APPROACH

Phases in soccer have been prepared by U.S. Soccer in conjunction with the CDC, and provide structure for a gradual approach to return to play during COVID-19. Each Phase includes specific steps to be considered and implemented. They are universally accepted within youth soccer for applicable guidance to COVID-19.

RETURN-TO-PLAY 5 PHASES OVERVIEW

U.S. SOCCER PLAY ON

- 0 Phase 0: Stay and Shelter**
Duration: Based on state and local regulations
 - STAY AT HOME. BEND THE CURVE.
 - No organized trainings or competitions
 - Consider virtual options
- 1 Phase I: Individual and Small Group Training**
Suggested Duration: 4-6 weeks
 - State and/or local stay and shelter regulations lifted
 - Recommend small group trainings with max of 9 players and 1 coach
 - Maintain social distancing
 - COVID-19 prevention protocols in place
- 2 Phase II: Full Team Training**
Suggested Duration: 3-6 weeks
 - Full team training allowed
 - Continue to maintain social distancing
 - COVID-19 prevention protocols in place
 - Allow 3 weeks for COVID-19 tracking purposes
- 3 Phase III: Full Team Competitions**
Duration: Indefinite
 - Full team competitions can occur
 - Continue COVID-19 mitigation strategies
 - Consider only local and single-day competitions
 - Large events guided by local/state public health authorities
- 4 Phase IV: No Restrictions**
 - COVID-19 is no longer a public health matter and there are no restrictions directed by federal, state and local authorities.
 - Please refer to www.recognizetorecover.org for general health and safety recommendations from U.S. Soccer.

* Across the country, clubs in different regions will be operating under differing state & local regulations and may be in different phases. All phases must be compliant with your region's regulations.

Please note that at any given time, different Regions will be operating under differing state and local regulations – and thus will be operating in different phases. All phases must be first based on, and compliant, with your local regulations.

AYSO VOLUNTEER TRAINING

AYSO volunteers will be provided training on all protocols in this manual. AYSO volunteers, will be educated on how to recognize the symptoms of COVID-19 and know what to do if they detect or exhibit symptoms. Training on maintaining physical distancing requirements, wellness screening, cleaning, sanitizing / disinfecting, and practice-specific policies and procedures will be provided to AYSO volunteers.

We have provided a resource microsite for all volunteers that includes material on conducting practice/games as well as information on [recognizing symptoms](#) and [continuing education](#).



SAFETY GUIDELINES FOR AYSO VOLUNTEER & PARTICIPANTS

AYSO's priority is the safety and well-being of AYSO volunteers and players. We will take all reasonable precautions to protect against the spread of COVID-19 during all AYSO activities and have created protocols for each participant to help create that environment.

General Guidance

The [Centers for Disease Control and Prevention](#) offers recommendations on how members of the public can limit the spread of the coronavirus. They currently include:

- [Clean and disinfect](#) frequently touched surfaces and exercise equipment (including soccer balls).
- Thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Stay at least 6 feet away from non-household members. *Note: [research](#) is ongoing on appropriate physical distance for bodies in motion.*
- Cover your mouth and nose with tissue when coughing or sneezing.
- Stay at home if you are sick.

Overall – Standard Practice

- ***Healthy Participants Only:*** Any players, coaches, spectators who are sick will not be allowed at practices or games.
- Parents, and family members will abide by social distancing regulations and are strongly encouraged to remain inside their vehicles during practice.
- It is vitally important that the appointed COVID-19 point person is alerted immediately upon notice that someone has become ill to start the contact tracing and quarantine process. The Region should establish a relationship with their local Public Health Department, where applicable, to assist with the reporting protocol.

Region/Club:

- Work with public health officials to notify adult leaders, youth and their families if the organization becomes aware of a participant developing COVID-19 who came in



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contact with others during your activities. [Please click here for recommended reporting protocol.](#)

- Maintain participant confidentiality regarding health status.
- Sanction practices only when official parks and fields become available by local authority.
- Provide coaches with a detailed explanation and training on these recommendations.
- Face masks recommended for coaches and volunteers.
- Schedule practices with ample space for physical distancing.
- Adhere to AYSO Safe Haven guidelines, i.e., 1:8 adult to child ratio; minimum of 2 adults present; no adult alone with children other than their own. Whenever possible, adult of same gender as players should be present.
- Support coaches with fitness and technique in isolation exercises, grid work and spatial awareness ([suggested content can be found here](#)).
- Provide physical guides, such as signs and tape on playing fields, to help coaches and players remain at least 6 feet apart. [You can find print ready signs here.](#)
- Keep the same groups. Organize and schedule groups of players, i.e., by age or teams, and keep them consistent to avoid transmission.
- Be sensitive and accommodating to parents who may be uncomfortable with returning to play at this time.
- Avoid group events, such as games, competitions, or social gatherings, where spacing of at least 6 feet between people cannot be maintained, unless allowed by your local jurisdictions.
- Limit nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county).
- Avoid activities and events such as off-site competitions or excursions, unless allowed by your local jurisdictions.
- Communicate drop off, waiting and pick up protocols for parents to facilitate appropriate social distancing while providing for the safety of all participants.
- Create a communication plan for Region/Club to members and a communication pathway for parents to communicate their concerns or questions with Region/Club leadership (i.e.: BAND app).

Coach*:

- Coaches will send pre-training communication to families ensuring that only healthy participants attend and reiterate expectations and guidelines.
- Coaches should maintain physical distancing requirements from players and family members.
- Wearing a face mask is recommended for the duration of the practice and games.



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- Utilize technique in isolation exercises, grid work, fitness and spatial awareness to limit physical contact between players ([suggested content can be found here](#)).
- Keep players together in small groups/cohorts with one coach and make sure that each group of players and coach avoid mixing with other groups as much as possible. Teams might consider having the same group of players stay with the same coach or having the same group of players rotate among coaches.
- Adhere to AYSO Safe Haven guidelines, i.e., 1:8 adult to child ratio; minimum of 2 adults present; no adult alone with children other than their own. Whenever possible, adult of same gender as players should be present.
- **Once regulations permit expanded numbers**, consider staging inner-squad scrimmages instead of games with other teams to minimize exposure among players and teams.
- Ensure all players have and handle their own labeled equipment (ball, water bottle, training disks, etc.).
- Coach should be the only person to handle coaching equipment (e.g.: cones, disks, etc.); do not let parents or attendees assist.
- Hand sanitizer or hand-washing on arrival / mid-way and end of training session.
- No shared equipment in use (players will be provided with individual bibs/pinnies or can bring game jerseys as requested).
- No physical greeting of players (verbal acknowledgement is expected).
- Stay positive and create a fun environment in this new normal.
- Serve as focal point, or designate the Team Parent/Manager/Safety Director/CVPA, for notification from team families if a family member becomes ill with COVID-19, tests positive for COVID-19, or comes in contact with a confirmed case of COVID-19.
- Complete and submit [AYSO's Incident Report](#) Form to the Region Safety Director immediately, including team roster.

**A designated volunteer or team parent can be added to help assist coach in accordance with the same health and safety guidance designated for the coach.*

Team Parent:

- Assist Coach, as requested, with communications to families (including safeguard reminders, i.e., only healthy participants attend activities).
- As needed and if required, can be a candidate to serve as focal point for notification from team families if a family member becomes ill with COVID-19, tests positive for COVID-19, or comes in contact with a confirmed case of COVID-19. Notify the Coach immediately.
- Maintain physical distancing requirements from coach, players and family members.
- Wearing a face mask is recommended for the duration of the practice/games.
- Support identified guidelines for coaches.



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- Assist with hand sanitizer or other safety precautions like hand-washing on arrival / mid-way and end of training session in support of the coach.
- Help team/teams adhere to AYSO Safe Haven supervision guidelines.

Officials:

At all times:

- Stay at least 6 feet from anyone as much as possible.
- Avoid touching eyes, nose, and mouth.
- Spitting or rinsing the mouth with water is to be avoided.
- Cough into elbow.
- Stay home if not feeling well and communicate to the Referee Administrator.

Pre-game:

- Prior to arrival, wash hands with soap or alcohol-based solution for at least 20 seconds.
- Arrival in full uniform is recommended.
- Maintain 6 feet distance from players, coaches, spectators and referee team for all administrative procedures.
- Mask is recommended for pre-game duties.
- No handshakes with coaches, players, or spectators.
- Coin toss options:
 - Modified. One player from each team; center official; no handshakes; physical distancing.
 - b. No coin toss. Home team selects the half of the field. Away team will take kick-off.

During play:

- Masks **are not** required for referees during active play, unless required by your local jurisdictions.
- Assistant referees are *recommended* to wear breathable face coverings unless wearing a mask causes breathing problems.
- Referees are recommended to stay a minimum of 6 feet away from players, coaches, spectators, and the referee team during dynamic play and stationary play at all times.
- Avoid spitting.
- Cough into your elbow.
- Do not share whistles or, if possible, any other referee equipment.
- If not feeling well during the game at any time, go home immediately.
- Keep the game flowing to limit groups of players congregating, i.e., set plays.



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Post-game:

- After the game, applaud the players and coaches, but handshakes are not permitted; fist bumps/elbow bumps are not recommended.
- If shared, wipe down the handles of flags with an alcohol-based rub or wash with soap and water.
- Upon completion of the match, wash hands with soap or alcohol-based solution for at least 20 seconds.

Parents

- Ensure your child is healthy. Please go through health screening questions before each practice and game. Test child's temperature before departing for soccer practice (if above 100.4, do not attend).
- Notify your team/club immediately if your child or family member becomes ill for any reason.
- Drop off and pick up players with special care given to the presence of children coming to and from the activity and receive verbal acknowledgement from the coach each time.
- Please wait in your car and/or adhere to social distance requirements, based on state and local health requirements and as requested by your coach or AYSO officials.
- Limit the use of carpools or van pools, and limit passengers to household members.
- Face masks are recommended.
- Wash your child's clothing after every training/activity (recommendation).
- Sanitize all equipment (ball, cleats, shin guards, etc.) before and after every practice.
- Clearly label your child's water bottle and personal items.
- Ensure your child has hand sanitizing products with them at every session.
- Do not assist coach with equipment before or after training.
- Check Region and Coach communication regularly.

Players

- Inform parent if feeling unwell.
- Wash hands before and after training.
- Responsible for cleaning all required equipment after each training sessions (ball, cleats, shin guards, etc.).
- Wear a face mask to practice/games.
- Face mask may be required during play, this will be determined by your local jurisdiction.
- Bring and use your own labeled hand sanitizer at every session.
- Do not touch or share anyone else's equipment.
- Practice physical distancing, place bags and equipment at least 6 feet apart.



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- No sharing drinks or use of water fountains at facility (players should mark their own water bottles).
- No physical greetings with their teammates (verbal acknowledgement is expected, we are physical distancing not social).

PPE & Disinfecting Supplies*

PPE and disinfecting supplies should be provided to AYSO Volunteers at a level that is appropriate based on county and federal guidelines. This includes disinfectant wipes / spray, gloves, and extra face coverings* to be provided to anyone who does not bring their own cloth face covering to AYSO activities.

*solid single use or clean reusable mask that covers nose and mouth without valves.

Liability Waivers

AYSO has integrated provide liability waivers (See Addendum) as part of our registration and commitment to this plan of action, which must be signed by all parents / guardians of players and AYSO volunteers acknowledging that they understand the risks, symptoms, and plan of mitigation regarding COVID-19 along with the agreement to abide by the plan of action set forth in this document. These must be signed prior to being allowed to participate.

HEALTH SCREENING

Parents / Guardians and volunteers must perform a health check of their player just prior to attending each AYSO activity which includes a mandatory at home temperature check of each player. Health checks should be completed no earlier than 8 hours in advance, no later than an hour before the activity. A player will not be permitted to participate unless this health check is completed.

If any AYSO volunteer or player has a temperature of 100.4 degrees or greater or any COVID- 19 symptoms that are new or unexplained or have had exposure to COVID-19 cases in the past 14 days, they will not be allowed to attend any AYSO activity and the Region point of contact will need to fill out the [AYSO Incident Report](#) with the player/parent/volunteer who has experienced COVID-19 symptoms, tested positive for COVID-19, or has been exposed to a confirmed case of COVID-19, and submit the Incident Report to the Safety Director.

At home screening questions

- Have you experienced a fever of 100.4 or greater in the past 14 days?
 - NO? Continue to next question
 - YES! STAY HOME and seek medical care and testing.



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- Have you received a positive result from a COVID-19 test within the last 14 days?
 - NO? Continue to next question
 - YES! STAY HOME and seek medical care and testing.
- Have you been in contact with anyone while they had COVID-19 or symptoms of COVID-19 within the past 14 days?
 - NO? Continue to next question
 - YES! STAY HOME and seek medical care and testing.
- In the past 14 days, have you, or someone you have been in contact with, traveled outside your state / province / country or to an area with restrictions due to COVID-19?
 - NO? Continue to next question
 - YES! STAY HOME and seek medical care and testing.
- In the past 14 days, have you experienced any of the following new symptoms not attributed to another health condition? Select all that apply.
 - Fever or chills
 - Cough
 - Shortness of breath / trouble breathing
 - Night Sweats
 - Sore Throat
 - Muscle / body aches
 - Loss of Taste or Smell
 - Headache
 - Congestion or Runny Nose
 - Nausea or Vomiting
 - Diarrhea

 - NO? Continue to the field!
 - YES! STAY HOME and seek medical care and testing.

Above all, use common sense and err on the side of caution.

On Field Screening

AYSO coaches will screen all players that have not already been screened at home, using the questions above upon your player's arrival at the field. Occasionally, coaches may spot check the temperature of players as they arrive.



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Any AYSO volunteer or player exhibiting COVID-19 symptoms during AYSO activity shall be physically separated from all other individuals and immediately required to wear a face covering (if not wearing one already) until they can be transported home.

If any AYSO volunteer or player has a temperature of 100.4 degrees or greater or any COVID-19 symptoms that are new or unexplained or have had exposure to COVID-19 cases, they will not be allowed to attend and the Region point of contact will need to fill out the [AYSO Incident Report](#) with the player/parent/volunteer who has experienced COVID-19 symptoms, and submit the Incident Report to the Safety Director.

High Risk Individuals

Any individual, including players, with higher risk for severe illness or with a serious underlying medical or respiratory condition, or any individual living with a high-risk individual, should only attend AYSO activities after they have been vaccinated or with permission from a medical professional, at their own risk and should strictly adhere to safety guidelines, such as those regarding face coverings, distancing and handwashing. Such groups include:

- Those with a serious underlying medical condition, including but not limited to heart disease, morbid obesity, diabetes, lung disease, immunocompromised status, and chronic kidney disease.
- Those currently residing or working in a nursing home or long-term care facility.
- Those over 65 years old.

ON FIELD SAFETY PROCEDURES

Removal

A coach, assistant coach, referee or Region official, has discretion to remove from activity, separate, and request parental pickup for any player showing any of the symptoms listed above or who, despite reminders, is not following health and safety guidelines.

Attendance

Coach or team manager/parent must keep an accurate attendance for their teams up to date for all practice and games as a means of facilitating contact tracing in the event of potential exposure. Team Managers/Parents will track/log player attendance for each practice / game.

Handwashing

All players, coaches, referees, volunteers, independent contractors, and spectators should wash or disinfect their hands immediately before attending any AYSO activity.



Social/physical distancing protocols

All players, coaches, referees, volunteers, independent contractors, and spectators must practice social distancing of at least six feet wherever possible from individuals not residing within their household.

Practice Times

We recommend that practice times be staggered to regulate the number of persons at the field at one time. We advise 15- 30 minutes in between sessions to help restrict the interaction of different groups on the same field. AYSO coaches should have time to properly sanitize and clean equipment before the next team takes the field.

Field Space

AYSO coaches should place line markers or cones that will indicate six-foot spacing prior to players arriving for placement if players' equipment.

Drop-off / Pick-up

Adults should walk their child to the field and return to their car. Carpooling is strongly discouraged.

No contact / touching

Players and coaches must take measures to prevent all but essential contact necessary to participate in practices and play. This includes refraining from handshakes, high fives, fist / elbow bumps. Chest bumps, group celebrations, etc.

Face coverings

Players and Coaches

It is recommended that players and coaches wear face coverings to the maximum extent possible when participating in any AYSO activity. This includes on the field play, when entering or leaving the field, on the sideline, waiting to be subbed in and arriving to or leaving any AYSO activity. The only exception is if a coach places the players in an activity that leads to heavy exertion, the players will be allowed to take their face coverings. Once the activity has concluded, the players MUST put their face coverings back on. Please consult with your local public health guidelines on what is mandatory for players and coaches attending and participating in youth sports activities.

Adults

It is recommended that all adults wear cloth face coverings while at AYSO activities. Please consult with your local public health guidelines on what is mandatory for adults attending and participating in youth sports activities.



Limited Exceptions

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Hand sanitizer

To minimize sharing of items and reduce possible transmission, we strongly encourage all players to bring their own hand sanitizer with at least 60% alcohol to be used before, after, and during practices and games. Hand sanitizer will also be available at our main field locations where we have storage boxes, in the event a player forgets or runs out of personal hand sanitizer.

Team managers / coaches shall require players to wash their hands or use hand sanitizer upon arrival to any AYSO activity after using the restroom, before water breaks, and after coughing or sneezing.

Equipment

Individual Equipment – No Sharing

Players must have their own personal equipment: soccer ball, bag, water bottle, goalie gloves, pinnie and/or jersey, this type of personal equipment may not be shared.

Players should not touch other players' soccer balls, water bottles, towels, clothing, bags, etc. If this happens, the players should sanitize or wash their hands afterwards.

Players should not touch the coach's equipment (bag, clipboard, cones, etc.). Each Player will have a designated location for his/her bag and water that meets social distancing guidelines.

Spectators

At this time, we recommend that only members of the player's immediate household observe practices or games. Spectators should be limited so that physical distancing can be maintained.

Spectators should wear face coverings and comply with the CDC's Guidance for the Use of Face Coverings.

Food and drink

No shared or team beverages, snacks, or food of any kind are allowed. Players should bring individual, pre-packaged food, if needed. Players, managers / coaches, and referees should bring their own personal, labeled water bottles/drinks to all team activities.



Injuries

Coaches will only treat injuries they deem serious. In the event of a serious injury (concussion, broken bone, heat stroke, etc.) the coach will treat injury while wearing sterilized gloves and mask. In situations where an injury is not deemed serious, players will be placed in a location on the field that is safe and if the player is not able to return to play, the parent will be notified to pick-up from practice or take the player home from game.

TRAINING/PRACTICE

Age-Appropriate Activities for Coaching in Modified Environment

AYSO has created manuals for every coaching level for suggested modifications for training and practice sessions. Those manuals are available for download [here](#).

We recommend that only players and coaches are present for sessions to limit the amount of people on the field at the same time.

RESUMPTION OF GAMES

Game resumption is based off local state and county guidelines as well as local public health department guidance. AYSO guidelines do not supersede any local ordinances in place, so please consult those before moving forward. These guidelines and requirements are subject to change if any updated guidance is released.

Arriving to a game

Players / families / spectators are instructed not to show up to fields more than 30 minutes before game time. If there is a game prior to yours, families and spectators are encouraged to stay in their vehicles until the start of their player's game play to prevent overcrowding of spectator spaces and walkways. Families and spectators should stay at recommended social distance, -at least six feet away from others from outside their household – at all times.

The Game Site

Social Distancing

All spectators must follow social distancing practices - stay at least six feet away from individuals outside their household; wear a cloth face covering; and avoid direct hand or other contact with players / coaches/ referees.

Spectators should bring their own seating or portable chairs when possible.

Food / Drink

Families are encouraged to bring their own food / beverages for their own consumption only.



No Spitting

All players, coaches and referees should refrain from spitting at all times, including on the sidelines and on the playing field.

PRE-GAME/GAME PLAY/POST-GAME

As games resume, please take note of your local guidelines and make all participants aware of the guidelines and protocols as they come to the field.

Pre-Game

[Click here](#) for a streamlined overview for getting players back on the field. From car-pooling to field configurations, these suggestions will help guide your own process.

Coaches need to set-up the sideline area for their team with spots for their bags and personal items.

Game Play

Hand Sanitizer

All players should have their own hand sanitizer that contains at least 60% alcohol and need to use before, during and after the game. Coaches should also maintain a supply of hand sanitizer and sanitize their hands before, during and after the game and request players do so if they did not bring their own.

Out of Bounds Balls

Balls that go outside the field of play should be retrieved by participating players, coaches, and referees. No spectators should retrieve a ball being used in the game.

Face Masks

Face masks are recommended to be used by all coaches, referees and assistant referees, at all times. Face coverings are suggested for officials arriving, preparing to officiate and departing from the field, but not suggested for Center Referees during the game. Assistant Referees are encouraged to wear face coverings during the match due to proximity of spectators.

Face coverings are suggested for players arriving, preparing to play and departing from the field, but not during physical activity, unless mandated by your local jurisdiction.

Referees

Referees are recommended to stay a minimum of 6 feet away from players, coaches, spectators, and the referee team during dynamic play and stationary play at all times.

Referees should limit their contact with the ball, and players should retrieve out of bounds balls whenever possible.



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Currently there are no formal adaptations to the Laws of the Game. However, it is advisable to keep the flow of the game moving, i.e., set-pieces, to limit the time players are in close proximity to one another.

For practices during Phase II, it is suggested that throw-ins and heading be avoided.

Post-Game

AYSO recommends that teams lineup on their respective sidelines and clap for the opposing team in a show of good sportsmanship. No handshakes, high-five lines or tunnels are recommended. All post-game meetings must maintain at least 6-foot distancing.

Departing a Game

Players and families should vacate the field / facility as soon as is reasonably possible after the conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game, ideally within 15 minutes.

REPORTING OF COVID-19 CASES/CONTACT TRACING

Region Point of Contact

The [Safety Director](#) is the Region's Point of Contact for COVID-19 precautions and reporting, who will follow the [AYSO Guidance on Reporting](#).

What is Contact Tracing and How Does It Work?

Contact tracing means maintaining a list of all facility users, participants at trainings, and attendees, etc. For privacy purposes, the list should be securely stored and not shared publicly. In the event that someone participating in your activities becomes ill, refer to this list to determine who at your Region may have been directly exposed to illness, and advise them accordingly. Your local health department will offer guidance on contact tracing. The CDC also has [information and training](#) on contact tracing.

Include the following items in your contact tracing list to support the process:

- For minors, use a parent's contact information.
- Date
- Venue
- Name
- Phone
- Email Address of participants
- Specific training session i.e. time/field/coach etc.



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Illness or Suspected COVID-19 Case(s)

If you believe a player, coach or referee is believed to have or have been exposed to COVID-19, The participant should stay at home and contact their physician. Currently, guidelines for possible exposure recommend 14-day [quarantine](#). For contact tracing purposes, maintain a list of *all* facility users, participants at trainings, and attendees, etc. (See immediate action below.) For privacy purposes, the list should not be shared publicly. In the event that someone participating in your activities becomes ill, refer to this list for “tracking or tracing” to determine who in your Region may have been directly exposed to illness, and advise them accordingly. Complete the [AYSO Incident Report](#) with the player/parent/volunteer who has experienced COVID-19 symptoms, tested positive for COVID-19, or has been exposed to a confirmed case of COVID-19, and submit the Incident Report to the Safety Director.

Confirmed COVID-19 Case(s)

If you are advised of a positive case in your Region/Club, please do the following;

- **Advise Sick Individuals of Home Isolation.** Sick coaches, officials, volunteers, players, or families should *not* return until they have met CDC’s [criteria to discontinue home isolation](#).
- **Isolate Those Who are Sick.** Make sure that coaches, officials, volunteers, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify the Region’s Safety Director if they or their child (families) become sick with COVID-19 [symptoms](#), test positive for COVID-19, or have been [exposed](#) to someone with COVID-19 symptoms or a confirmed or suspected case.
- Individuals who are sick should go to a healthcare facility, depending on how severe their symptoms are, and follow [CDC guidance for caring for oneself and others](#) who are sick. Individuals who have [had close contact](#) (within 6 ft. for more a total of 15 minutes or more) with a person who has [symptoms](#) should be separated and remain at home as well, and follow [CDC guidance for community-related exposure](#) (see “Notify Health Officials and Close Contacts” below).
- **Clean and Disinfect.** Close off areas used by a sick person and do not use these areas until after [cleaning and disinfecting](#) them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable). Wait at least 24-hours before cleaning and disinfecting to protect those doing the cleaning. If 24-hours is not feasible, wait as long as possible. Ensure [safe and correct use](#) and storage of cleaning and disinfection products, including storing them securely away from children.



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- **Notify Health Officials and Close Contacts.** Region's should work with [local health officials](#) to obtain guidance and implement a reporting system (e.g., letter or email) for the Region to use to notify health officials and Regional members of COVID-19 cases, while maintaining confidentiality in accordance with the [Health Insurance Portability and Accountability Act \(HIPAA\)](#), the [Americans with Disabilities Act \(ADA\)](#) and other applicable laws. AYSO has created a letter for Region's to use to notify close contacts that can be found [here](#).
- Anyone told of a possible case of COVID-19 is asked to complete the AYSO Incident Report Form and turn the Incident Report in to the [Safety Director](#).
- The names of anyone who reports a medical condition, injury or illness, must be kept confidential to protect the rights of privacy of those individuals. Disclosure of names and medical conditions is considered a breach of confidentiality/privacy protected under the [Health Insurance Portability and Accountability Act \(HIPAA\)](#), the [Americans with Disabilities Act \(ADA\)](#) and other applicable laws.

Close Contacts to Confirmed COVID-19 Case(s)

Close contacts (household or non-household) of confirmed COVID-19 cases will be sent home immediately, instructed to seek medical advice, and to follow the guidance of their county contact tracing program.

“Close Contact” is defined by CDC as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic persons, 2 days prior to positive specimen collection) until the time the patient is isolated.

Close Contacts may consider COVID-19 testing immediately and on day 10 after last day of exposure to the case.

Close Contacts should, even if they test negative, remain in quarantine for a full 14 days after (1) date of last exposure to COVID-19 positive non-household contact or (2) date that COVID-19 positive household member completes their isolation

No actions are required to be taken for persons who have not had direct close contact with a confirmed COVID-19 case, but who have had close contact with persons who were themselves a Close Contact.



Expected Player & Family Response to Suspected or Confirmed Cases and Close Contacts

Isolation & Quarantine Guidance

Players with suspected or confirmed COVID-19, or suspected or confirmed cases in the household or form close contacts must follow their Guidelines for Self- Isolation and Quarantine as described in the section below.

Symptomatic Individuals- negative test

Symptomatic individuals who test negative for COVID-19 can return 72 hours after resolution of fever (if any) and improvement in symptoms. Documentation of a negative test result should be provided to AYSO Coach and Region COVID-19 Reporting Point of Contact. In lieu of a negative test result, players and staff may return to play with a medical note by a physician that provides alternative explanation for symptoms and reason for not ordering COVID-19 testing.

Symptomatic Individuals- positive test

Symptomatic individuals who test positive for COVID-19 can return 14 days after symptom onset OR 7 days after resolution of fever and improvement in other symptoms, whichever is longer.

Asymptomatic Individuals- positive test

Asymptomatic individuals who test positive for COVID-19 can return 14 days after their positive test result.

Close Contacts- positive test

If they test positive, close contacts to confirmed COVID-19 cases can return after completing the required isolation period described above.

Close Contacts- negative test

If they test negative, close contacts to confirmed COVID-19 cases can return a full 14 days after (1) date of last exposure to COVID-19 positive non-household contact or (2) date that COVID-19 positive household member completes their isolation.



Post COVID-19 Exposure Return to Play Clearance

Mandatory Physicians Note for Return to Play

In addition to compliance with all the required medical, isolation and quarantine guidance above, parents or guardians of players must provide one of the following three forms of return to play clearance documentation: 1) letter from a medical doctor; 2) documentation of permission to return to school; 3) evidence of a negative COVID-19 test result. Please submit this documentation to the AYSO Region COVID-19 Reporting Point of Contact and AYSO Coach.

Addendum

Addendum 1- [Participant Waiver](#) – Signed by all families and volunteers in the registration process.

Addendum 2- COVID-19 Template Exposure Letter (sent to families upon confirmation of case).



*** Important Notice ***

3/24/2021

Region XXXX
Family Address

Dear «Last_Name» Family,

You are receiving this letter because AYSO Region XXX has been notified that a player or family member of a player on your team has tested positive for the COVID-19 virus. We therefore are notifying families who may have come in contact with this family.

Effective immediately, we have suspended all activities for your team. AYSO continues to follow the recommendations and guidance of our health officials and we will keep you updated on team and league activities and when your team will start practice/play again.

We encourage you to review the recommendations issued by the Center for Disease Control (see <https://www.cdc.gov/coronavirus>), including watching for symptoms (see attached list), giving consideration to the need to self-quarantine, and to seek appropriate medical care if you experience any symptoms.

If anyone should begin to experience symptoms, or test positive for the virus, we would appreciate it if you would let us know so that we may update any further plans or notices. **All reports are confidential and kept private, except as required for reporting to the health department.**

The safety and well-being of all our participants and families is our first priority. We appreciate your understanding and cooperation as we work through these difficult times.

Sincerely,

Regional Commissioner



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