

## **Return to Activities Minimum Requirements:**

### **Protocols**

**KNOW YOUR ROLE! KNOW THE PROTOCOLS.** The following best practices are intended to offer guidance to our Youth Soccer community. Adherence to these considerations and recommendations does not ensure immunity from exposure. MSA makes no representations and assumes no responsibility for individual activity or participation decisions by Associations, Clubs, Coaches, Parents, or Players.

### **General**

#### **Symptoms**

Any coach, player, parent, referee and or spectator who is sick, has a persistent cough, is running a temperature or is displaying any symptoms suggesting that the individual may be ill, (from any contagious malady, including cold, flu, or suspected corona virus) will be prohibited from attending training or games. Any coach or administrator who sees any adult attendee who displays any of these symptoms should be politely but firmly asked to leave. A minor who is displaying any of these symptoms should be safely isolated until an adult responsible for the minor can remove the minor.

#### **Minimize physical touching between players and coaches**

Coaches shall ensure and all players and coaches avoid “high fives,” handshakes, or other types of physical touching. We understand that this may be difficult as players enjoy celebrating with their teammates (or even give them a hug after being apart for so long!), but we need to be diligent at enforcing this protocol for health and safety of our players and their families.

#### **Wearing masks during training sessions**

Players will be allowed to wear masks while training, but this will be a personal choice of the player’s parent of guardian. Any other individuals attending the training session are required to wear appropriate face coverings and follow social distancing guidelines.

A concern was raised that in the heat (especially on turf), it was difficult for some coaches to breath while wearing their mask during the training session. As a result, the CDC was consulted and here are the modified guidelines for coaches wearing their mask:

- Coach wears their mask walking to training and through the greeting/initial instruction part of the session, and anytime they would come within 10' of another person.
- Once training begins, the coach may remove their mask but need to keep it on their person (with a pair of gloves), in case they need to attend to an injured athlete.
- When attending an injured athlete, the coach should be wearing their mask and gloves.
- When the training session resumes, the coach may remove their mask.
- At the end of the training, prior to releasing the players, the coach needs to be wearing their mask.

#### **Hand sanitizer**

Players should have hand sanitizer for personal use.

### **Avoid “shared” equipment like pinnies**

Players should have their own alternate color training top or pinny – Pinnies should not be shared. A player should have their own ball, water bottle, towel, etc.

### **Reduce players touching practice equipment**

The handling of all training items, i.e., cones, flags, goals etc. should be limited to coaches.

### **Avoid large gatherings or lines of players**

Coaches should avoid having players stand or assemble in lines or small groups. Coaches should alter their training methods to incorporate appropriate social distancing (maintaining 6’ distancing between players when providing instruction, etc.). It is recommended that player and referee benches be removed, and that players and referees provide their own individual seating to allow for 6’ separation.

### **Facility structures cleaning and use**

Any facilities that are accessible during training and games should be cleaned and disinfected hourly. Railing and other surfaces that are touched frequently should also be cleaned and disinfected at least daily. If permanent bleachers are available for spectators, clubs should display signage on or near the bleachers reminding spectators to maintain 6’ distancing from non-family members.

### **Increased signage throughout facilities**

MSA will post reminder signage throughout facilities wherever possible to remind all players, coaches and spectators to maintain social distancing.

### **Social Distancing Oversight**

MSA will assign people to be physically present to monitor fields and facilities to politely but firmly ask any groups of parents or players to disperse and maintain appropriate distancing and that failure to do so risks the sanctioning and protection (including insurance) for the players and the club.

**Coaches:**

- Ensure the health and safety of your players. Inquire how the athletes are feeling, send them home if they act or discuss feeling ill.
- Follow all established federal, state, and local protocols.
- Ensure all athletes have their individual equipment (ball, water bottles, bag, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least 6 feet apart.
- The coach is the only person to handle cones, disks, etc.
- Coaches must strictly enforce social distancing per the current phase guidelines.
- Coaches must always wear a face mask per current phase protocol and social distance from players when required.
- Wash and sanitize your own equipment and hands after every session.
- The use of scrimmage vests/pinnies is not recommended.
- Increase your communication with parents, they need to know what you are doing as a coach and club to maintain their safety.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.

**Parents:**

- Ensure athletes are healthy, check their temperature daily.
- Strict adherence to schedule. Prompt start/finish as scheduled. Prompt arrival and departure.
- Limited or no carpooling.
- Stay in car or social distance when at training, wear mask at all times if outside your car.
- Ensure child's clothing is washed after every training session.
- Label your child's equipment to guard against cross-contamination.
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized after every training.
- Notify club immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.
- Do not assist coaches with equipment before or after training.
- Be sure your child has necessary sanitizer and cleaning supplies with them at every training.

**Players:**

- Take temperature daily.
- Wash hands thoroughly before and after training and any contact outside your home.
- Bring and use hand sanitizer with you at every training session. Especially at the beginning and end of sessions.
- Limited or no carpooling.
- Wear mask before and after all training sessions. This protects others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment.
- Bring your own ball to training, label it as your own.
- Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
- Wash and sanitize all equipment before and after every training session.
- No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.

## Reporting Plan

Any individual (player, coach, staff or parent/guardian) who has tested positive for COVID-19 must be symptom free after 14 days and cleared by a medical personnel before entering the premises of any MSA Training and Match area(s)..

Any asymptomatic player, coach or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 will be restricted from participation for at least 14 days and monitored for any symptoms consistent with infection before being allowed to enter the premises of any MSA Training and Match area(s)..

Any individual that tests positive or has symptoms consistent with COVID-19 you agree to immediately contact your head coach, at which time the club will activate its COVID-19 communication response protocol.

If asymptomatic after 14 days since last exposure, the player, coach or staff member can return to participation or work. In this case, exposure means any one of the following:

- Caring for a person with a suspected or confirmed COVID-19 infection.
- Living in the same household as an individual with a suspected or confirmed COVID-19 infection.
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for around 10 minutes or more.
- OR: coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (being coughed on, sneezed on or sharing a water bottle or other item).
- Any staff, player, coach or parent/guardian reporting or demonstrating symptoms of illness at any point will be prohibited from entering the complex and must seek guidance from his or her physician before returning to training.

Club	Coach	Parent	Player
<ul style="list-style-type: none"> <li>• Distribute and post Return to Play protocols</li> <li>• Be sensitive and accommodating to parents that may be uncomfortable with returning to play.</li> <li>• Train and educate all staff on Return to Play protocols</li> <li>• Provide adequate field space for social distancing</li> <li>• Ensure appropriate waste receptacles at fields</li> </ul>	<ul style="list-style-type: none"> <li>• Follow all Return to Play protocols</li> <li>• Inquire how athletes are feeling. If they are not feeling well, send them home.</li> <li>• Ensure all athletes have their individual equipment (ball, water, shin guards, etc.)</li> <li>• Coach is the only person to place/pick-up/touch cones, discs, or training equipment</li> <li>• Ensure drills/exercises provide for adequate social distancing</li> <li>• Ensure that training vests/pinnies are disinfected after each use.</li> <li>• Respect players, parents, and families by accommodating those that may not yet be comfortable with returning.</li> </ul>	<ul style="list-style-type: none"> <li>• If you are not comfortable with returning to play, <b>DON'T</b>. You are the only one who will make the decision when your child returns to play.</li> <li>• Check child's temperature before coming to any training session.</li> <li>• Ensure child's clothing is washed after every training session.</li> <li>• Ensure all equipment (cleats, ball, shin guards, etc.) are sanitized before and after every training.</li> <li>• Notify Club/coach immediately if your child becomes ill for any reason.</li> <li>• Supply your child with individual sanitizer.</li> <li>• Adhere to social distancing requirement; stay in car.</li> <li>• <b>Ensure you child has plenty of water</b></li> </ul>	<ul style="list-style-type: none"> <li>• If you are not comfortable with returning to play, <b>DON'T</b>.</li> <li>• Adhere to all Return to Play protocols</li> <li>• Wash hands thoroughly before and after training.</li> <li>• Wash and sanitize training equipment (shoes, shin guards, clothing) after every training</li> <li>• Do not share water, food, or equipment.</li> <li>• Respect and practice social distancing.</li> <li>• Place equipment, bags, etc. at least 6 feet apart</li> <li>• No high 5's, handshakes, knuckles, or group celebrations</li> </ul>