



AYSO Region 117

COVID-19 RETURN TO PLAY GUIDELINES

I. PRE-SEASON PREPARATIONS

A. Communication

The Region will send email communication to all of its families, volunteers, administrators, and local partners to explain the Region's plan for return to play, the Region's expectations of parents, players, and volunteers (as explained later in this document), and local requirements for the safe return to youth sports.

B. Training

In addition to training specific to each volunteer role that is already required on a regular basis, all volunteers will be given training that is specific to the Region's Covid-19 protocols. Coaches will be given training on activities centered around individual skill development and small group play where possible.

C. Waivers

Prior to participation in any Region affiliated activity, participants (or parents/legal guardians) will be required to sign a liability waiver specific to the risks associated with Covid-19.

D. Acquire Additional Equipment

Prior to the resumption of play, and to the extent materials are available, the Region will obtain supplies and equipment meant to assist in controlling the spread of Covid-19 (e.g. hand sanitizers for teams and in bathrooms, face coverings for those without their own, etc.)

II. RETURN TO PLAY

A. Pre-Activity Health Screening

1. At Home – Prior to every Region activity, including but not limited to practices, games, training, meetings, etc., parents, players, and volunteers will be responsible for checking for any symptoms associated with Covid-19 (fever, cough, sore throat, shortness of breath, fatigue, etc.). It is expected that each parent, player, and/or volunteer who will attend a Region activity will check their temperature prior to each activity.
2. At the Field
 - a) Coaches (or other certified volunteers) will be required to confirm with parents and players that at-home evaluation was conducted and that all players are free from symptoms associated with Covid-19 prior to every activity.
 - b) At or before the first training session of the season, Coaches will be responsible for reinforcing the Region's Covid-19 guidelines, and promoting/encouraging healthy habits (physical distancing when possible, covering coughs and sneezes, etc.)
 - c) Players must bring their own equipment (water, cleats, shin guards, gloves, etc.) which are not to be shared under any circumstances.
 - d) Avoid the H's – Handshakes, hugs, high-fives, and huddles.
 - e) At training sessions, coaches will be encouraged to utilize individual skill training or small group training as much as possible. Coaches will be provided with training and resources regarding age-appropriate individual and small group activities.



AYSO Region 117

- f) Players will be given opportunities at the beginning, middle, and end of training sessions to sanitize hands.
- g) At breaks, players will be encouraged not to congregate in one location and will, instead, be asked to hydrate and rest while physically distancing themselves from other players.
- h) Parents who attend practices will always be encouraged to wear face coverings and to physically distance themselves from other families.
- i) Only coaches will be permitted to touch common equipment (cones, goals, flags, etc.)
- j) Coaches will be encouraged to, as much as possible, minimize situations where players touch soccer balls (e.g. using only “kick-ins” as a restart to play during practice, collecting balls using only feet instead of hands, assigning one ball to each player when use of hands to touch soccer balls is necessary (GK training, throw-in training, etc.)).
- k) Whenever possible, coaches and other volunteers will be encouraged to wear face covering when physical distancing is not possible.
- l) Region will provide hand sanitizer to each Coach for use during the season.

III. COMMUNICATION

A. Ongoing Communication

The Region will focus on increased communication during the season to ensure that families, volunteers, and administrators are kept up to date with the latest health and safety information, including updated or changing requirements associated with Region activities. In addition, the following communication protocols will be put in place.

B. Notification Regarding Covid-19 Symptoms

1. It will be the responsibility of every parent, player, and team volunteer to immediately report (via telephone or email) any symptoms associated with Covid-19 experienced by a parent, player, or team volunteer. This notification must be made to the assigned Head Coach of that team.
2. It is likewise the responsibility of each parent, player, and team volunteer to report to the assigned Head Coach of their team if the parent, player, or team volunteer tests positive for Covid-19, or comes into close contact with any person who has tested positive for Covid-19.
3. Upon receipt of a notification that a parent, player, or team volunteer has experienced Covid-19 symptoms, been diagnosed with Covid-19, or been in close contact with someone who has been diagnosed with Covid-19, the Head Coach for that team must direct that parent, player, or team volunteer (including any other individuals who live in the same household with that person whether or not they are also experiencing symptoms) not to attend any team activities, and must immediately notify the Region’s Commissioner, Coach Administrators, and Safety Director of the report.
4. Any person who has experienced symptoms associated with Covid-19, has been diagnosed with Covid-19, or has been in close contact with a person diagnosed with Covid-19 will not be permitted to return to any Region activities until approved by the Regional Commissioner. The Regional Commissioner will only approve a return to Region activities upon receipt by a licensed healthcare professional that the person has tested negative for or has recovered from and is no longer capable of spreading Covid-19 to others.
5. Upon confirmation that the person is eligible to return to Region activities, the Regional Commissioner will communicate this fact to the Region’s Coach Administrators and Safety Director as well as the affected head coach and individual participant.