



## BURLINGAME AYSO 2021 COVID-19 SAFETY PROTOCOLS

We are excited for another AYSO season! Participant safety is a key pillar of our region's AYSO program. While we would like to go back to play without COVID regulations or requirements, at this time Burlingame AYSO will continue to maintain some aspects of the COVID preventative measures from last season. This year competitive match play will be reintroduced and restrictions on shared equipment have been relaxed. We will continue to include **pre-activity symptom checks** and there will be **mask recommendations and requirements**.

### **Mask Recommendations and Requirements**

**Masks will be required when participants are not actively participating in soccer activities on the field.** On field soccer activities include match play and training when players are actively moving or social distancing is enforced (e.g., a large circle with participants at least six feet apart). The exception to the mask requirement for off field activities is when coaches address their players. In the event a coach does address their team without a mask, they must be socially distanced. For the avoidance of doubt, all players are required to wear a mask when not on the field and all coaches are required to wear a mask when addressing their teams, coaches, or referees, when they are not socially distanced. Individual participants and responsible adults can decide whether they would like to wear a mask during on field soccer activities.

### **Pre-activity Symptom Checks**

If participant has any symptom(s) of COVID-19 (as defined by the CDC here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>) which are not explained by another medical condition, that participant shall not attend an organized team activity. For players, a symptom check should be performed by a parent or responsible adult as soon as practicable before that participant joins an organized activity. Participants who experience symptoms must not attend AYSO activities, regardless of vaccination status. Participants must be symptom free for three days before returning to team activities. While encouraged, a negative Covid test is not required to return to play. The pre-activity checklist can be found in Exhibit A.

### **Positive COVID-19 Test or Diagnosis**

A participant who receives a positive COVID-19 test or is diagnosed with COVID-19 must remain away from the team until they return a negative PCR or equivalent test. A responsible adult must inform the team coach and the safety director ([safety@burlingameayso.org](mailto:safety@burlingameayso.org)) of a positive test result or a diagnosis for a player. In the case of a coach, notification should be made to the division coordinator and safety director ([safety@burlingameayso.org](mailto:safety@burlingameayso.org)). **Timely notification of a positive test is important for the safety of the community.** Organized team activities may be suspended for that team depending on the circumstances of potential exposure.

### **Close Contact with a Positive or Suspected Positive Case**

A participant must remain away from their team for 10 days or until they return a negative PCR or equivalent test which must be taken at least three days after the close contact.

## Travel Quarantine

Participants should adhere to the below framework for domestic travel quarantine as set forth by the CDC. While travel quarantines are not required by AYSO, they are strongly recommended, especially when participants have traveled to high-risk areas or have spent significant time in public places in which social distancing is not possible (e.g., airports).

# CORONAVIRUS DISEASE 2019 (COVID-19)

Domestic Travel RECOMMENDATIONS AND REQUIREMENTS	Not Vaccinated	Fully Vaccinated
	Get tested 1-3 days before travel	✓
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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If a participant travels internationally during the season, they should refer to CDC guidelines for recommended travel quarantines.

## Sanitizer

We ask that participants bring sanitizer to organized activities to be used before games and before use of shared equipment including goalie gloves, jerseys, or pinnies.

Exhibit A



**Burlingame AYSO**

# **COVID-19 Questionnaire**

All players and volunteers must check their temperature and complete this questionnaire before coming to the field. Note: You do not need to bring the completed questionnaire with you to the field.

**DO NOT ATTEND SESSION IF:**

- You/your player answers YES to any of the questions below
- You/your player are feeling unwell for any reason
- You/your player have been in close contact\* with someone who is feeling unwell with COVID-19 symptoms

1. Do you have a temperature of 100.4 F or higher? Yes / No		
2. Do you have any of these <u>persistent</u> symptoms within the last 3 days or tested positive for COVID-19?		
Sneezing/Runny Nose	Loss of taste or smell	New onset rash
Coughing	Headache	
Shortness of breath	Nausea	
Sore Throat	Diarrhea	
Severe fatigue or muscle aches	Vomiting	
3. Have you had close contact* with a person who has the symptoms listed above and/or has tested positive for COVID-19? Yes / No <i>*Close contact: longer than 15 minutes within 6 feet of someone</i>		
4. Are you required to quarantine due to international travel quarantine requirements per the CDC? Yes / No		

**If a player/coach tests positive for COVID-19 or has been exposed to a COVID-19 positive individual:**

**Players:** IMMEDIATELY notify your COACH and the SAFETY DIRECTOR at [safety@burlingameayso.org](mailto:safety@burlingameayso.org).

**Coaches:** IMMEDIATELY notify the SAFETY DIRECTOR at [safety@burlingameayso.org](mailto:safety@burlingameayso.org).

Player and coach confidentiality will be maintained.

**THANK YOU FOR YOUR COMMITMENT TO OUR COMMUNITY'S SAFETY!**