

Ready! Set!



PLAYSOCCER®



**AYSO GUIDELINES FOR
RETURNING TO PLAY SAFELY**

-- FALL 2020 --

Dear Parents and members of the community,

We wanted to outline what measures your local AYSO region is taking to ensure your child's safety during the upcoming season. The pandemic is an evolving issue and we are doing our best to adapt, but safety is – and always will be – our #1 priority. This document should answer many of the questions you may have at this point, but if you still wish for more detail or if new questions arise, please contact your local AYSO region.

AYSO regions across West Michigan have collaborated on this **COVID-19 safety plan** based on guidelines from many different sources including national organizations like the CDC, USA Soccer and AYSO's National office plus state-level guidance from the office of the Governor of Michigan; as well as local school districts and public health officials and experts. Finally, the Michigan High School Athletics Association (MHSAA) has been updating their soccer-specific guidelines throughout the summer and we have chosen to follow MHSAA's 3-step process for returning to normal soccer during this pandemic.

Accordingly, here is a **high level overview** of our plan for the Fall 2020 season relative to the MHSAA 3-step process:

MHSAA Plan	Step 1	Step 2 	Step 3
MHSAA Guidance	<p>No gatherings of more than 10 people (coaches & players included)</p> <p>Note: Step 1 is most likely if our state slides back from current Phase 4 to Phase 3 in the Governor's Safe Start MI Plan and/or local school districts are discontinuing in-person instruction altogether</p>	<p>Outdoor gatherings of up to 100 people are permissible; Modified soccer practices may begin with strict safety protocols and on-field physical distancing measures in place</p> <p>Note: Read up on MHSAA's original guidance on their Return to Play steps here and their most recent updates here</p>	<p>Outdoor gatherings up to 100 people; Soccer matches may begin, still with physical distancing measures in place</p> <p>Note: We are assuming that Step 3 is most likely if our state graduates during the season from Phase 4 to Phase 5 in the Governor's Safe Start MI Plan</p>
Local AYSO Guidelines	<p>Team events are not viable at all age levels so our season is suspended until MHSAA moves its guidance to Step 2</p>	<p>Teams can gather for practices; extra care taken to enforce physical distancing (ex: 6ft of space at all times and no shared equipment) and strict safety protocols</p>	<p>Teams can gather for practices and matches can be played between teams; still enforcing core safety protocols</p>

As of the beginning of August 2020, **we are currently in Step 2, meaning teams can practice together but no official games can be played.** At such time that the MHSAA recommends moderate risk sports like soccer move to Step 3, your local AYSO region will resume games. We expect the MHSAA to make decisions on fall sports on or before August 20th and announce them [here](#). Your local AYSO region will announce any updates to their plans for the fall soccer season shortly thereafter.

While we are in Step 2 (practice only), we will be deploying numerous **safety protocols**, including:

- Individuals should stay at least **six feet apart** from each other at all times (players, coaches, parents)
- When six feet of physical distancing cannot be maintained, individuals should wear a facial covering
- Note: **facial coverings will not be required** during training
- Reminders to avoid touching eyes, nose and mouth; cough and sneeze into your elbow
- No pre/post greetings (high 5s, hugs, handshakes, fist-bumps, etc.)
- Prior to arrival and after practices, wash hands with soap for at least 20 seconds
- Each player brings their own ball and coach is the only one to touch equipment like cones
- Sanitize all equipment before and after every practice with an EPA-approved disinfectant or diluted bleach solution
- **No handling of soccer balls** with their hands unless wearing gloves
- Use of shared balls between players is allowed in **foot drills only**
- Scrimmages between teammates will be allowed but, instead of throw-ins, we will do sideline ‘kick-ins’
- Parents are to ensure players are healthy by testing child’s **temperature before departing for practice**, and if above 100.4°F, do not attend!
- We will recommend that coaches follow a process for tracking the health of *each player at each practice* using a monitoring form like the one on page 6
- **Healthy participants only!** Players, coaches and spectators are required to stay home if not feeling well
- Notify your coach if your child has a documented case of COVID-19, becomes sick with COVID-19 symptoms, or has been exposed to someone with COVID-19 symptoms or a confirmed case of COVID-19

The list above is not exhaustive and may be updated before our season begins based on changing conditions and new information. At the beginning of the season, coaches will review in more detail with parents and players a **full set of safety protocols**.

Finally, here are three other things you can do to help us maintain a safe environment:

1. See page 5 for a one-page overview of **parent and player responsibilities**.
2. Re-read the **electronic COVID-19 waiver** you signed when registering
3. Familiarize yourself with the **symptoms of COVID-19**, seen here 

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Q&A

What happens if an AYSO player or coach or family member becomes sick or gets infected?

This is a critical part of limiting the spread of COVID-19 so it's important we take it serious and work aggressively to contain a potential outbreak. Here is our protocol:

- Families are required self-report to the Coach if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.
- The team with a suspected or confirmed COVID-19 case will be required to self-isolate for a period of 14 days – i.e. **no team activities**.
- If we are in Step 3 and playing games, the previous week's opposing team will be notified by the Region of possible exposure and given the option to self-isolate and a recommendation to get tested for COVID-19, especially if they are experiencing symptoms.
- An Incident Report will be filed by our Child and Volunteer Protection Advocate (CVPA) who is trained to ensure that AYSO protects the privacy and confidentiality of all those involved at all times except as required by local health officials.
- To return to the field and re-join teammates, the individual who had COVID-19 symptoms or a positive test must remain isolated for the full 14 days and receive a negative test result for COVID-19 prior to re-taking the field.

I'm no longer comfortable with my child playing soccer this Fall. Can I get a refund?

We expect that some families will be uncomfortable with assuming the risk of COVID-19 transmission during sports and after reviewing our planned safety protocols may wish to back out. Other families may wish for more certainty in playing games to justify the cost and time they invest in AYSO soccer. We understand! Because registration processes and season details vary by region, each AYSO region may have its own unique way to handle refund requests, so please contact your local AYSO region for more details.

What happens if schools completely shut down in-person instruction and our season gets suspended?

There may come a time when your region needs to suspend its season for reasons completely out of our control. We hope it doesn't come to that, but anything is possible. Please be patient as your region works through a process to make it right with all our AYSO families. Please also remember that AYSO is a not-for-profit organization run by volunteers doing the best they can in a difficult time. Thank you for your understanding and for being part of the AYSO family.

RETURNING TO PLAY SAFELY



We can't completely eliminate the risk of infection, so we must all do our best to limit the spread of the virus.

PARENT RESPONSIBILITIES:

- Ensure your child is healthy. Take temperature before departing for soccer practice or a game. If above 100.4, do not attend.
- Stay in your car or adhere to social distance requirements during practices
- Where recommended by state and local health officials, use face masks (even outside)
- Ensure that your child's clothing is washed after every practice and game
- Sanitize all equipment (ball, cleats, shin guards, etc.) before and after practices and games
- Ensure that your child has hand sanitizing products with them at every session.
- Notify your team's coach immediately if your child or family member becomes ill for any reason or shows any symptoms
- Do not assist coach with equipment before or after training
- Talk with your child about their responsibilities while at practice and on game days

PLAYER RESPONSIBILITIES:

- Inform your parent if you feel unwell
- Wash your hands immediately before and after practices and games
- Bring and use your own labeled hand sanitizer at every practice and game
- Do not touch or share anyone else's equipment
- Place your water bottle and equipment at least 6 feet apart from others
- Do not share drinks or use water fountains at the field
- Please no hugs or high fives or touching of other players or coaches

We trust you have read and accept the responsibilities above.

Thank you for doing your part!



