



Basic Safety Guidelines – For All Steps



The protocols outlined in this document are *recommendations* for your league and your clubs to consider. These recommendations are based on information provided to us by US Youth Soccer, CDC, the State of California, and local health experts. How play is “re-opened” is a local decision made by each League and Club subject to State and local government directives. We urge you to review the *recommendations* we have provided and adapt the steps to fit within your respective circumstances, while also following the directives from the State of California and your local health directors. The following should be applied regardless of the Return to Play step:

- Parents and their families should take the temperature of their player(s) at home before participation. *Anyone with a temperature greater than 100.4 degrees should stay at home and not be allowed to participate for a minimum of 14 days.*
- Upon arrival to the field, coaches or staff should ask each player if they are experiencing any signs or symptoms of COVID-19. If the player has any sign symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider as soon as possible.
- Avoid “high fives,” handshakes, or other types of physical touching.
- Coaches may welcome each player as they come to the field but should not make physical contact with the player and should stay a minimum of 6 feet away when greeting players.
- Coaches should wear appropriate face coverings during training sessions.
- Non-participants attending training session shall wear appropriate face coverings and follow social distancing.
- Have youth and adults wash hands or use hand sanitizer before participation, directly after participation, and frequently during the youth activity.
- The handling of all training items, i.e. cones, discs, flags, goals, etc. should be limited to coaches only.
- Assign a “station” for each player to place their equipment & bag, and each player should return to their “station” during breaks.
- In all steps, soccer balls must be disinfected prior to and after each session.
- In all steps, no one should share water bottles/containers, towels, or any personal equipment. This includes, but not limited to shin guards, tape, hairbands, jersey/uniform. Pinnies/bibs should be washed prior to and after each day of training, practice or match.
- No spectators at practice/events during Steps 1-2; parents must observe practice from their cars. Spectators at events during Steps 3-4 should maintain appropriate social distancing.
- Create clear pathways into and out of complex so players are not coming into contact upon entering or exiting the facility.
- Railing and other surfaces that are touched frequently should also be cleaned and disinfected at least daily. Have hand sanitizer and disinfectant wipes available.
- If permanent bleachers are available for spectators, clubs should display signage on or near the bleachers reminding spectators to maintain 6 feet distancing from non-family members.
- Leagues/clubs should post reminder signage throughout facilities where possible to remind all players, coaches and spectators to maintain social distancing.
- If possible, 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.
- Establish designated drop off and pick up zones, and parents should drop off and pick up their youth players at the zone area.
- If a youth player needs supervision while waiting for pickup, adults should maintain social distancing.
- No Congregating Policy for players or parents in parking lots, at drop off zones, at entrance/exit areas of facility, or before or after training session.

Return to Play Guidelines

These recommended guidelines are intended to address Return To Play from the suspension of activities caused by COVID-19. This step approach for Return To Play is to provide clear direction and understanding for coaches, players, families and communities to safely engage again in youth soccer. These steps are designed to allow players to resume some activities outdoors in a safe manner. How play is “re-opened” is a local decision made by each League and Club subject to State and local government directives. We urge you to review the *recommendations* we have provided and adapt the steps to fit within your respective circumstances, while also following the directives from the State of California and your local health directors. Before beginning to play games, leagues and clubs need to introduce training and practices in a manner that provides a safe environment, not only relative to COVID-19, but also to the prolonged layoff that athletes have had. NOTE: While the CDC recommends six (6) feet for social distancing, due to the nature of physical activity in sport, the social distancing distance is increased to ten (10) feet.

STEP 1: (Low Risk – No Contact Training – 12 or Less Participants)

- * *In-person training for minimum 14 days prior to moving to Step 2.*
- * Only non-contact activities – conditioning/skill development
- * Maximum 2 coaches/staff allowed per half field during practices
- * No more than 11 players present at scheduled time; only 1 training session per half field
- * No two adjacent fields to be used at same time
- * Observe proper social distancing for players and coach at all times
- * Players remain 10’ apart on/off field
- * No physical contact during training
- * No sharing of water or equipment including soccer balls
- * Players & coach should sanitize all gear between each training session
- * Only coach should handle cones
- * No spectators allowed (parents remain in vehicles; at-risk stay home)
- * Coaches/trainer should wear masks
- * Players should wear face covering or mask when not actively training

STEP 2: (Medium Risk – Return to Activity – Group Size of 30 or Less)

- * *In-person training for minimum 14 days prior to moving onto Step 3*
- * Maximum 2 coaches/staff allowed per half field during practices
- * No more than 30 participants present at scheduled time; only 1 training session per half field
- * Observe proper social distancing for players and coach at all times
- * No physical contact during training
- * No huddles, handshakes, hugs, high 5s
- * Participants remain 6’ apart off field
- * No sharing of water or equipment
- * All soccer balls should be sanitized before & after practice
- * Soccer balls may be shared but not touched with hands (except GK with gloves)
- * No spectators allowed (parents remain in vehicles; at-risk stay home)
- * Coaches/trainer should wear masks
- * Players should wear face covering or mask when not actively training

STEP 3: (Medium-High Risk – Team Training – Controlled Scrimmage or Practice Game – Some Physical Contact)

- * Resumption of full team training & introduction of scrimmages & practice games
- * Maximum 2 coaches/staff allowed per half field during practices
- * Only 2 coaches & manager allowed for scrimmage or practice game per team per half field
- * Only physical contact necessary for training; should be limited
- * No sharing of water or equipment
- * All soccer balls should be sanitized before & after practice
- * Soccer balls may be shared but not touched with hands (except GK with gloves)
- * Limit close group discussions
- * No huddles, handshakes, hugs, high 5s
- * Participants remain 6’ apart off field
- * Limited spectators with masks allowed with proper social distancing; no contact with players or teams
- * Advise at-risk spectators to stay home

STEP 4: (High Risk – Full Return to Play with Resumption of League Play)

- * No limitation on participants per field
- * No restriction on training session
- * Physical contact should be minimized
- * Limit close group discussions
- * No huddles, handshakes, hugs, high 5s
- * Participants remain 6’ apart off field
- * No sharing of water or equipment
- * Soccer balls excluded, shared but not touched (except GK with gloves)
- * Only coach should handle cones
- * All soccer balls should be sanitized before & after practice, and at halftime of matches
- * Spectators allowed but maintain physical distancing & no contact with players; space out as much as possible
- * At-risk spectators take precaution
- * Observe game from other vantage points where possible
- * Recommend no travel out-of-state



Return To Play Responsibilities



These guidelines are intended to address Return To Play from the suspension of activities caused by COVID-19. The guidelines outlined in this document are recommendations for your league and your clubs to allow players to resume and engage in some activities outdoors in a safe manner. These recommendations are based on information provided to us by US Youth Soccer, CDC, the State of California, and local health experts. How play is “re-opened” is a local decision made by each League and Club subject to State and local government directives. We urge you to review the recommendations we have provided while also following the directives from the State of California and your local health directors.

PLAYER

- * Follow all Return to Play guidelines
- * Take your temperature daily and especially before activities with others
- * Wash hands thoroughly before and after all activities
- * Bring and use hand sanitizer with you to every training
- * Wear a face covering or mask before and immediately after all training
- * Ensure all equipment (ball, cleats, shin guards, pinnie) is sanitized prior to and after any activity
- * Do not share water, food, or equipment
- * Respect and practice social distancing, as required in these guidelines
- * Place equipment bags, etc. at least 6-feet apart
- * No high-5's, handshakes, hugs or group celebrations

If you are uncomfortable with returning to play, DON'T

PARENT

- * Ensure that your player is healthy; check your child's temperature prior to attending any activity
- * Notify your club/coach if your player becomes ill for any reason
- * No carpooling of players unless from the same family
- * No spectators at training/practice in Steps 1&2; parents should observe from their cars
- * Spectators & parents should maintain proper social distancing in Steps 3&4
- * When at training, wear a mask if outside your car
- * Ensure player's clothing is washed after every activity
- * Ensure all equipment (ball, cleats, shin guards, pinnie) is sanitized prior to and after any activity
- * Supply your player with individual sanitizer at every training
- * Adhere to all social distancing guidelines
- * Ensure your player has plenty of water

If you are not comfortable having your child return to play, DON'T

COACH

- * Follow all Return to Play guidelines
- * Inquire how players are feeling; send them home if they are not feeling well
- * Ensure all players have their own individual equipment (ball, water, shin guards, pinnie, etc.)
- * Ensure activities provide adequate social distancing per state and local health guidelines
- * Coach is the only person to handle communal equipment (cones, discs); do not enlist parental assistance
- * Scrimmage vests or pinnies are not recommended unless they can be issued individually to each player for their own laundry and care
- * Wear a face covering or mask when not actively coaching; maintain social distancing from players
- * Have fun and stay positive – players and parents are looking to you to stay calm, supportive and caring at this time

Respect players, parents and families by accommodating those that may not yet be comfortable returning

LEAGUE/CLUB

- * Distribute and post Return to Play guidelines to all members
- * Provide adequate field space for social distancing as applicable to various stages
- * Establish a designated drop off and pick up zone for each field or parking lot
- * Train and educate all staff to your league and club's guidelines and protocols for Return to Play
- * Have an action plan in place in case of a positive test for COVID-19
- * Work with public health to notify adult leaders, youth and their families if the league or club learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at activity
- * Maintain participant confidentiality regarding health status
- * Document reasonable and prudent steps taken and completed to keep players, coaches, staff and spectators as safe as reasonably possible
- * Be prepared to shut down and stop operations

Be sensitive and accommodating to parents that may be uncomfortable with returning to play