



YOUTH

REST

RETURN TO TRAINING



KNOW YOUR ROLE

Below are suggested criteria for training sessions for athletes, coaches and staff as outlined by the MSYSA.

- No signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days.
- Live in Michigan and have not travelled for 14 days prior to beginning training.
- Have no above normal temperature readings; temperature checks should not be conducted by staff but by players and their families prior to attending training.
- Upon arrival to training, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19 or if they have had any known exposure to someone who may have been ill. If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider as soon as possible.
- Appropriate infection prevention supplies should be present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, etc.).
- Small group training sessions should take place outside in an area where social distancing can be maintained.
- Equipment should be properly sanitized after every training session.
- Participants should use their own water bottle, towel and any other personal hygiene products.
- Avoid any activities that may require direct or indirect contact (e.g. bumping) between athletes.
- Establish a cleaning schedule/protocol for equipment with the proper use of disinfectant before, during, and after training.
- While coaching can occur onsite, coaches must maintain social distancing from all participants.



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CLUB RESPONSIBILITIES

- Create and distribute protocols to members.
- Have an effective communication plan in place.
- Identify strategies for working with public health officials to notify adult leaders, youth and their families if the organization becomes aware of a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity.
- Maintain participant confidentiality regarding health status.
- Be sensitive and accommodating to parents who may be uncomfortable with returning to play at this time.
- Have an action plan in place, in case of notification of a positive test result.
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
- Be prepared to shut down and stop operations.
- Develop plans for temporary closure of facilities for proper disinfection.
- Provide adequate field space for social distancing.
- Recommended to provide hand sanitizing stations and waste receptacles at fields for individual participant use.
- Clubs should contact, and seek guidance, from their insurance carrier(s) if not secured or provided by MSYSA's insurance carrier and communicate that information to participants prior to initial training.



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COACH RESPONSIBILITIES

- Ensure you are healthy, and check your temperature before activities with others.
- Ensure the health and safety of the participants.
- Inquire if the athletes have experienced any ill feelings or COVID-19 symptoms. Send home any one you believe acts or looks ill, and advise them to contact their healthcare provider as soon as possible.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (ball, water, etc).
- Ensure coach is the only person to handle equipment (e.g. cones); do not enlist parental or attendee assistance.
- All training is recommended to be conducted outdoors and compliant with social distancing per state or local health guidelines.
- Have fun, stay positive – players and parents are looking to you for leadership.
- The use of scrimmage jerseys, or pennies, is not recommended at this time.



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PARENT RESPONSIBILITIES

- Ensure your child is healthy, and check your child's temperature before activities with others. If your child has experienced any feelings of being ill, or any COVID-19 symptoms, do not send your child to practice.
- Consider not carpooling or very limited carpooling.
- Stay in car or adhere to social distance requirements, based on current state and local health requirements
- When at training, wear a mask if outside your car.
- Ensure child's clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Notify your club immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.



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PLAYER RESPONSIBILITIES

- Take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- 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, water, food or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.



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INFORMATIONAL RESOURCES

- Michigan.Gov – COVID-19 – <https://www.michigan.gov/coronavirus>
- Michigan Department of Health & Human Services - <https://www.michigan.gov/mdhhs/>
- United States Youth Soccer: Return to Activity Resources - <https://www.usyouthsoccer.org/resources/return-to-activity-resources/>The Aspen Institute – Health & Sport - <https://www.aspeninstitute.org/issues/health-sport/>
- Centers for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- US Soccer 'Play On' - <https://www.ussoccer.com/playon>



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