



RYSA Return to Play 2020

COVID-19 PREVENTION

Rochester Youth Soccer Association is aligning with NH's phased approach to Amateur & Youth Sports. This document will be updated as additional information and resources become available.

For guidelines provided by the State of NH, please [click here](#).

GENERAL EXPECTATIONS

- Volunteer coaches and board members will be trained on best practices for creating a safe environment for all RYSA participants
 - Social distancing as it relates to youth sports
 - Personal hand hygiene (sanitizing lotion and spray will be readily available)
 - Eliminating shared equipment
 - Detailed checklist provided for all coaches
- Expectations will be communicated with players and parents at first practices and often throughout training season.
- Bathroom and clubhouse will be closed, except for emergencies. Coaches will have access to both and will disinfect after practices if these spaces are used.
- Any coach, parent, or player will stay home if they feel sick. Reference www.cdc.gov for list of symptoms.
- Any coach, parent, or player will stay home if they have traveled out of NH, ME, or VT in the previous 14 days.

FACILITY SANITIZATION

RYSA's activities are exclusively outdoors. Our bathrooms and clubhouse will be closed except in emergency situations. When used, these spaces will be cleaned as follows:

- Maintain a supply of cleaning materials (gloves, disinfectant, soap, hand sanitizer, paper towels, etc)
- Door handles/door knobs, inside and out
- Any touch surfaces in clubhouse (sink, counter, etc)



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- Bathrooms

GUIDANCE FOR VOLUNTEERS

RYSA will provide protocols and guidelines to volunteers related to:

- Disinfection Measures
- Increase personal hygiene practices
 - Wash hands with soap and water and use hand sanitizer frequently.
 - Avoid touching the face, eyes, or mouth.
 - Practice good respiratory etiquette, including coughing/sneezing into a tissue or your elbow rather than into your hand.
- Social Distancing Protocol
- Each coach must have their own mask to wear when social distancing is not possible (i.e. for injury, etc)
- Designate a separate area clearly marked for players to go to if exhibiting symptoms during practice

GUIDANCE FOR PARTICIPANTS

- Check-In Procedures and Pre-Screening Measures
 - At arrival to practice, all players will be asked about symptoms and temperature.
 - Reminders will be given on expectations during practice and during down times.
- Each participant must bring their own:
 - Equipment (soccer balls, goalie gloves, etc)
 - Labeled water bottle
 - Hand sanitizer
- No shaking hands, high-5's, group cheers, huddles, etc.
- Players do not touch other players' equipment with bare hands as (much as possible), only use their own equipment during training/class.
- Participant should stay home if:
 - Any symptoms of covid-19 or in contact with someone showing symptoms of covid-19. Reference www.cdc.gov for list of symptoms.
 - Traveled outside New England in the last 14 days



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GUIDANCE FOR PARENTS/GUARDIANS

- Do not attend training if you feel sick or have traveled outside of ME, NH, or VT in the previous 14 days. Reference www.cdc.gov for list of symptoms.
- Immediate family is invited to come to practice or games. If on sidelines, please be seated at least 6 feet from other family groups and 10 feet from the touchline (sideline)
- Print, sign, and turn in RYSA's [athlete covid waiver](#) before child can participate