

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.

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