



COVINA AYSO SOCCER GUIDELINES & POLICIES FOR RETURN TO PLAY 2020

RETURN-TO-PLAY STATEMENT

- Restrictions continue to evolve and loosen up and tighten up and loosen up and may change what we do as we move forward, to get to some type of regular play for our players (five phases possibly) as the season approaches and starts. Please know that we recognize the implementation of these new guidelines & policies will present challenges for all involved, that have been put out by the CDC, California, LA county, our local city, and our own AYSO. It is difficult in planning our return-to-play strategies. We are working on coordinating efforts in messaging to our families and our local AYSO partners (regions in our area, school districts and our city). There is no way of eliminating the risk of infection of COVID-19 at this time. Clearly communicating return-to-play to all participants, including players, parents, spectators, and volunteers, will be no short order as we move forward.

POSSIBLE GRADUATE APPROACH

- Will be based on Federal, State, local, and our AYSO.



GENERAL GUIDANCE

- Clean and disinfect frequently all touched surfaces and all exercise equipment (balls, cones, etc.)
- Thoroughly wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer (contains minimum 60% alcohol).
- Wear a face covering, has to cover nose and mouth in public settings.
- Stay at least 6 feet away from non-family households members.
- When coughing or sneezing cover your mouth and nose with tissue or handkerchief, or into your elbow.
- If you are sick, stay at home.
- If any player, coach, or spectator who are sick, will not be allowed at practices or games.
- Parents and family members will abide social distancing (physical distance from others) regulations and are encouraged to stay in their vehicles during practices. Physical distance is 6 feet or more away.

FOR THE REGION

- Work with public health officials, and local officials if we (region 602) become aware of a participant developing COVID-19 and who may have come in contact at practices or games or other activities associated with the region.
- Maintain participant confidentially regarding health status
- Sanction practices only at our field locations when they become available from our local partners.
- Will have an action plan in place, in case of notification of a positive test result.
- Provide coaches with a detailed explanation and training on these recommendations.
- Face mask required for all coaches, players, volunteers, and families on our location sites.



- Will schedule practices with ample space for player distancing.
- Adhere to AYSO Safe Haven guidelines, i.e. 1:8 adult to child ratio; min of 2 adults present; no adult alone with children other than their own. Whenever possible, adult of same gender as players should be present.
- Will support coaches with fitness and technique in isolation exercises, grid work, and spatial awareness.
- Will provide physical guide to practice spots and playing fields in helping coaches and players remain at least 6 feet apart.
- Be sensitive and accommodating to parents who may be uncomfortable with returning-to-play
- Will try to avoid events when 6 feet distancing cannot be maintained.
- Will create communication plan for the region, to and from members (parents). To communicate their question and concerns to the region.
- Will have wavier required for every participant before starting any activities for return-to-play (practice or games).

COACHES

- Coaches will send pre-training communication to families ensuring that only healthy participants attend practices and game days, and reiterate expectations and guidelines.
- Coaches will maintain social distancing (physical distance) requirements from players and family members.
- Will wear a face mask at all times, for practice and games.
- Will adhere to AYSO Safe Haven guidelines, i.e. 1:8 adult to child ratio; min of 2 adults present; no adult alone with children other than their own. Whenever possible, adult of same gender as players should be present.
- Will utilize technique in isolation exercise, grid work, fitness, and spatial awareness to limit physical contact between players.



- Coach will keep players in small groups (cohorts maybe), also to keep groups from mixing from other groups of players as much as possible. Coach should keep groups with same coach or rotate among other coaches (if team has more than one coach) to a minimal amount.
- Will stay positive and create a fun environment in this new normal.
- Coaches will ensure all players have and handle their own labeled equipment (ball, water bottle, and other items, etc.) for practice and games.
- The coach will be the only person to handle their own coaching equipment, and should not allow any parents or participants to assist.
- Coaches will use hand sanitizer or handwashing on arrival, and midway thru, and end of practice or games.
- Coaches will ensure players will use hand sanitizer or handwashing on arrival, and midway thru, and end of practice or games.
- Coaches will ensure no shared equipment between players.
- Coaches will ensure no physical greeting between themselves and participants (just verbal acknowledgement).
- Coaches will ensure no high five or hand slap at the end of a match/game, just verbal or clapping to the opponent sideline.
- Will complete and submit AYSO's incident report form to the Region Safety Director immediately, including a team roster.

Coaches may have assistant coach/s and team parent and will be expected follow the same accordance with the same health and safety guidance designated for the coach.



TEAM PARENT/MANAGER

- Assist Coach, as requested, with communications to families (including safeguard reminders, i.e. only healthy participants attend activities).
- Serve as focal point for notification from team families if a family member becomes ill with COVID-19, tests positive for COVID-19, or comes in contact with a confirmed case of COVID-19. Notify the coach immediately.
- Maintain social distancing requirements from coach, players, and family members.
- Wearing a face mask is recommended for the duration of the practice/games.
- Support identified guidelines for coaches.
- Assist with hand sanitizer or other safety precautions like handwashing on arrival/mid-way and the end of training in support of the coach. Also do the same on game days.
- Help team/teams adhere to AYSO Safe Haven supervision guidelines.

PARENTS

- Will ensure their child/s are healthy. If not sure of temperature then take before departing for soccer practice or games (if above 100.4, do not attend).
- Drop off participants and receive verbal acknowledgement from the coach (coach/s are not baby sitters).
- Will adhere to social distance (physical distancing – 6 feet) or stay in their vehicle, based on state and local health guidelines.
- Will limit the use of carpools/van pools, and limit passengers to household members.
- Face mask will be used at practice and games.
- Recommend that participants clothing is washed after every practice and games.



- Recommend all equipment are sanitized before and after every practice and games (balls, cleats, and etc.).
- Clearly label your child's water bottle and personal items.
- Will send with their child hand sanitizer and water bottle, all labelled with their name.
- Will notify your coach/s immediately if their child or a family member becomes ill for any reason.
- Will not assist their coach with equipment before or after practice and games.
- Will check the region and/or coach communication regularly.
- Will not be behind any Assistant referee area during play, will be from the coach box to the left side, down to the 18 line (top of the penalty box).

OFFICIALS

At all times

- Stay at least 6 feet from anyone as much as possible.
- Avoid touching eyes, nose, and mouth.
- Spitting or rinsing mouth with water is to be avoided.
- Cough into elbow.
- Stay home if not feeling well and communicate to the Referee Administrator.
- Spectators will be from the coach box to the left side, down to the 18 line (top of the penalty box). Not behind assistant referees.



Pre-game

- Prior to arrival, wash hands with soap or alcohol-based solution for at least 20 seconds.
- Arrival in full uniform is recommended.
- Maintain 6 foot distance from players, coaches, spectators, and referee team for all administrative procedures.
- Mask is recommended for pre-game duties.
- No handshakes with coaches, players, or spectators.
- One player from each team; center official; no handshakes; keep 6 feet distance.
- No coin toss, Visitor/Away team will kick off first half. Home team will select field half.

During play

- Masks are not required for referees during active play.
- Assistant referees are not required to wear mask during active play, unless they wish to do so, has to be a breathable mask.
- Referees are recommended to stay a min of 6 feet away from players, coaches, spectators, and the referee team during dynamic play and stationary play at all times.
- Avoid spitting.
- Cough into your elbow.
- Do not share whistles, or if possible, any other referee equipment.
- If not feeling well during the game at any time, go home immediately.



Post-game

- After the game, applaud the players and coaches, but handshakes are not permitted; fist bumps/elbow bumps are not recommended.
- If shared, wipe down the handles of flags with an alcohol-based rub, spray, or wash with soap and water.
- Upon completion of the match, wash hands with soap or alcohol-based solution for at least 20 seconds.

PLAYERS

- Will inform parents/family members if they are not feeling well.
- Wash hands before and after practices and games.
- Will be responsible for cleaning all required equipment after every practice and game (ball, cleats, and etc.).
- Will bring and use own hand sanitizer at every practice and game. Which should be labelled.
- Will bring own water bottle (which should be labelled), and no sharing drinks and no use of water fountains.
- Will not touch or share anyone else's equipment.
- Will practice social distancing (physical distance – 6 feet), and place bags and equipment 6 feet apart.
- Will not do any physical greeting with their teammates, just verbal acknowledgement is expected.
- No high fives or hand slaps after games, just verbal acknowledgement or clapping to the opponent sideline.
- Will wear mask to and from the field, and for team check in. But not during warm ups or during any game.



PRACTICES

- Most likely will have assigned locations for each team for the entire season, to have enough physical distance spacing for participants. The spacing will be set by the level the participants are in (10 u a given size area).
- Possibly will have assigned times to be able to have enough space for all teams to practice. And to get all teams to practice in 4 days (might have to go to 5 days a week).
- Practices will be different than what we use to have, do to isolation exercises, grid work, fitness, and spatial awareness.
- Practice time should remain the same as we move forward. Do not expect to change.
- Goals used at practice might have to be put in the middle of the practice area instead of at one end or another, so that equipment (ball, etc.) do not go into a different practice location.
- Parents/family members will not be right on the edge of practice location, they will be set back for physical distance to participants practice space.
- Use of the entire field may not be allow moving forward (like when coaches send players on runs). To keep minimal contact between players and teams.
- The only location for use at this moment for practice will be Royal Oak school site. Will be working on others sites as time moves forward.

GAME SCHEDULE

- They game schedule will try to be the same as in the past, but will depends how things open and changes as time moves forward.
- Will try to have more time between games, depends on the number of teams in each division for field use, in order to move people off of the fields before people show for the next game on the fields. Trying to keep minimal contact between people moving on and off the fields.



GAME DAYS

- To start the day team volunteers will need to get gloves to set up goals and paint the fields for the first game of the day. And the last game, volunteers will need to get gloves to take down goals.
- Teams will check in at the check-in tent for getting a temperature check of all players before their game.
- Right now family members need to be at the field for least amount of time as possible, there will be exceptions (like when a family has multiple players playing). Or are volunteering (like refereeing).
- Game days might get back to what we had, but likely will be very different.
- Spectators will be between the coach box and left side, down to the 18 line (top of the penalty box). Not behind Assistant referee's.

There might be a 5 step phase that we might have to do for return-to-play for this coming season.

VOLUNTEERS

- All volunteers (board members, coaches, team parents, and referee's) will wear a mask when on the field around others, except when referees are refereeing a game, (no mask will be worn). When not around others will not require mask to be on.
- Need to wash hands before coming to the fields, with soap and water or hand sanitizer for 20 seconds. And in the middle of their time. And when they leave.



IF COVID OCCURS IN REGION

- There will be guidelines put in place for different issues should they accrue.
- Will be added later.