



Emergency Action Plan

**Creating and maintaining a safe
environment for return to play**



**US YOUTH
SOCCER**



**South Texas Youth Soccer
Association**

Implementing a Progressive Return to Play

<u>Phase 0</u>	<u>Phase 1</u>	<u>Phase 2</u>	<u>Phase 3</u>	<u>Phase 4</u>
<p>No in Person training or competitions</p> <p>Virtual training only</p>	<p>Individual skill training and individual physical conditioning with a ball</p> <ul style="list-style-type: none">- One player per ball- Distances between players <p>Small Group training</p> <ul style="list-style-type: none">- Passing patterns- No contact- Avoid lines (use markers)- No catching or use of hands	<p>Introduction to defensive pressure and contact in training.</p> <p>Use of small-sided within the cohort.</p> <p>Intrasquad scrimmages acceptable within the cohort.</p>	<p>No restrictions on training activities for players.</p> <p>Teams can return to scrimmaging within their own club and playing games outside their club following recommended guidelines.</p> <p>Local and same-day travel for scrimmages or games with teams outside the same club is recommended.</p>	<p>No restrictions on training, games, or travel for players, coaches or spectators.</p> <p>COVID-19 recommendations no longer apply</p>

CDC General Guidelines

The following CDC recommendations should be followed, regardless of the Return to Play phase. They currently include:

Stay at home if you are feeling sick or experiencing the following COVID-19 symptoms: People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.3 degrees F/37.9 degrees C
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

****This list does not include all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.**

General Guidelines

The following practices will be enforced in order to mitigate transmission of any communicable disease:

- Avoid touching your face
- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a face mask or covering when outside
- Frequently disinfect commonly used surfaces and equipment
- Avoid contact with other individuals (shaking hands or high fives)
- Maintain a distance of 6 feet between you and others
- Outdoor spaces pose less risk than indoor spaces

Soccer Equipment

- ✓ Clean and sanitize before every game or practice
- ✓ Do not share gear
- ✓ **Wear masks at all times when not on the field**
- ✓ As much as possible, avoid using shared resources (drinking water, public bathrooms)
- ✓ Bring your own sunscreen/bug spray

Health Checks

Prior to participation in any physical activities, program technical staff, referee assignors, and coaches should obtain confirmation from each player, coach and official that:

1. They are not experiencing symptoms related to COVID-19
2. They have not had close contact with anyone who has had a confirmed case within the last 14 days
3. They are not restricted from participation by a healthcare provider
4. Each individual should check their own temperature & refrain from participation if they have a fever

(>100.4 F).

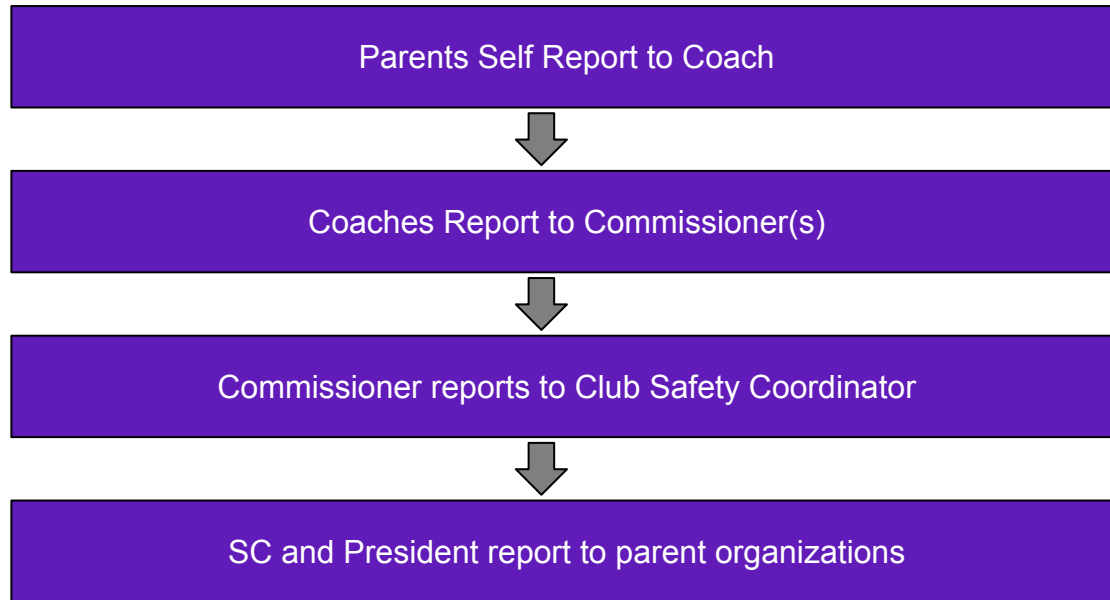
A representative from each team (i.e. head coach or team manager) should confirm with the opposing team that all participating players and staff have met the above requirements.

All referees should confirm individually with both team representatives that all referees have met the above requirements. Any individual who is unable to confirm this criteria should be restricted from participation and contact their healthcare provider.

Coaches will send attendance and health check reports following every game or practice to Safety@libertyhillsoccer.org. Any positive cases need to be escalated following our reporting hierarchy on the next slide

Reporting Guidelines

- Reporting of positive symptoms or confirmed cases will follow proper protocol. All positive cases will be communicated to the entire organization once contact tracing is completed.



Health Report

- Following any organized gathering (evaluation, training, game) the coach or manager or designated safety coordinator will be required to send a **Health Report** via email to safety@libertyhillsoccer.org following the below format
- Subject Line: **“Team Name, Date, game or training”**
- Body - Answer three questions
 - **Were all players present during this event? If not, who was absent?**
 - **Did any participants or spectators exhibit symptoms of Covid-19?**
 - **Were all EAP protocol followed? If not, describe the incident or actions that occurred, breaking protocol.**
- Signature - **Assigned Team Safety Coordinator and contact information**



Divisional Safety Coordinators will monitor weekly health reports and report incidents to the Safety Coordinator and President of the association.

Games and Training are strictly prohibited for teams that have not sent in the safety report following a gathering.

Important Information

- Parents must report if their child or anyone in their immediate circle of contact has been diagnosed with Covid.
- Parents must report if their child has exhibited any symptoms of Covid-19.
- Coaches will also report after each training or game to Safety@libertyhillsoccer.org an attendance report and health check to aid with contact tracing.
- **More than 3 positive tests throughout the entire organization by active participants is considered an Outbreak and will cease operations for the entire club until further notice.**
- Teams having come in contact with any individual within a week of a positive test will be notified and be given the option to quarantine or continue play under close observance.
- **All spectators, coaches, referees and managers must wear masks at all times. Players must wear masks at all times except when actively participating on the field.**

Before Practice/Game

Players, coaches, referees and spectators should:

- Maintain social distancing guidelines when entering and exiting the facility.
- **All spectators, coaches, referees and managers must wear masks at all times. Players must wear masks at all times except when actively participating on the field.**
- Bring their own equipment (hand sanitizer, water bottles, towels, etc.) that should not be shared between individuals.

Pregame

- Do not enter the facility until 30 minutes or less prior to their game.
- On field warm-ups should be limited to 20 minutes or less.
- Player Cards / Rosters - Check-in Procedures. When possible use electronic methods.
- Pre-game coin toss (if necessary) should follow social distancing guidelines and participants should be wearing masks. Limit number of captains.

Please Report to your team coach if your child or anyone in their immediate circle of contact has been diagnosed with Covid-19. Please Report if your child has exhibited any symptoms of Covid-19.

Game Play

Players and coaches

- Should remain socially distanced when on the sideline before, during and after games. This includes substitutes.
- Multiple tents, benches, chairs may be necessary for this to be possible.
- Coaches should plan ahead on how to communicate key information to players in a safe manner.
- **All spectators, coaches, referees and managers must wear masks at all times. Players must wear masks at all times except when actively participating on the field.**

Equipment

- Have extra balls available. Any ball that comes into contact with anyone not playing, should be disinfected before being reused.
- Surfaces of shared equipment such as balls, cones and any other equipment should be disinfected before and after each game.
- Players should not share items such as water bottles, sunscreen, or clothing such as training bibs, warmups, jerseys, etc.

After Practice/Game

Postgame

- Handshakes should be replaced with socially distanced applause lines.
- Players, coaches and spectators should leave the facility immediately after their game.
- All soccer equipment and uniforms should be sanitized after each use.

Please Report to your team coach if your child or anyone in their immediate circle of contact has been diagnosed with Covid-19. Please Report if your child has exhibited any symptoms of Covid-19.

Can I watch my child play soccer?

- No spectator should attend a game or practice if they are displaying symptoms of Covid-19
- We ask that spectators remain off of the fields during practices with the exception of younger teams that may need parental assistance.
- Maintain social distancing of at least 6 feet on both sides and be seated 10 feet from the field of play.
- May sit behind the end line but may be asked to move if they are creating a verbal or visual distraction.
- Facemasks required at all times
- We recommend 1 spectator per family where possible.
 - If more family members Must attend, a family unit should be comprised only of people who reside in the same household.
 - These units should sit together and socially distance from other family units before, during, and after the event.

Reminders for Creating a Safe Soccer Environment

DO NOT allow spectators to enter the facility during training events.



DO NOT host group talks or large lined activities with players, coaches or parents.



DO NOT loiter in groups before, during or after activities.

(This applies to groups of people at games and even players grouping under a shade shelter for a team talk)

DO NOT mix players and coaches between cohorts.



DO NOT attend any activity if feeling sick!

(Cough, Shortness of breath or difficulty breathing, Fever of 100.3 F, Chills, Muscle Pain, Sore Throat & More)

DO NOT have players or coaches share water, clothing or allow/encourage high fives or hugging.



Safely returning to play will require a group effort by all parties involved.

Together we can create an environment that will allow our kids to enjoy the Beautiful game.

By choosing to not follow the rules put forth in this document, you are choosing to deprive our children of a chance to return to safe and responsible fun.

