



SUPER Y LEAGUE RETURN TO PLAY PROTOCOLS

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Return to Play Protocols & Best Practices

The Super Y League would like to provide all members with important guidelines related to the Covid-19 situation. These Return-to-Play Protocols and Best Practices (these “Protocols”) are not intended to serve as (and are not) a substitute for professional medical advice, diagnosis, or treatment. Similarly, it is also possible that, in some cases, these Protocols will be less strict than the guidance, recommendations or requirements of applicable state and local health authorities (“Health Authority Guidance”). In these cases, teams and players must comply with the Health Authority Guidance. Put differently, these Protocols are intended to supplement (and not replace) Health Authority Guidance. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training or competition.

Although no activity can ever be completely risk free, the intention of these Protocols is to put in place certain recommendations and requirements such that the risk of contracting Covid-19 is limited to a medically acceptable level and, by providing additional information and resources, to help ensure the health and safety of players, coaches, parents, administrators, and others. Unless specifically noted, however, the within

Much of the information included in these Protocols has been collected from publicly available sources, including federal agencies, government entities and other sport organizations, while many of the requirements and recommendations will relate back to the Health Authority Guidance specific to your locality. However, the knowledge and circumstances around COVID-19 are changing constantly and, as such, the Super Y League makes no representation and assumes no responsibility for (a) the accuracy or completeness of any information included in these Protocols or (b) the sufficiency of these Protocols to prevent the contraction of the virus.

Super Y League expressly reserves the right to modify these Protocols from time to time in its discretion.



General Health & Safety Recommendations

*Unless explicitly noted as mandatory, the Protocols included in this “Health & Safety Recommendations” section are applicable to situations *other than* on game days and are intended only to serve as a set of recommendations and best practices*

General Recommendations/Hygiene Recommendations/Handling Equipment

The following practices have been recommended by the CDC and should be reinforced within your organization.

General hygiene:

- Avoid touching your eyes/mouth/nose
- Frequently wash or sanitize your hands
- Cover mouth and nose (with arm, elbow or tissue, not hands) when coughing or sneezing; Wash hands afterwards and dispose of any tissues
- Avoid spitting or coughing in the vicinity of other individuals
- When possible, wear a facemask or covering
- Frequently clean or sanitize commonly use surfaces (Restrooms, concession stands, door knobs, benches);
- Avoid shaking hands or other contact interactions;
- Maintain a distance of 6ft between you and other individuals;
- Stay home if you feel sick or are experiencing any symptoms of COVID-19 and contact your health care provider;
- We recommend clubs screen its players and families prior to any team activities (games, training sessions, etc.). A sample questionnaire is included as Exhibit A.
- Send home anyone who feels sick.
- We highly recommend individuals of 65 years of age or older or those in high-risk categories do not attend any games/events
- Do not make indoor space or locker rooms available for use
- Keep contact information (if permitted) to provide to local health departments in the case of exposure to COVID-19.



Covid-19 Symptoms

Clubs should identify a main point of contact for COVID-19 related questions or concerns. Parents should inform the club POC if their child is experiencing any COVID-19 related symptoms, and a sample pre-activity screening questionnaire has been included as Exhibit A.

The most common symptoms associated with infection include:

- Fever (100.4 degrees F)
- Cough
- Shortness of breath

Less common symptoms:

- Sore throat
- Congestion
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle / joint Pain
- Sudden loss of taste or smell
- Chills

Club Recommendations (Generally)

- Be accommodating to parents and players who may be uncomfortable with returning to play
- Send home any players or spectators from your club who appear or act ill upon arrival
- Create club protocols and distribute to members
- Train and educate all staff on these Protocols
- Have an effective communication plan
- Identify a staff member as a point of contact for any Covid-19 related concerns or questions
- Provide adequate field space for social distancing
- Have an action plan in place, in case of a positive test result
- Be prepared to shut down and stop operations
- Communicate with local health officials and identify a main point of contact



Coach Recommendations (Generally)

- Ensure the health and safety of your players
- Monitor the health of players and send home anyone who acts ill or looks ill upon arrival
- Wear a facemask at all times
- Follow all Health Authority Guidance
- Ensure all players use their own individual equipment (ball, water, shin guards, etc.)
- Ensure players are following social distancing protocols;
- Ensure all equipment (under the club's control) is cleaned or sanitized with EPA approved disinfectant (balls, cones, vests, flags, etc.)

Parent/Guardian Recommendations (Generally)

- Do not return your child to play if you are uncomfortable
- Check your child's temperature before attending any training sessions or games
- Wear a mask when in public
- Sanitize or clean all equipment before and after every training session or game (cleats, ball, shin guards, etc.)
- Maintain social distancing guidelines;
- Notify the club/coach if your child becomes ill
- Supply your child with individual water bottles
- Provide your child with necessary sanitizing products
- Support the coach and organization in adhering to all safety recommendations

Player Recommendations (Generally)

- Do not return to play if you are uncomfortable;
- Follow all social distancing guidelines; including while in the bench area and walking to or from the field of play;
- Place equipment/bags at least 6 feet away from others when in the bench area;
- Frequently wash your hands, especially before and after training or games;
- Do not share any individual equipment or water with other players;
- Avoid high 5's, handshakes, fist bumps or celebrations



- Wear a mask, except when actively participating in training

Protocols Following Confirmed or Suspected Case of Covid-19

Below are recommendations that are intended to guide SYL clubs with decision-making regarding players or staff with a confirmed or suspected case of COVID-19 infection. SYL recommends each club develops their own set of protocols in conjunction with local health authorities and in accordance with Health Authority Guidance. Also, participant contact information should be kept (if permitted) to provide to local health departments in the case of exposure to COVID-19.

Symptomatic player/staff with suspected or confirmed COVID-19 infection:

- Inform your club's main POC
 - Cannot attend club events until:
 - At least 3 days (72 hours) have passed since resolution of fever (defined as 100.4 degrees F) without the use of fever-reducing medications and respiratory symptoms (e.g., cough, shortness of breath)
 - 10 days have passed since symptoms first appeared
- OR:**
- Negative results of an FDA authorized molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected 24 hours apart (two negative specimens)
 - Viral Test: determines a current infection
 - Antibody Test: determines a past infection
 - Wear a cloth over your face if you must be around other people or other peoples animals (Even at home)

Player / staff with confirmed COVID-19 who have not had any symptoms:

- Inform your clubs main POC
 - Cannot attend club events until:
 - 10 days after date of their first positive COVID-19 test, assuming no symptoms since that time.
- OR:**
- Negative results of an FDA authorized SARS-CoV-2 RNA test from at least two consecutive respiratory specimens collected 24 hours apart (two negative specimens)
 - Viral Test: determines a current infection



- Antibody Test: determines a past infection

Protocols Following Exposure to a Suspected or Diagnosed Case of COVID-19

Below are recommendations that are intended to guide SYL clubs with decision-making regarding players or staff following exposure to a suspected or diagnosed case of COVID-19 infection in order to reduce the risk of disease transmission. SYL recommends each club develops their own set of protocols in conjunction with local health authorities and in accordance with Health Authority Guidance.

Asymptomatic player / staff following exposure to a suspected or diagnosed case of COVID-19

- Take your temperature is symptoms develop
- Practice social distancing; Maintain 6ft of distance from others and stay out of crowded places
- Follow CDC guidance if symptoms develop
- Stay at home until 14 days after your last exposure; monitor for any symptoms consistent with infection during this timeframe
- Check temperature twice a day and stay away from people who are at higher-risk
- If asymptomatic after 14 days since last exposure, they can return to participation.



Game Day Health & Safety Requirements

Unless explicitly noted as a recommendation, this “Game Day Health & Safety Requirements” section applies on game days and compliance with these Protocols is mandatory

Screening.

No player, family member, coach, or other club personnel may attend a match (or other team activity) if they (a) are feeling sick, (b) are experiencing COVID-19 symptoms, or (c) have had close contact with anyone who has a diagnosed or suspected case of COVID-19.

We recommend that clubs screen their players and families prior to any games, and a sample questionnaire has been included as Exhibit A.

Temperature Checks.

Each player, family member, coach, or other club personnel may attend a match must perform a temperature check prior to reporting to a match (or to the first match, if there are multiple). It is recommended that such temperature checks be conducted at home or the hotel prior to departing for the match or in the car once you have arrived (but not outside at the fields). Anyone with a temperature of 100.4°F or above must immediately exit the fields/facility.

Club Responsibilities.

The Club, through its coaches and other club personnel, is required on game days to ensure the following:

- Players or spectators from the club who appear or act ill upon arrival are immediately sent home (see “Screening” section above);
- Only two spectators per player attend games (unless impractical);
- Adequate field space (if applicable) is provided for social distancing;
- Its personnel at the field wear a facemask at all times;
- All Health Authority Guidance is followed;
- All players, where practical, use their own individual equipment (ball, water, shin guards, etc.);
- Other than while on the field during a match, players are following social distancing protocols (including that players must stay 6ft away while in the bench area);
- All club-provided equipment (or equipment under the club’s control) is cleaned or sanitized with EPA approved disinfectant (balls, cones, vests, flags, etc.);
- Players are able to wash or sanitize their hands during half-time of games;



- A maximum of two coaches/managers are permitted in the bench area;
- One person is designated to handle the check-in process with referees, and that the same person tracks stats to avoid multiple interactions;
- Team huddles or handshakes before, during or after games are prohibited.

Parent/Spectators Responsibilities

Each player's parents or guardians are required on game days to:

- Do not return your child to play if you are uncomfortable
- Check your child's temperature before arrival at the field/facility (*see "Temperature Checks" section above*);
- Limit the number of spectators for your child to 2;
- Upon arrival, watch games only from the spectator sideline;
- Wear a mask at all times while at the fields/facility;
- Sanitize or clean all of your child's equipment before and after each game (cleats, ball, shin guards, etc.);
- Maintain social distancing guidelines while spectating games, staying 6ft away from other spectators;
- Notify the club/coach if your child becomes ill;
- Ensure that your child is provided individual water bottles; and
- Leave the field area as soon as the game concludes.

We also recommend that parents or guardians bring their own seating when spectating games and avoid bleachers or public seating when possible.

Player Responsibilities.

Each player is required on game days to:

- Upon arrival, go directly to the player bench area;
- Do not return to play if you are uncomfortable;
- Follow all social distancing guidelines, other than while on the field during a match, including staying 6ft away while in the bench area and while walking to or from the field of play;
- Place equipment/bags at least 6 feet away from others when in the bench area;
- Frequently wash your hands, especially before and after training or games;
- Do not share any individual equipment or water with other players;



- Avoid high 5's, handshakes, fist bumps or other celebrations;
- Wear a mask at all times at the fields/facility, except when participating in drills, warmups or games (except that players who have just completed active training may have a “cool down” period before they put on a mask, provided they are socially distanced); and
- Leave the field immediately following the conclusion of a game.

Referees

Referees are required on game days to:

- Wear a mask while at the fields/facilities, except while refereeing games;
- Designate one referee to handle check-in;
- Ensure social distancing guidelines are followed during check-in; and
- Ensure that no more than 2 coaches/managers are present in each team's bench area.