



## RETURN TO COMPETITION PLAN FOR COVID-19 (updated 8/16/2020)

### GENERAL RECOMMENDATIONS

General recommendations to stop the spread of infection, as outlined by Minnesota Department of Health:

- Stay at least 6 feet from other people..
- Stay home if you feel sick and contact your health care provider.
- Avoid touching your face.
- Wash your hands often, with soap and water. Wash for at least 20 seconds.
  - Cover your mouth and nose when you cough or sneeze. Cough or sneeze into your elbow or a tissue. Throw used tissues in the trash and wash your hands afterwards.
- MDH recommends wearing a cloth face at all times in public settings whether indoor or outdoor. The current Minnesota Executive Order must be followed, which indicates that masks are required in the outdoor setting if social distancing (> 6 feet of distance) cannot be maintained (see ‘Spectators’, Page 6).
- Clean and disinfect things that people touch a lot: counters and other surfaces; telephones, remote controls and other devices; doorknobs, stairway railings and other objects.
- Avoid contact with other individuals (shaking hands, for example).

### PRIOR TO ARRIVING:

- It is recommended that players from different households do not drive/carpool together.
- All participants should use the Minnesota Symptom Screener:  
<https://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid/>
- Each player, coach, and referee should check his/her temperature at home, and refrain from participation if he or she has a fever ( $\geq 100.4$  degrees F).
- All coaches, players, referees and others (i.e. spectators) should be monitoring their symptoms at home to ensure that:
  - He/she is not currently demonstrating or suffering from any ill symptoms
  - He/she has not had a suspected or documented case of COVID-19 in the last 14 days
  - He/she has not had any close contact with a sick individual or anyone with a confirmed case of COVID-19
  - Any individual who is unable to confirm the above criteria should not participate and contact both their Club and healthcare provider.
-

#### AT THE FIELD BEFORE THE MATCH:

- Any player that does not meet the above gating criteria should be restricted from participation and sent home.
- It is not the responsibility of the referee to enforce these criteria or aspects of the club's plan. The coaches, players and parents are responsible for assessing their criteria and restricting their participation.

#### DURING THE MATCH: Soccer may be conducted "as usual" with the following exceptions:

- Any team pre- and post-match handshakes should not occur.
- Handshakes or contact in substitutions should be avoided.
- Celebrations should not contain physical contact.
- Social distancing should occur between players and coaches on the sideline both during play and during any individual or group discussions during the match.
- No player, coach, or spectator should violate social distancing guidelines with a referee at any time.
- Player pass cards should not be collected, and instead a game roster should be given to the referee. Staff cards should be shown to the referee but not collected.
- Players on the sideline/bench should remain socially distanced (6 feet minimum) at all times.
- Players do not need to be masked, but staff and players on the sideline (whom are not currently playing) should have a face covering.

#### AFTER THE MATCH:

- All attendees should maintain social distancing guidelines after the match is completed.
- Teams should not congregate, post-match debriefs should be kept to a minimum, and teams and supporters should depart the premises immediately.

#### PRACTICES:

- All of the same precautions used for matches will be used at practices

#### REPORTING OF POSITIVE COVID-19 INFECTION:

- Any individual with a confirmed case of COVID-19 should notify their respective clubs immediately.
- Any referee with a confirmed case of COVID-19 should notify their respective assignor/Club who assigned the match immediately.
- Any Club notified of a confirmed case of COVID-19 in a player, staff member, or referee should notify any other organization involved in competition with that individual in the 2 days prior to symptom onset or 2 days prior to the individual being tested for COVID-19.
- Clubs should report any cases of players/staff/referees to Minnesota Department of Health at [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us).
- Regarding the need to quarantine, review Appendices B & C about suspected or confirmed COVID-19 infection.

## EQUIPMENT:

- Players and referees should bring their own equipment (hand sanitizer, water bottle, towels, etc.) that should not be shared between individuals.
- Equipment should be disinfected before and after trainings and matches, equipment should be provided by the club. Where possible, communal equipment should only be handled by the coach.
- “Pinnies” shall be individually distributed to each player and used by that player for the season, and washed in between each team contact.
- Balls should not be handled with their hands, by any player, with the exception of the goalkeeper with gloves on.
- Shared “hydration stations” should be eliminated to the extent possible and players and staff should bring their own water or other hydration.

## FIELD LAYOUT

The below field layout should be utilized with appropriate social distancing measures always in place.



## SPECTATORS

Adapted from MYSAs return to play plan-2020

- It is strongly recommended that players have a minimal number of supporters on site whenever possible. Capacity limits are to follow MN Stay Safe Guidance.
- Everyone is expected to cover their mouth when coughing or sneezing (into the nape of the elbow).
- Anyone feeling sick should leave the facility immediately, go home and if needed, seek medical guidance from a healthcare provider.
- Avoid touching their eyes, nose and mouth with their hands whenever possible.
- Tents, tarps or large group structures will not be permitted in the spectator areas of the sidelines.
- It is strongly recommended that people over the age of 65 and/or people with pre-existing conditions do not attend.
- MDH recommends wearing a cloth face at all times in public settings whether indoor or outdoor. The current Minnesota Executive Order must be followed, which indicates that masks are required in the outdoor setting if social distancing (> 6 feet of distance) cannot be maintained.

#### TIMING CONSIDERATIONS

- Stagger home match start times to avoid mass congregating before or after matches. For example, if a 11U/12U match typically would be scheduled in a 1.5 hour block, consider using a 2-hour block.
- configure field layouts consistent with the goal of avoiding mass congregation and social distancing protocols