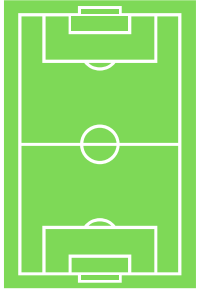


WHAT TO CONSIDER WHEN RETURNING TO PLAY

DISTANCING

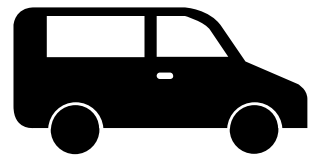
STX Soccer recommends Local Government practices when it comes to the ability for large gatherings in parks or training spaces. Please reference these distancing practices initially before expanding group sizes, training, games & contact.



Discourage mixing players between each team

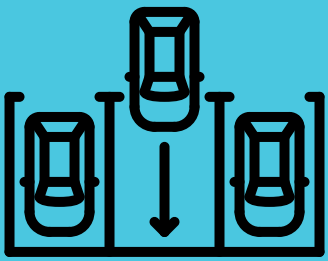


Avoid contact with high fives, hugs & handshakes in group celebrations



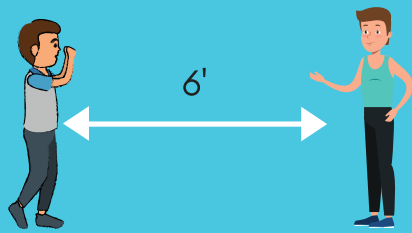
Group excursions related to youth sports are discouraged and should be limited

SAFETY PROTOCOLS

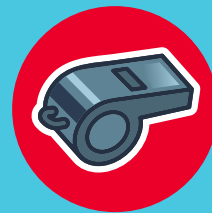


Have parents remain in cars during training sessions

OR



Maintain CDC recommendations of 6' for Social Distancing outside training areas and a maximum of 10 individuals in a group



Ease training into 15 min. intervals as players re-adapt



Reduce number of players handling training equipment

FYI'S

- No one should attend practice or games if **NOT** feeling well
- Advise at-risk spectators to stay home
- Sanitize training equipment after each use
- Avoid large gatherings or incorporate social distancing in all activities
- Communicate with parents & players before and after each training for updates to future protocols

VIRTUAL



Official **Group** training sessions done in a virtual environment under a coach's **live** direction and with a parent present will be covered through insurance!

(On your own training or emails with training materials may be preformed at players own risk!)

HYGIENE PRACTICES



Coaches wear face coverings as much as possible

Players use face coverings as much as possible



Provide designated hand sanitizer stations

Avoid sharing drink containers, training equipment (balls, bibs, gloves) and hygiene products



Promote hand washing for 20 seconds with soap and water



South Texas Youth Soccer encourages following practices recommended by the CDC, State & Local Government and will continue to monitor and communicate the best practices in regard to member safety and returning to play.



CHECKLIST FOR YOUTH SPORTS OPERATORS

A note about children and COVID-19:

The virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die.

We should all be thankful that, with rare exceptions, COVID-19 is not claiming the lives of our children. However, we can never forget that a child with a mild or even asymptomatic case of COVID-19 can spread that infection to others who may be far more vulnerable.

COVID-19 is spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing, speaking, and even just breathing. COVID-19 can also be spread by touching objects where contaminated droplets have landed. Because of this easy manner of transmission, an infant, child or young person who is infected with COVID-19 can spread the infection to others they come in close contact with, such as members of their household, teachers, or other caregivers. We have learned that infected persons with mild or even no symptoms can spread COVID-19.

These facts are vitally important when considering engaging in youth sporting activities.

One thing is for certain: We must find reasonably safe ways to restore these services so that our children can be cared for, and for their parents and guardians to be able to return to work.

For adults in the workplace or other public spaces, we are confident that if certain measures such as cloth face coverings or non-medical grade masks, respiratory etiquette, frequent hand washing / hand sanitation and environmental cleaning and sanitizing are widely observed, we can then proceed with reopening Texas in a safe and measured way.

However, such protective measures that we can expect from adults are, for a variety of reasons, simply not possible for children and youth to practice in sporting activities.

All of these factors mean that while certain precautions against the spread of COVID-19 can and will be applied to youth sports, the infection control measures that can be put in place in these settings will differ from those that are suitable for other social, business and commercial settings.

Every adult who is responsible for providing care for youth in these settings must be aware of these facts and be willing to comply with the infection control measures that will be in place in these settings. Parents should monitor the health of their children and not send them to participate in sporting activities if they exhibit any symptom of COVID-19. They should seek COVID-19 testing promptly and report results to the program given the implications for other children, families, and staff. Individuals aged 65 or older are at a higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with individuals who participate in youth sports.

About minimum health protocols:

Effective May 31, 2020, youth sports may begin holding practices without spectators other than one parent or guardian per participant, as needed. Those sports may begin holding games or similar competitions, with or without spectators, on or after June 15, 2020. Spectators should maintain at least 6 feet social distancing from individuals not within the spectator's group.

MINIMUM STANDARD HEALTH PROTOCOLS



YOUTH SPORTS OPERATORS: Page 2 of 4

The following are the minimum recommended health protocols for all youth sporting activities in Texas. Youth sports organizers may adopt additional protocols consistent with their specific needs and circumstances to help protect the health and safety of all employees, contractors, volunteers and participants.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.

Please note, public health guidance cannot anticipate every unique situation. Youth sports organizers should stay informed and take actions based on common sense and wise judgment that will protect health and support economic revitalization. Youth sports organizers should also be mindful of federal and state employment and disability laws, workplace safety standards, and accessibility standards to address the needs of both workers and customers.

Health protocols for employees, contractors, and volunteers (“staff”):

- Provide notice to all parents and guardians of the enhanced risks of participants being in direct contact with anyone age 65 or older for 14 days after participating in a sport event or practice.**
- Train all staff on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette.
- Screen all staff each day for any of the following new or worsening signs or symptoms of possible COVID-19:

<input type="checkbox"/> Cough	<input type="checkbox"/> Sore throat
<input type="checkbox"/> Shortness of breath or difficulty breathing	<input type="checkbox"/> Loss of taste or smell
<input type="checkbox"/> Chills	<input type="checkbox"/> Diarrhea
<input type="checkbox"/> Repeated shaking with chills	<input type="checkbox"/> Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
<input type="checkbox"/> Muscle pain	<input type="checkbox"/> Known close contact with a person who is lab confirmed to have COVID-19
<input type="checkbox"/> Headache	
- Limit staff with underlying conditions from attending or staffing the youth sporting event.
- Consistent with the actions taken by many employers across the state, consider having all staff wear cloth face coverings (over the nose and mouth). If available, staff should consider wearing non-medical grade face masks.
- Staff should mitigate environmental exposures by additional cleaning and disinfecting of symptomatic staff’s work area, common areas, and bathrooms. Staff should follow and supervise the Program Activity Plan and, if applicable, the Transportation Plan.

MINIMUM STANDARD HEALTH PROTOCOLS



YOUTH SPORTS OPERATORS: Page 3 of 4

Health protocols regarding sick participants and staff members:

- Isolate staff and participants exhibiting new or worsening signs or symptoms of possible COVID-19 and contact the local health department.
 - Do not allow staff with the new or worsening signs or symptoms of COVID-19 to return to work until:
 - In the case of a staffer who was diagnosed with COVID-19, the individual may return to work when all three of the following criteria are met: at least 3 days (72 hours) have passed *since recovery* (resolution of fever without the use of fever-reducing medications); and the individual has *improvement* in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed *since symptoms first appeared*; or
 - In the case of a staffer who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to work until the individual has completed the same three-step criteria listed above; or
 - If the staffer has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional’s note clearing the individual for return based on a negative nucleic acid COVID-19 test and an alternative diagnosis.
- Staff should help the operator in identifying exposure risks (a.k.a. contact tracing).
- Each sporting team is considered a cohort. Outside of the sporting event, discourage mixing between cohorts.
 - Immediately isolate any participant or staff member who tests positive for COVID-19.
 - If a staff member tests positive for COVID-19, the youth sports organizer should notify parents or guardians of possible exposure to a lab-confirmed case of COVID-19.
 - If 3 or more cohorts in a sports league have individuals test positive for COVID-19, work with state and local public health authorities about continued operations of the youth sports league.
 - Using the groups or cohort strategy, contact tracing can be initiated promptly, and isolation and surveillance can be implemented in short order.

Health protocols for spectators:

- Individuals should avoid being in a group larger than 10 individuals. Within these groups, individuals should, to the extent possible, minimize in-person contact with others not in the individual’s household. Minimizing in-person contact includes maintaining 6 feet of separation from individuals. When maintaining 6 feet of separation is not feasible, other methods should be utilized to slow the spread of COVID-19, such as wearing a face covering or mask, washing or sanitizing hand frequently, and avoiding sharing utensils or other common objects.

MINIMUM STANDARD HEALTH PROTOCOLS



YOUTH SPORTS OPERATORS: Page 4 of 4

- Consistent with the actions taken by many individuals across the state, all spectators should consider wearing cloth face coverings (over the nose and mouth). If available, spectators should consider wearing non-medical grade face masks.

Health protocols for grounds and facilities:

- Develop, train, and implement increased daily sanitization protocols for common surfaces, restrooms, recreational equipment, and facilities.
- Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available throughout the facility.
- Consider having an individual wholly or partially dedicated to ensuring the health protocols adopted by the youth sports league are being successfully implemented and followed.**
- Health policies and protocols should include communicating and coordinating with the local health department, local emergency services, and local health care providers.
- Consistent with the actions taken by many employers across the state, consider having all staff and participants wear cloth face coverings (over the nose and mouth). If available, staff and participants should consider wearing non-medical grade face masks.

Health protocols for youth sports facilities:

- Develop and implement a Program Activity Hygiene Plan to include:
 - Sanitization of all program areas
 - Sanitization of equipment before and after use
 - Hand washing or hand sanitizing before and after activities
- Group excursions related to youth sports are strongly discouraged, and should be limited or eliminated where feasible. To the extent those excursions continue, develop and implement Transportation Protocols to include:**
 - One individual per seat and every other row in a vehicle
 - Staggered seating for maximum distancing
 - Asking participants and staff to wear face coverings or masks while in vehicle
 - All individuals should sanitize hands upon boarding the vehicle
- Remind participants, parents, and guardians of the enhanced risks of participants being in direct contact with anyone age 65 or older for 14 days after participating in the youth sporting event or practice.



US Youth Soccer National Office
9220 World Cup Way
Frisco, TX 75033

US Youth Soccer Return to Activity Notice

Version 1.0, 5/13/20

The purpose of this document is to provide athletes, parents, coaches, and soccer organizations with information they can use to assist them with developing their return-to-activity programming in the context of COVID-19. Given each organizations vastly different resources, this document cannot be prescriptive; rather, it should spark thoughtful deliberation among those who intend to use this information to create their own unique return-to-activity programming plan specific to their situation. Many of the recommendations rely upon rules and regulations set forth by public health authorities, which will be different across the country. In addition, we all must recognize that there will be other logistical and implementation challenges for activity organizers, participants and their families given COVID-19.

The information in this document is NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, US Youth Soccer makes no representation and assumes no responsibility for the completeness of this information. Further, you should seek advice from medical professionals and/or public health officials in your area if you have specific questions. These guidelines address only early phases of return-to-play and additional guidelines may, or may not, follow as the COVID-19 pandemic continues to evolve.

Most if not all states will have a phased approach to reopening businesses and easing of social distancing requirements. This may vary from state to state and town to town. Youth sports may not be a high priority for state officials, or even addressed, which poses significant challenges for those planning a return to youth soccer activities. USYS State Associations and related soccer organizations need to be aware and adhere to all Federal, State and Local guidelines and requirements.

Finally, although the young and healthy may be subject to less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly, particularly in those with risk factors that may occur within our communities. Health consequences may be long-standing and only apparent weeks after initial infection and recovery. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of eliminating the risk of infection. This should always be at the forefront when designing and considering return-to-activity



US Youth Soccer National Office
9220 World Cup Way
Frisco, TX 75033

programming. USYS State Associations and soccer organizations should be in contact with their respective insurance carriers to determine that all coverages are appropriate for the organization and its needs. The risks of participation should be clearly communicated to parents and participants in your respective programs.

A Phased Approach based on Federal, State and Local Guidelines

Phase 1: State health authorities require shelter in place, stay at home order.

- Individual training sessions can be held in participant home/residence using their own equipment.
- Coaching occurs virtually. No coaches or other athletes should be present during individual training.

Phase 2: Public health authorities lift shelter in place requirements, but continue to prohibit group activities.

- Individual training sessions can be held in participant home/residence or outside (maintaining social distancing) using their own equipment
- Coaching occurs virtually. No coaches or other athletes physically present during training.

Phase 3: Public health authorities allow small group activities.

Below are suggested criteria for participation in permitted small group training sessions (includes athletes, coaches and staff).

- No signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days.
- Live in training location/community and have not travelled for 14 days prior to beginning training.
- Have no above normal temperature readings; temperature checks should not be conducted by staff but by players and their families prior to attending training.
- Upon arrival to training, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider as soon as possible.



US Youth Soccer National Office
9220 World Cup Way
Frisco, TX 75033

- Appropriate infection prevention supplies should be present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, hand wash stations, etc.).
- Small group training sessions should take place outside in an area where social distancing can be maintained.
- Participants should use their own equipment and properly sanitize the equipment after every training session.
- Participants should use their own water bottle, towel and any other personal hygiene products.
- Avoid any activities that may require direct or indirect contact (e.g. bumping) between athletes.
- Establish a cleaning schedule/protocol for equipment with the proper use of disinfectant before, during, and after training.
- Ensure participants are wearing appropriate personal protective equipment, (gloves, face mask, etc.)
- While coaching can occur onsite, coaches must maintain social distancing from all participants.

Introduction of Principles and Responsibilities

Club Responsibilities:

- Create and distribute protocols to members.
- Contact insurers to ensure all coverages and communicate that information to participants prior to commencement of initial training.
- Have an effective communication plan in place.
- Identify strategies for working with public health officials to notify adult leaders, youth and their families if the organization becomes aware of a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity.
- Maintain participant confidentiality regarding health status.
- Be sensitive and accommodating to parents who may be uncomfortable with returning to play at this time.
- Have an action plan in place, in case of notification of a positive test result.
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
- Be prepared to shut down and stop operations.



US Youth Soccer National Office
9220 World Cup Way
Frisco, TX 75033

- Develop plans for temporary closure of indoor facilities and cancellation of outdoor activities or camps for proper disinfection.
- Provide adequate field space for social distancing.
- Provide hand sanitizing stations and waste receptacles at fields for individual participant use.
- Develop a relationship and a dialogue with local health officials.

Coach Responsibilities:

- Ensure the health and safety of the participants.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance.
- All training should be conducted outdoors and compliant with social distancing per state or local health guidelines.
- Always wear a face mask, even when not actively coaching.
- Coaches should maintain social distance requirements from players based on state and local health requirements.
- Have fun, stay positive – players and parents are looking to you for leadership.
- The use of scrimmage vest, or pinnies, is not recommended at this time.

Parent Responsibilities:

- Ensure your child is healthy, and check your child's temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- Stay in car or adhere to social distance requirements, based on state and local health requirements
- When at training, wear a mask if outside your car.
- Ensure child's clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Notify your club immediately if your child becomes ill for any reason.



US Youth Soccer National Office
9220 World Cup Way
Frisco, TX 75033

- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.

Players Responsibilities:

- Take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Wear mask before and immediately after all training.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.

Best Practices for TOPSoccer

General Guidance:

- Registration tables (if utilized) should be cleaned prior to event.
- Registration desk assistants/staff should wear a mask and disposable gloves.
- Every person should be required to clean his or her hands with readily accessible hand sanitizer.
- Hand sanitizer needs to be present on registration table(s).
- Emphasis should be placed on electronic forms. Try to move away from paper registration forms.
- Sign in sheets and name tags should only be written by the registration desk assistants/staff vs individual registrants. Pre-printed name tags via electronic registration are encouraged.

Players and Volunteers (including TOPSoccer Buddies):

- Greet players/parents at the beginning and administer screening questions about player illnesses and those within their household members.
- Check temperatures.
- Make masks and gloves available to those who want to wear them.
- Utilize hand sanitizer prior to, during, and after participation.



US Youth Soccer National Office
9220 World Cup Way
Frisco, TX 75033

- Participants and attendees should use their own water bottle, towel, and personal hygiene products.

Equipment:

Prior to each session:

- All equipment that is touched during play should be disinfected with spray/wipes.
- Only staff should touch equipment, if possible.
- All pennies (vests) should be washed prior to each session.
- If using another facility's equipment (e.g. goals, benches), they should be sanitized/cleaned before and after sessions.

Exercises:

- Emphasis should be placed on exercises that allow players and buddies to practice skills with 6 feet of distance from each other, if possible.
- Exercises should avoid transitions that involve "physically tagging a teammate" such as relay races or tag. Use alternative visual cues.
- Consider small-sided games.
- Reduce the amount of time (and total number of players).

Closing rituals:

- No handshakes, high-5s or group celebrations; consider alternatives that avoid contact like New Zealand Haka-style dance, hand waves, gestures, etc.

After the session:

- Have a wastebasket available for masks and gloves.
- Require everyone to use hand sanitizer before leaving sessions.
- Use disinfectant spray/wipes on high traffic areas, especially gates, door handles and water fountains.



US Youth Soccer National Office
9220 World Cup Way
Frisco, TX 75033

Resources

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Move United: <https://www.moveunitedsport.org/>

Special Olympics: <https://resources.specialolympics.org/resources-to-help-during-the-crisis>

Special Olympics Infographic: https://media.specialolympics.org/resources/covid-19/SO_CoVid19-Infographic-English.jpg?_ga=2.93243544.460203483.1588346705-2032247575.1588346705

Federation for Children with Special Needs: <https://fcsn.org/>

Autism; Wearing a Mask Social Story: <https://paautism.org/resource/wearing-mask-social-story/>