

## **Safety Protocols for Association Members**

### **General Recommendations**

General hygiene practices can reduce the risk of spread of infection. 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 100.4 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.

### **Best practices**

The following practices should be reinforced within your soccer organization to mitigate the transmission of any infectious 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 clean or new face mask or covering when outside
- Understand [how to wear a face mask properly](#)
- Frequently [disinfect](#) commonly used surfaces and equipment
- Avoid contact with other individuals (shaking hands or high fives)
- Maintain [social distancing](#) of 6 feet between you and others

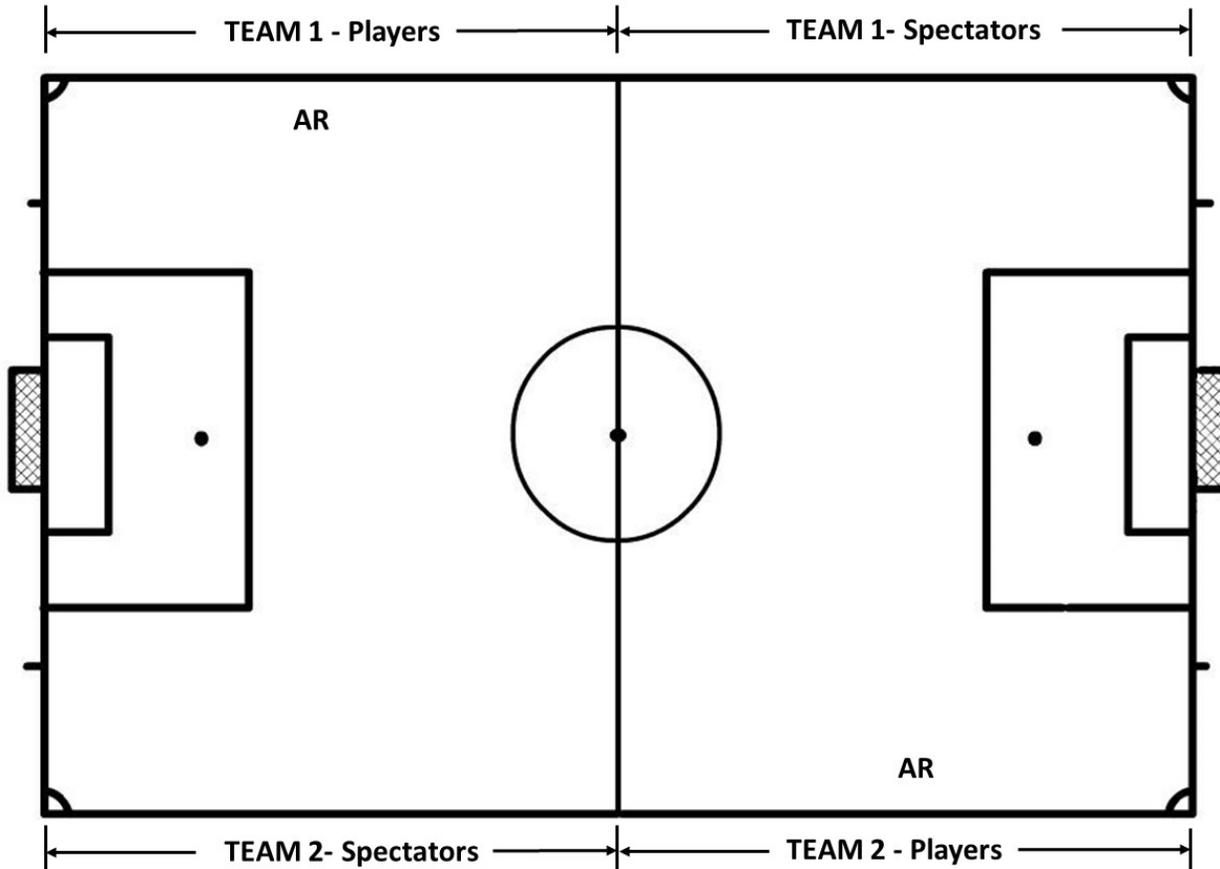
**Club Protocols**

- Each club will have a Safety Coordinator and provide name and contact information to CBYSA Safety Coordinator.
- Each club will provide contact information for their Safety Coordinator to club participants.
- Coaches will be provided handbooks and are required to keep attendance for each practice and game.
- Clubs will schedule games to allow social distancing and limit interaction between games/spectators.

**Field Requirements**

- Mark "X" or place a cone where players should place their backpack/water jug on sideline (6 ft apart).
- Players will bring bottle of hand sanitizer.
- Players, coaches, staff, and officials will not enter the facility until 30 minutes or less to game/practice start times.
- On-field, warm-ups will be limited to 20 minutes or less.
- Coaches will use virtual player cards – no physical cards will be provided.
- Coaches will still be required to wear and display KidSafe passes.
- Players on sidelines shall maintain social distancing and may require multiple benches, chairs, tents, etc.

**Field Layout**



### **Facility Requirements (if Club has Restrooms under their control) - Games**

- Have Soap and Paper Towels in Restroom prior to players' arrival (for games only).
- Restrooms sanitized regularly.
- Facilities with concession stands will follow local health requirements.

### **Players Requirements**

- Wear masks when walking up and upon completion of training.
- Temperatures checked prior to player entering field for training (at home prior to practice/game).
- No handshakes, high fives, hugging, etc. between players, staff, spectators, etc.
- Players will need to bring their own water/snacks – no communal water jugs or snacks.

### **Staff/Coach Requirements**

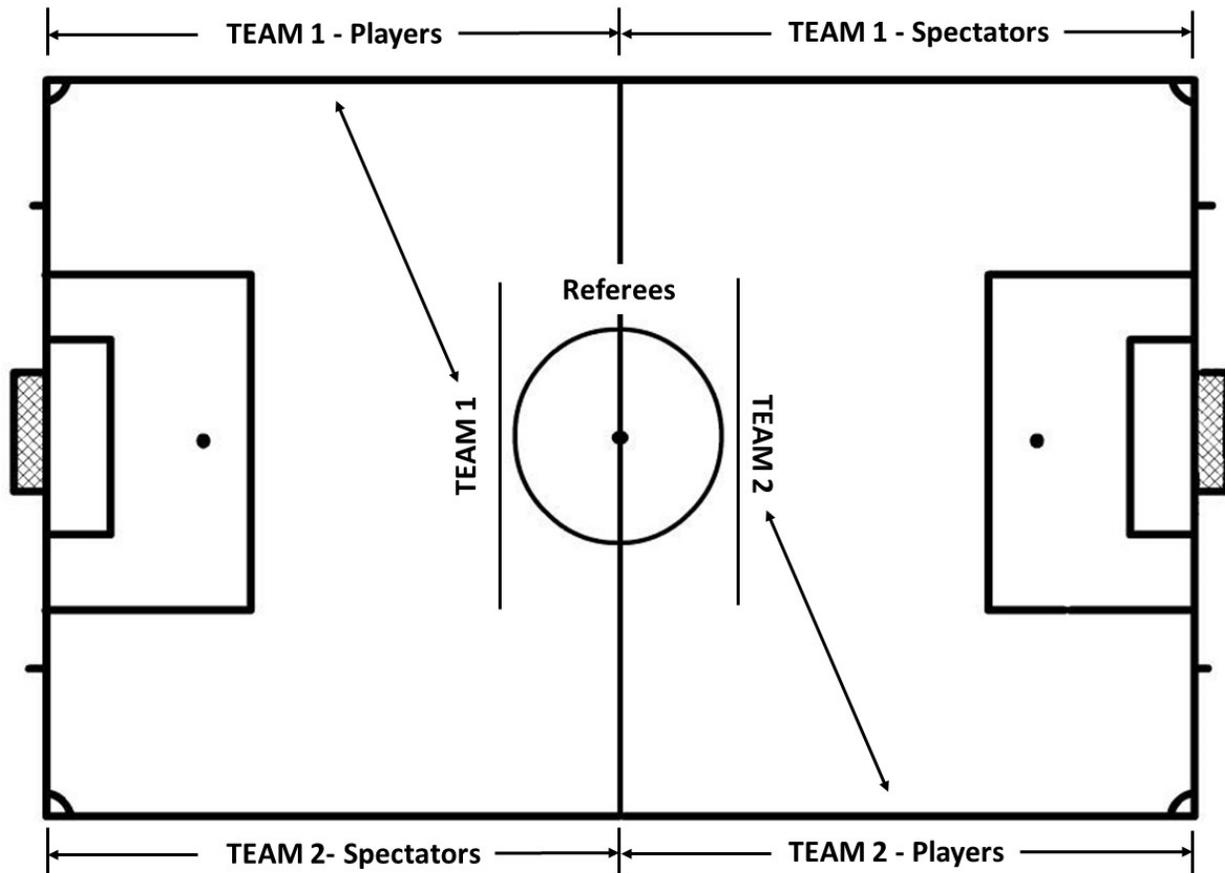
- Staff/Coaches will wear masks at all times (encourage gloves when cleaning equipment).
- Maximum of two (2) Staff/Coaches on sideline during games and practices.
- Encourage small groups per training area (unless having inner-team/inner-club scrimmage).
- Only Staff/Coaches allowed to move equipment.
- Staff/Coaches will clean any / all equipment utilized upon completion of training session.
- Staff/Coaches will ensure players do not share scrimmage vests/pinnies.

### **Parents / Spectators**

- Parents will acknowledge and comply with COVID-19 protocols in order to attend.
- No spectator shall attend a game if they are displaying symptoms of COVID-19.
- Parents will verify their child is not running a temperature nor has COVID-19 symptoms prior to arrival.
- Parents / Spectators encouraged to remain in their vehicles during training sessions/scrimmages.
- All Spectators outside their vehicles must wear masks.
- No more than two adult Spectators in a group (family) with no more than 4 people and that group shall maintain 6 ft social distancing between other groups during training, scrimmages, games, etc.
- Notice that non-compliance with facemask requirements will result in the individual being asked to leave or else the game will be abandoned.
- Parents / Spectators shall not touch balls and equipment during training, scrimmages, games, etc.

### **End of Game Procedures**

- At the end of the players and coaches will not be able to have handshakes, high fives, parent tunnels, or other activities.
- Recommend the follow procedures to allow for good sportsmanship and to thank officials:
  - Line up at edge of center circle as shown in diagram below with 6 ft spacing
  - Thank other players
  - Thank refs
  - Return to their areas



### **Positive Test Protocols**

- If a player or coach tests positive for COVID-19 shall not return until they have met CDC's [criteria to discontinue home isolation](#).
- Players and coaches that test positive for COVID-19 shall immediately report test results to their club's Safety Coordinator. Club Safety Coordinator shall report the result to CBYSA Safety Coordinator.
- Any club notified of a suspected case of COVID-19 in a player, staff member, coach, or referee will contact anyone within the club who may have had contact with that individual in the 14 days prior to the diagnosis of COVID-19. The clubs will follow confidentiality requirements.
- The CBYSA Safety Coordinator will notify any other organization/teams involved in competitions with a player, coach, staff or referee that has a confirmed case of COVID-19.
- Any team with more than 3 *confirmed* positive cases of COVID-19 is considered to have an outbreak within their team and will pause team activity until all participants have completed a self-quarantine according to [CDC guidelines](#).

### **Return to Play Protocols**

- Symptomatic or asymptomatic player, coach, official or staff member with suspected or laboratory-confirmed COVID-19 infection cannot attend training, games, or events until:
  - a. At least ten (10) days have passed since symptoms first appeared.
  - b. At least three (3) days (72 hours) after all symptoms have passed.

### **OR**

- c. Negative results of an authorized SARS-CoV-2 test from at least two consecutive samples collected at least 24 hours apart.
- d. At least fourteen (14) days since the date of known exposure with no symptoms.

### **REFERENCES:**

*STYSA "COVID-19 Resource Handbook"*

*STYSA "What to Consider When Returning to Play"*

*US Youth Soccer "Return to Action Notice"*

*State of Texas "Minimum Standard Health Protocols Checklist for Youth Sports Operators"*

*State of Texas "Minimum Standard Health Protocols Checklist for Youth Sports Families"*

*Revision Date: August 31, 2020*