

UPDATED MARCH 23, 2021

Ready! Set!



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AYSO SAFETY GUIDELINES

-- SPRING 2021 --

UPDATED MARCH 23, 2021

Everyone Plays®

Balanced Teams

Open Registration

Positive Coaching

Good Sportsmanship

Player Development

Dear Parents and members of the community,

We wanted to outline what measures your local AYSO region is taking to ensure your child's safety during the upcoming season. The pandemic is still a public health threat and we are doing our best to adapt. **Safety is – and always will be – our #1 priority.** This document should answer many of the questions you may have at this point, but if you still wish for more detail or if new questions arise, please contact your local AYSO region.

AYSO regions across West Michigan have collaborated on this **COVID-19 safety plan** based on guidelines from Center for Disease Control and Prevention (CDC), the Michigan Department of Health & Human Services (MDHHS), the Michigan High School Athletic Association (MHSAA) and local school districts. Accordingly, here are the **key safety protocols** our regions will employ during this upcoming Spring 2021 season:

- When not engaged in play, coaches and players must stay at least **six feet apart** from each other
- Per MDHHS guidelines, **coaches and players must wear a face mask at all times** in practice and competition
 - There will be **no exceptions** granted to wearing face masks, except as allowed by a Doctor's note
 - Masks may be removed during a break, but participants **must** remain at least six feet apart from others
 - Read more about MDHHS guidance for contact sports [here](#) and [here](#)
- Per MHSAA guidelines, face coverings will be **required for parents and spectators as well**
 - No exceptions here as well, not even for groups of fully vaccinated spectators
 - Follow MHSAA's Sports Re-Opening Update Center [here](#)
- We ask that you honor any **spectator limits** that your region is requiring to meet state or local guidelines
- **Face coverings must cover the nose and mouth, must be well-fitting and stay in place when in motion**
- ***UPDATED*** Not permissible: face shields, [gaiters](#), face coverings w/ vents and masks made from loosely woven fabrics
 - Read more about acceptable face coverings on the CDC's website [here](#) and recent MDHHS update [here](#)
- Prior to arrival and after practices, **wash hands** with soap for at least 20 seconds
- Wash or sanitize hands before/after touching eyes, nose, mouth or **after touching or removing your mask**
- No pre/post greetings (high 5s, hugs, handshakes, fist-bumps, etc.)
- Each player brings their own ball and coach is the only one to touch equipment like cones
- Parents: test your child's **temperature before departing for practice**, and if above 100.4°F, do not attend!
- Coaches: for contact tracing purposes, record attendance at each practice and game
- Referees/ARs: strongly encouraged but not required to wear masks (in line with MHSAA guidelines)
- **Healthy participants only!** Players, coaches and spectators are required to stay home if not feeling well
- **Notify your coach** if your child has a documented case of COVID-19, becomes sick with COVID-19 symptoms, or has been exposed to someone with COVID-19 symptoms or a confirmed case of COVID-19
 - If necessary, your region's COVID-19 point person will share requirements for **quarantine**, and participants must be symptom-free and removed from quarantine before returning to team activities






Note that the list above may be updated based on changing conditions and new information. Also, our regions may employ additional safety protocols to align with requirements of local townships, parks or schools. At the beginning of the season, coaches will review in more detail with parents and players a **full set of your region's safety protocols**.

Finally, here are three other things you can do to help us maintain a safe environment:

1. See the last page for a one-page overview of **parent and player responsibilities**
2. Re-read the **electronic COVID-19 waiver** you signed when registering (see Appendix)
3. Familiarize yourself with the **symptoms of COVID-19** and our **quarantine protocols** on the following page

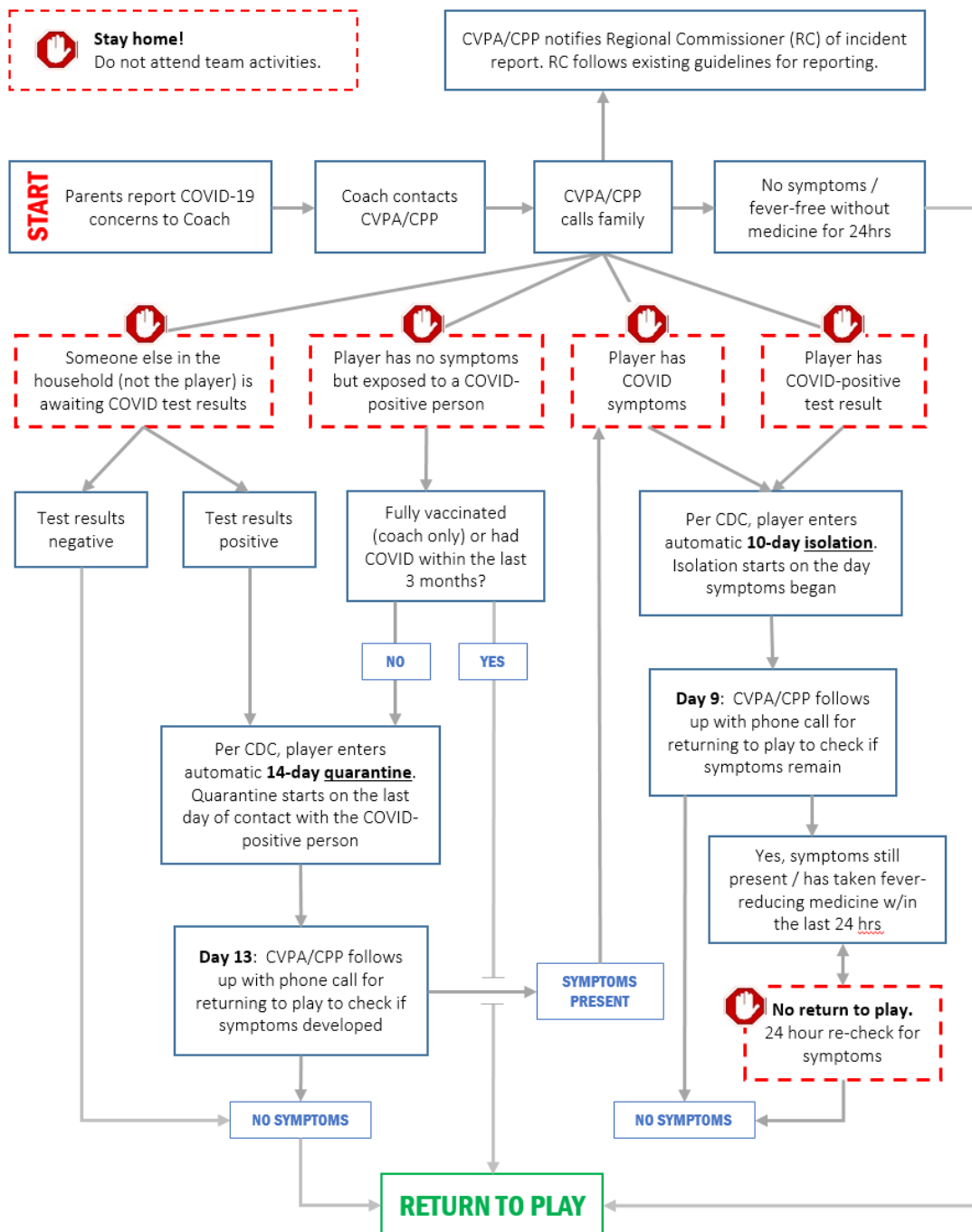
AYSO COVID-19 QUARANTINE/'RETURN TO PLAY' PROTOCOL

This is a critical part of limiting the spread of COVID-19 so it's important we take it serious and work aggressively to contain a potential outbreak. Here is our protocol:

- Families are required to **self-report to the Coach** if:
 1. their child has **symptoms of COVID-19**
 -  Stay home! Do not attend team activities.
 - Symptoms include fever, uncontrolled cough or new onset of shortness of breath or two of the following: loss of taste or smell, muscle aches, sore throat, severe headache, diarrhea, vomiting or abdominal pain (CDC)
 2. their child was in **close contact with someone with COVID-19**
 -  Stay home! Do not attend team activities.
 - Per CDC guidelines, close contact is defined as being within 6 feet or less of a COVID-19 infected individual for more than 15 minutes. Last contact is evaluated starting 48 hours before the COVID positive person's symptoms began or when they received their positive test result.
 3. their child received a **positive test for COVID-19**
 -  Stay home! Do not attend team activities.
 4. a **member of your household is being tested for COVID-19**
 -  Stay home! Do not attend team activities.
- The Coach will share the self-report with the region's Child and Volunteer Protection Advocate (CVPA) or Board-appointed COVID Point Person (CPP)
- The CVPA/CPP will contact the parents and discuss protocol for their player and give them a **'return to play' date**.
 - If the player receives a positive test for COVID-19, there will be an **automatic 10 day isolation**
 - If the player was exposed to a COVID-19 positive person, there will be an **automatic 14 day quarantine**
 - Unless they have been fully vaccinated and have remained asymptomatic since exposure
 - Or unless they have tested positive for COVID-19 within the past 3 months
 - If there was no exposure *but symptoms are present*, there will be an **automatic 10 day isolation**
 - Player is cleared to return to team activities once free of symptoms and has not taken fever-reducing medications for the last 24hrs
- The CVPA/CPP will notify teammates that "someone on their team has symptoms" along with info on COVID-19 symptoms and a copy of these Safety Guidelines.
- An Incident Report will be filed by the CVPA/CPP.
- Per CDC guidelines, the individual with possible exposure or suspected symptoms **cannot join team practices or games during isolation**. With one day left in isolation, the CVPA will follow up with a phone call and check on remaining symptoms, and if everything checks out, the player will be cleared to rejoin team activities.
- If someone in the household has symptoms of COVID-19 yet the player is not showing any symptoms, they may continue to attend practices or games (so long as there are no pending test results for anyone in the household.)
 - However, once someone in the household tests positive...
 -  Stay home! Do not attend team activities. Self-report to Coach as outlined in #2 above.
- If Coaches meet any of the conditions above, they are to self-report directly to the CVPA or CPP.
- Final note: Your region may have **local policies or practices** related to COVID-19 that differ from the ones noted above so please refer to your regional rules adopted by your regional board.

COVID-19 PROTOCOL – DETERMINING RETURN TO PLAY

This is the process we will use to determine when a player (or volunteer) is cleared to return to team activities:



Not feeling well? Check out the CDC’s [“What to Do If You Are Sick”](#) page.

Quarantine keeps someone who might have been exposed to the virus away from others. (Source: CDC [When to Quarantine](#))

Isolation keeps someone who is infected with the virus away from others, even in their home. (Source: CDC [Isolate If You Are Sick](#))

Disclaimer: This should not be taken as medical advice nor recommendations regarding the health of your child. Please see a health care provider for any medical concerns you may have. This does not supersede your physician’s medical judgment.

RETURNING TO PLAY SAFELY



We can't completely eliminate the risk of infection, so we must all do our best to limit the spread of the virus.

PARENT RESPONSIBILITIES:

- Notify your team's coach immediately if your child or someone in your household becomes ill with COVID-19 symptoms
- Take temperature before departing for soccer practice or a game; if above 100.4, do not attend and notify the coach
- Adhere to social distance requirements during practices and games – maintain at least six feet from others
- Wear an approved face covering while around others and ensure your child has an approved, well-fitted (covering the nose and mouth) face covering of their own to wear during soccer activities
- Ensure that your child's clothing is washed after every practice and game
- Sanitize all equipment (ball, cleats, shin guards, etc.) before and after practices and games
- Ensure that your child has hand sanitizing products accessible (must have at least 60% alcohol)
- Do not assist coach with equipment before or after training
- Talk with your child about their responsibilities while at practice and on game days

Symptoms of COVID-19 include fever, uncontrolled cough or new onset of shortness of breath –OR– two of the following: loss of taste or smell, muscle aches, sore throat, severe headache, diarrhea, vomiting or abdominal pain

PLAYER RESPONSIBILITIES:

- Inform your parent if you feel unwell
- Wash your hands immediately before and after practices and games
- Bring and use your own labeled hand sanitizer at every practice and game
- Do not touch or share anyone else's equipment
- Wear your face covering at all times during practice and games
- When taking mask breaks, make sure you are at least six feet from others
- Place your water bottle and equipment at least six feet apart from others
- Do not share drinks or use water fountains at the field
- Please no hugs or high fives or touching of other players or coaches

We trust you have read and accept the responsibilities above.

Thank you for doing your part!



APPENDIX: DISCLAIMER, ASSUMPTION OF RISK AND WAIVER ADDENDUM

Included for your information, this is a copy of the COVID-19 Waiver originally drafted in June 2020 that you signed when registering your child to play:

COVID-19 ASSUMPTION OF RISK, WAIVER AND RELEASE OF LIABILITY AGREEMENT

Inherent in participation in sporting activities such as soccer, whether as an athlete, a volunteer or a spectator, are certain hazards and dangers, including, but not limited to, those risks, inherent or otherwise, detailed in the Disclaimer, Assumption of Risk and Waiver agreement, which you signed during the registration process for this membership year.

In addition to those risks set out in the Disclaimer, Assumption of Risk and Waiver agreement, which you have willingly and voluntarily assumed, we are all now grappling with the effects of the ongoing pandemic brought about by the novel coronavirus SARS-CoV-2, and COVID-19, the highly contagious infectious disease caused by this newly identified virus.

In the majority of people who become infected, COVID-19 causes a mild respiratory illness similar to influenza. In some individuals, including those who may have asthma, diabetes or other underlying health problems, it can lead to a severe respiratory condition that requires hospitalization. In the United States alone, the current pandemic has resulted in over 1.7 million confirmed coronavirus cases and, sadly, more than 101,000 deaths.

Notably, people can be without symptoms (asymptomatic) despite having a SARS-CoV-2 infection. This means that they can still spread the virus to others even though they do not feel unwell. This makes COVID-19 potentially dangerous, as it is highly infectious. Moreover, there currently are no vaccines or drugs approved to treat or prevent COVID-19.

Please understand that despite all the precautions that you, other participants, AYSO as a whole and/or your AYSO Region may take to combat novel coronavirus or COVID-19 (collectively, "COVID-19") such as, for example, hand cleaning, social distancing, equipment cleaning, minimizing the use of shared objects between individuals, and other acts of vigilance against COVID-19, AYSO and this AYSO Region cannot guarantee your health or safety, and you may still be exposed to COVID-19, including, without limitation, through touching soccer balls and other equipment, utilizing field space for training and/or matches, participating in training and/or matches, and through direct and/or indirect interactions with other players, coaches, referees, volunteers, or individuals who have COVID-19, have been exposed to COVID-19 or individuals who may be carrying the COVID-19 virus, but do not exhibit any symptoms of that disease.

Consequently, guarantees cannot be made about your health or safety relative to COVID-19, notwithstanding any precautions taken. By submitting an application to play or volunteer, and accessing the programming in your AYSO Region, you, on behalf of yourself and your participating child, and on behalf of all persons who reside with you and with your child, as well as your heirs, beneficiaries, representatives, successors and assigns:

1. Knowingly and voluntarily assume all risks and dangers, known and unknown, that are associated with any exposure to COVID-19, including, but not limited to, suffering any type of medical condition, illness and, potentially, death;
2. Acknowledge that your use of and/or participation in the programming of AYSO and this AYSO Region could result in you contracting COVID-19, respiratory failure, death, and/or the transmission of COVID-19 to family or household members and others who may also suffer these effects;
3. Knowingly and voluntarily waive, release, covenant not to sue, and forever discharge, and agree to indemnify and hold harmless, AYSO and this AYSO Region, its players, parents, volunteers, subsidiaries and other affiliates, and its and their respective officers, directors, members, employees, contractors, agents, representatives, successors and assigns (the "AYSO Parties") from any and all liability, damages, losses, suits, demands, causes of action (including, without limitation, negligence), or any other claims of any nature whatsoever, arising out of, or relating in any way to, your use of and/or participation in the programming of AYSO and this AYSO Region and any potential or actual exposure to COVID-19, to the maximum extent permitted by law; and
4. Agree to abide by the directives and guidelines in effect in your state, county and community to disrupt the spread of COVID-19.

You can find more information, updates and resources on COVID-19 by accessing the city, county or other municipal web sites in your area, and by going to the Centers for Disease Control and Prevention at <https://www.cdc.gov>.

You will also find AYSO-specific guidance and protocols on return to play at <https://www.aysovolunteers.org/returning-to-play>.