



Michigan State Youth Soccer Association

MSYSA Return to Training

A phased approach to returning to soccer related activities based on Federal, State and Local Guidelines.

Effective July 16, 2020 – Subject to change.

	1 <i>Uncontrolled Growth</i>	2 <i>Persistent Spread</i>	3 <i>Flattening</i>	4 <i>Improving</i>	5 <i>Containing</i>	6 <i>Post-Pandemic</i>
What's happening with the disease?	Increasing number of new cases daily, likely to overwhelm MI health system.	Continue to see high case levels, with concern to health system capacity.	Case growth is gradually declining.	Cases, hospitalizations, and deaths are clearly declining.	Continued case and death rate improvements, outbreaks can be quickly contained.	Community spread not expected to return.
What do we need to do to stay safe?	Stay Home, Stay Safe: Strict social distancing, travel restrictions, face coverings, hygiene best practices, remote work. No gatherings.	Stay Home, Stay Safe: Strict social distancing, travel restrictions, face coverings, hygiene best practices, remote work. No gatherings.	Safer at Home: Continued social distancing, face coverings, safe workplace practices. No gatherings.	Safer at Home: Continued social distancing, face coverings, safe workplace practices. Outdoor Gatherings	Stay Safe: Adherence to new guidelines. Continued social distancing, face coverings, safe workplace practices	Sufficient community immunity and availability of treatment. Social distancing rules are relaxed and large events are permitted.
What soccer activities can we do?	Individual training sessions can be held in participant home / residence using their own equipment. Coaching occurs virtually. Individual training means no other athletes or coaches present, other than those who share the same household.	Individual training sessions can be held in participant home / residence using their own equipment. Coaching occurs virtually. Individual training means no other athletes or coaches present, other than those who share the same household.	Individual training sessions can be held in participant home / residence / outside using their own equipment. Coaching occurs virtually. Individual training means no other athletes or coaches present, other than those who share the same household.	Training permitted while adhering to social distancing and gathering size limits. The use of shared balls between players is allowed in foot drills with avoidance of the use of hands. Avoid any activities that may require direct or indirect contact between athletes. For goalkeeper training, soccer balls should not be shared. Plan for one soccer ball per GK. If the GK is involved in any activity with field players and using his or her hands, use the goalkeepers designated ball(s).	Training permitted while adhering to social distancing and gathering size limits. The use of shared balls between players is allowed in foot drills with avoidance of the use of hands. Avoid any activities that may require direct or indirect contact between athletes. For goalkeeper training, soccer balls should not be shared. Plan for one soccer ball per GK. If the GK is involved in any activity with field players and using his or her hands, use the goalkeepers designated ball(s).	With the return to large events being permitted - leagues, tournaments, camps and large-scale trainings can look to resume. Social distancing rules are relaxed – activities that involve direct or indirect contact between athletes can resume. Out-of-state competitive travel permitted. Tryouts permitted.

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KNOW YOUR ROLE!

The Michigan State Youth Soccer Association (MSYSA) makes no representations and assumes no responsibility for individual activity or participation decisions by Associations, Clubs, Coaches, Parents, or Players.

Below are minimum criteria for training sessions for athletes, coaches and staff.

- Individual has no known exposure to someone that has been ill with COVID-19 in the past 14 days prior to training.
- A player or team official who has recently traveled to another state will be permitted to participate in training and camps as long as they do not present any COVID-19 symptoms and have not had contact with anyone who is sick 14 days prior. In order to return to training, a player/team official must be symptom free, not sick, and have not been in close contact (6 feet for at least 10 minutes) with anyone else with a confirmed or suspected case of COVID-19 for at least 14 days.
- If the individual has any symptoms or known exposure of COVID-19 they should be sent home and instructed to contact their healthcare provider as soon as possible.
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Individual has no temperature readings greater than or equal to 100.4 °F (38°C). Temperature checks should not be conducted by staff but by player / family prior to attending training.
- Individual has appropriate infection prevention supplies such as (but not limited to) hand sanitizer, facial tissues, facial coverings (used before and after training).
- Individual is assigned to a small group training session in an area where social distancing can be maintained.
- Equipment is properly sanitized before and after every training session.
- Individual should use their own water bottle, towel and any other personal hygiene products.
- Individual should avoid any activities that may require direct or indirect contact (e.g. bumping) between athletes while training.
- Club has established a cleaning schedule/protocol for equipment with the proper use of disinfectant before, during, and after training.
- Coaching can occur onsite - coaches must maintain social distancing from all participants.
- Consider offering virtual options for players and coaches who are at high risk.
- Coaches, spectators, and participants not from the same household must maintain six feet of distance from one another at all times during training activities
- Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.
- Be sure to disinfect and clean balls before and after each training session while wearing PPE (face covering and latex gloves) by a viricidal cleaner (i.e. 70% alcohol solution or household bleach solution), and a disposable towel that can be disposed of immediately afterward.
- Where able, clubs are encouraged to provide soccer balls for training to ensure that balls are properly sanitized and stored before and after each training.

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Introduction of Principles and Responsibilities

Club Responsibilities

- Each club should designate a COVID-19 'Point of Contact'. Please designate a program staff person to respond to COVID-19 concerns, such as a coach or other staff member. All coaches, staff, officials, and families should know who this person is and how to contact them.
 - Parents should notify the coach and the Point of Contact if their 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 or suspected case.
 - The Point of Contact, parents/guardians, players, and other club members should be prepared to answer questions from their local health department or medical official related to possible COVID-19 cases.
- Create and distribute protocols to members and have an effective communication plan in place. For example, placing visual aids in highly trafficked and visible areas, using social media, and sending emails can all work to stay in contact with club members and provide valuable health-related information.
- Identify strategies for working with public health officials to notify adult leaders, youth and their families if the organization becomes aware that a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity. For a list of Health Department directories to contact: <https://www.cdc.gov/publichealthgateway/healthdirectories/index.html>
- Have an action plan in place, in case of notification of a positive COVID-19 test result.
- Maintain participant confidentiality regarding health status.
- Be sensitive and accommodating to parents who may be uncomfortable with having their child return to play at this time. Take the time to inform parents of the guidelines you will be implementing.
- 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.
- Develop plans for temporary closure of facilities for proper disinfection. The CDC recommends waiting 24 hours or as long as possible to clean an area that an infected person came into contact with.
- Provide hand sanitizing stations that use at least 60% alcohol and waste receptacles at fields for individual participant use.
- Communicate with players and parents about the risks of returning to play and those who are at increased risk, and take the time to inform parents of the guidelines you will be implementing. The CDC notes that individuals with preexisting medical conditions, including asthma, diabetes, or other health problems, might be at an increased risk for severe illness from COVID-19.
- Clubs should contact, and seek guidance, from their insurance carrier(s) if not secured or provided by MSYSA's insurance carrier and communicate that information to participants prior to initial training.
- All meetings such as club / parent meetings, should continue to be conducted virtually.
- Discourage extended family, nonessential visitors, spectators, and volunteers from attending training.

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Michigan State Youth Soccer Association

Coach Responsibilities

- Ensure you are healthy by monitoring yourself for signs and symptoms of COVID-19
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Check your temperature before activities with others, and remove yourself from activities if you have a temperature of at least 100.4°F (38°C).
 - If you test positive for COVID-19 or think you may have been exposed to someone who has COVID-19, stay home and contact your healthcare provider as soon as possible.
- Ensure the health and safety of all athletes. This includes enforcing proper social distancing, teaching and reinforcing proper handwashing techniques, wearing cloth face coverings whenever possible, and encouraging other healthy behaviors as described by the CDC.
- Inquire regarding participants' health status before, during, and after club activities and monitor for any COVID-19 symptoms and exposure. If the individual has any symptoms or known exposure of COVID-19 they should be sent home and instructed to contact their healthcare provider as soon as possible.
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Inquire if each athlete has experienced any ill feelings or COVID-19 symptoms. Send home anyone you believe acts or looks ill and advise them to contact their healthcare provider as soon as possible.
- Follow all state and local health protocols and guidelines.
- Ensure athletes do not touch or share anyone else's water bottle, food or bags.
- Ensure one coach is the only person to handle shared equipment (e.g. cones).
- All training should be compliant with social distancing per state or local health guidelines.
- Consider offering alternative training options, such as cohorting of players and limited mixing of different groups of players and coaches.
- Have fun, stay positive, and be a positive role model for health behaviors – players and parents are looking to you for leadership and guidance!
- The use of scrimmage jerseys, or pennies, is not recommended at this time to avoid unnecessary handling of shared equipment, which increases the risk for COVID-19 spread.
- Discourage extended family, nonessential visitors, spectators, and volunteers from attending training.
- For goalkeeper training, soccer balls should not be shared. Plan for one soccer ball per goalkeeper. If the goalkeeper is involved in an activity with field players and using his or her hands, use the goalkeeper's designated ball(s).



Michigan State Youth Soccer Association

Parent Responsibilities

- Ensure your child is healthy and check your child's temperature before activities with others. The CDC considers a temperature of 100.4°F (38°C) or greater as feverish. If your child has experienced any feelings of being ill, or any COVID-19 symptoms, do not send your child to practice.
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Parents should notify the coach and the Point of Contact if their 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 or suspected case. The Point of Contact, parents/guardians, players, and other club members should be prepared to answer questions from their local health department or medical official related to possible COVID-19 cases.
- Consider not carpooling or very limited carpooling. The CDC encourages players to ride to the sports event with person living in their same household.
- Stay in car or adhere to social distance requirements. The CDC recommends a distance of 6 feet between yourself and people outside of your home.
- When at training, wear a face covering if outside your car.
- Ensure child's clothing is washed after every training, using the warmest appropriate setting.
- 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.
- Do not assist your coach with equipment before or after training.
- Be sure your child has their own necessary sanitizing products with them at every training. Hand sanitizer should contain at least 60% alcohol. Sanitizing products should not be shared with people from a different household.
- If food is offered at any event, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style snacks. Avoid sharing food and utensils.
- Discourage extended family, nonessential visitors, spectators, and volunteers from attending training.
- Be sure to disinfect and clean balls before and after each training session while wearing PPE (face covering and latex gloves) by a viricidal cleaner (i.e. 70% alcohol solution or household bleach solution), and a disposable towel that can be disposed of immediately afterward.

Player Responsibilities

- Take your temperature daily and especially before activities with others. The CDC considers a temperature of 100.4°F (38°C) or greater as feverish.
- Wash hands thoroughly before and after training with soap and water for at least 20 seconds, or with hand sanitizer.
- Bring, and use, hand sanitizer with you at every training. It should contain at least 60% alcohol.
- Wear face coverings before and after all training sessions. This protects others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's water bottle, food or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.
- Field players should not handle soccer balls with their hands unless wearing gloves.
- Players are not required to have an individual designated ball for training and the use of shared balls between players is allowed in foot drills with avoidance of the use of hands.

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References

Michigan.Gov – COVID-19 – <https://www.michigan.gov/coronavirus>

Michigan Department of Health & Human Services - <https://www.michigan.gov/mdhhs/>

United States Youth Soccer: Return to Activity Resources - <https://www.usyouthsoccer.org/resources/return-to-activity-resources/>

The Aspen Institute – Health & Sport - <https://www.aspeninstitute.org/issues/health-sport/>

Centers for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

US Soccer 'Play On' - <https://www.ussoccer.com/playon>