

GETTING KIDS BACK ON THE FIELD



OYSA is dedicated to protecting the health and safety of all people. 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 training protocols in the context of COVID-19. As a guideline meant to be used by athletes and organizations with vastly different resources, this document cannot be prescriptive; rather, it should spark thoughtful deliberation among athletes, coaches, staff and club officials, who will use this information to create their own unique return to training plan that is 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, there will be other logistical challenges of returning to training following 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, OYSA 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 local area) if you have specific questions about your return to training and competition.

Given the changing pandemic environment, these guidelines may change at any time. These guidelines address early phases on return to play. Additional guidelines will follow as the COVID-19 pandemic continues to evolve.

Oregon has a phased approach to reopening businesses and the easing of social distancing requirements. 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. 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 in the forefront when designing and considering your return to training program. The risks of participation must be clearly communicated with parents and participants in our respective programs.



Operational Plan

Operational plans that include protocol and communication plans for coaches and parents need to be submitted to OYSA. We are not approving your plan, just ensuring that your club has a plan in place before returning to the field.

Clubs are encouraged to make plans available to staff, parents, and youth they serve. Requirements for safe participation in the activities should also be posted on the organization's website and at the facility. Plans should include the elements presented in this document based on guidance from the State of Oregon, the Oregon Health Authority, and as recommended by the CDC.

We have included a checklist of items that could be included in your operational plan.

[Click here](#) to submit your Operational Plan.

From K&K Insurance Group:

State associations may want to consider implementing a communicable disease waiver (release of liability agreement) as it serves to document you advised the person(s) there is a risk of acquiring a communicable disease in a group sport setting. As part of your duty of care to persons, the state association has a duty to warn persons of potential hazards. Failure to warn of a hazard can be used against you in a civil suit. Keep in mind any waiver or hold-harmless agreement needs to be reviewed by qualified legal counsel in your state to ensure it conforms with state statutes and case law in your state.

- OYSA is working on providing a waiver for the clubs as soon as possible.
- Aspen Institute suggests that the waiver is done on its own and not part of a registration event.

[Click here](#) to access Tursi's Soccer website for bulk pricing on masks and hand sanitizer. Orders and payment will be done directly through Tursi's for these items.

Return to Play – Working through the Phases

All youth and amateur sports organizations want to get back on the field or court. A phased approach will provide clear direction and understanding for coaches, players, families, and communities to engage in youth and amateur sports. Before beginning to play games, organization need to introduce training/practices in a manner that provides a safe environment, not only relative to COVID-19 but also to the prolonged layoff that athletes have had. The following are the recommended phases for Return to Play, with more details in the following pages:

Guidelines for a phased in approach based on State and Federal initiatives. Clubs are allowed to operate based on the phase that their county is currently in. Operating outside of your county is prohibited.

Phase 1: Oregon Health Authority states Prohibit contact sports. Some counties entered Phase 1 on May 15th.

- a. Individual training sessions in your home/residence using your own equipment.
- b. Coaching occurs virtually. No coaches or other athletes present during training.

Phase 2: Dependent on guidelines provided by Governor Kate Brown and the Oregon Health Authority. Earliest that a county can enter in Phase 2 is June 5th.

Phase 3: Dependent on guidelines provided by Governor Kate Brown and the Oregon Health Authority. Earliest that a county can enter in Phase 3 is June 26th.



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Criteria for participation in group training sessions (includes athletes, coaches and staff). Tentative based on any criteria recommended or enforced by Oregon Health Authority.

- No signs or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has been ill in 14 days.
- Live in training location/community for 14 days prior to beginning group training.
- Take temperature 30 minutes before going to 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.
- Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, 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.
- Use own water bottle, towel, personal hygiene products.
- No activities that require direct or indirect contact between athletes.
- Cleaning schedule/protocol of equipment with disinfectant before, during, and after training.
- Wearing appropriate personal protective equipment, (gloves, face mask, etc.)
 - Players should be allowed to wear a cloth, surgical, or similar face covering while playing soccer but do not mandate players wear one (leave it to the parent's discretion) unless your state mandates face coverings need to be worn while playing athletic activities.
- When coaching can occur onsite, coaches must maintain social distancing from all participants.



Introduction of Principles and Responsibilities

Club Responsibilities:

- Create and distribute protocols to its members.
- Contact insurers to ensure and be aware of all coverages.
- Have an effective communication plan in place, identify strategies for working with public health to notify adult leaders, youth and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality as per law.
- Be sensitive and accommodating to parents that many be uncomfortable with returning to play too quickly.
- Have an action plan in place, in case of a positive test.
- Train and educate all staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information. (See resources at the back of this document.)
- Be prepared to shut down and stop operations. Develop plans for temporary closure of indoor facilities and cancel outdoor activities or camps to properly disinfect and ensure other adult leaders or youth are not infected.
- Provide adequate field space for social distancing.
- Provide hand sanitizing stations and waste receptacles at fields.
- Develop a relationship and a dialog with health local officials. (Identify Risk Tolerance)

Coach Responsibilities:

- Follow all state and local health protocols, including social distancing guidelines.
- Inquire how the athletes are feeling, send them home should you believe they act or look ill.
- Ensure all athletes have their individual equipment that should be appropriately spaced out (ball, water, bag etc.)
- Coach is the only person to handle cones, disks, etc.
- Always wear a face mask, when not actively coaching, maintain social distance requirements

from players based on state and local health requirements.

- Have fun, stay positive – players and parents are looking to you to stay calm, supportive and caring during this time.
- The use of scrimmage vest or pennies is not recommended at this time.

Parent Responsibilities:

- Ensure child is healthy, check your child's temperature daily 30 minutes prior to training.
- Limited or no carpooling.
- Stay in car or adhere to social distance requirements, based on state and local health requirements, when at training wear mask if outside your car.
- Ensure all clothing, equipment, cleats, ball, shin guards etc. are sanitized before and after every training.
- Notify club immediately if your child becomes ill for any reason.
- Be sure your child has necessary sanitizer and a mask with them at every training if desired.

Player Responsibilities:

- Wash or sanitize hands thoroughly before and after training.
- Bring and use, hand sanitizer with you to every training.
- Wear mask, if desired, before and immediately after all training.
- Do not touch or share anyone else's equipment, water, snack or bag.
- 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, no high 5's, Hugs, handshakes etc.
- No spitting.



Best Practices for TOPSoccer

Registration tables (if utilized)

- Registration desk assistants/staff should wear a cloth 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 in the future.
- 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.
- 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' 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.

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 – e.g. Hand waves, 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 or door handles, water fountains.



Club Checklist for Operational Plan

Operational Plan:

- Training Schedule
 - Time/Day/Frequency/Length
 - Time between sessions
 - Age Groups you will train
- Training Activities
 - Number of players per area of the field (Hope to have direction on this in Phase 2)
 - Create Cohorts (same coach, same players every training session)
 - Activities that maintain social distancing requirements
- Sanitizing Schedule for shared equipment or surfaces touched at the field
- Bathrooms/Portopotty Availability and sanitation
- Providing hand washing or hand sanitizing to players before and after training
- Point person within the club that is educated on all local requirements around Covid-19
- Protocols for:
 - Pick Up/Drop Off
 - Coach Behaviors/Policies
 - Player Behaviors/Policies
 - Parents contacting club leaders when player is found to have Covid-19
 - Clubs contacting OYSA and local health authority when player is found to have Covid-19
- Communication/Education Plan
 - Club contact for communication on issues involving Covid-19 for members
 - Record keeping of attendance and questions asked by the coach
 - Fever, Current Temperature, Temperature last 4-8 hours, Cough, Shortness of breath, Contact with anyone with Covid-19, Last time traveling out of the state, Pick-up time. (based on OSAA form, we can create this if needed)
 - Coach communication around requirements for:
 - Personal Care
 - Equipment Sanitation
 - Conduct during sessions
 - Club policies around Covid-19
 - Parent communication around requirements for:
 - Participation is not required, only do so if you are comfortable
 - Club waiver to participate
 - Club protocols around their children attending training
 - Parent and player role in reducing risks of attending training



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Club Resources

What to do if someone is confirmed to have Covid-19?

Contact Local Public Health Authority – [County Contact List](#)

National Resources

[Center for Disease Control and Prevention – Coronavirus \(Covid-19\)](#)

- [How to Protect Yourself and Others](#)
- [Guidance for Administrators in Parks and Recreational Facilities](#)
- [Guidance Documents](#)
- [Symptoms of Coronavirus](#)
- [Schools and Childcare Programs](#)
- [Cleaning and Disinfecting our Home](#)
- [Cleaning and Disinfection for Households](#)
- [Print Resources](#)

[United States Olympic and Paralympic Committee Coronavirus Updates](#)

- [Return to Training Considerations](#)
- [Return to Events Considerations](#)

[The Aspen Institute](#)

- [Return to Play – Risk Assessment Tool](#)
- [Coronavirus & Youth Sports: How Should Youth Sports Return to Play?](#)
- [Wild West: Youth sports providers weigh liability risks](#)
- [Survey: 50% of parents fear kids will get sick by returning to sports](#)

[National Recreation and Park Association – Slowing the Spread of Covid-19](#)

Oregon Resources

[Governor Kate Brown Website](#)

- [Stay Home Executive Order 20-12 – March 23, 2020](#)
- [Reopening Oregon: Details on Restarting Public Life and Business – May 7, 2020](#)

[Oregon Health Authority](#)

- [Outdoor Recreation Guidance – May 8, 2020](#)
- [Summer Camp Guidance – May 15, 2020](#)
- [Fitness Related Organizations – May 18, 2020](#)
- [Guidance for the General Public](#)

[Oregon School Activities Association](#)



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TOPSoccer Resources

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/>

Coaching Resources

[Sports Meets COVID-19: What to Say, What to Do](#)

[Aspen Institute: Calls for Coaches](#)

[SafeSport: Keeping your kid safe online during Covid-19](#)

[KNVB 1.5M Training Resource](#)

