



# Michigan State Youth Soccer Association

## MSYSA Return to Activity

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

	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>
<b>What's happening with the disease?</b>	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.
<b>What do we need to do to stay safe?</b>	<b>Stay Home, Stay Safe:</b> Strict social distancing, travel restrictions, face coverings, hygiene best practices, remote work.  <b>No gatherings.</b>	<b>Stay Home, Stay Safe:</b> Strict social distancing, travel restrictions, face coverings, hygiene best practices, remote work.  <b>No gatherings.</b>	<b>Safer at Home:</b> Continued social distancing, face coverings, safe workplace practices.  <b>No gatherings.</b>	<b>Safer at Home:</b> Continued social distancing, face coverings, safe workplace practices.  <b>Small gatherings.</b>	<b>Stay Safe:</b> Adherence to new guidelines. Continued social distancing, face coverings, safe workplace practices  <b>Increased size gatherings.</b>	Sufficient community immunity and availability of treatment.  <b>Social distancing rules are relaxed and large events are permitted.</b>
<b>What soccer activities can we do?</b>	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.	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.	Gathering sizes are <b>increased but still limited</b> while practicing social distancing (six-foot distance from others). <b>Size of gatherings permitted TBD.</b>  Small group training permitted while adhering to social distancing and gathering size limits.  Players must use their own equipment and items – no sharing of soccer balls or equipment or clothing of any kind. No pennies.  Avoid any activities that may require direct or indirect contact between athletes.  While coaching onsite can occur, coaches must maintain social distancing.	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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## Charting the Path Forward

### Phase 4: IMPROVING

#### **What does this phase look like?**

This phase occurs when the number of new cases and deaths has fallen for a period of time, but overall case levels are still high. When in the Improving phase, most new outbreaks are quickly identified, traced, and contained due to robust testing infrastructure and rapid contact tracing. Health system capacity can typically handle these new outbreaks, and therefore case fatality rate does not rise above typical levels. Though a community might be in a declining phase, the overall number of infected individuals still indicate the need for distancing to stop transmission and move to the next phase.

**Social Distancing:** In place, maintain a six-foot distance from others when outdoors / in public.

**Gatherings:** Limited to small groups adhering to social distancing.

#### **What can we do?**

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.

### Phase 5: CONTAINING

#### **What does this phase look like?**

During the Containing phase, new cases and deaths continue to decrease for an additional period of time. At this point, the number of active cases has reached a point where infection from other members of the community is less common. With widespread testing, positivity rates often fall much lower than earlier phases. Rapid case investigation, contact tracing, and containment strategies cause new cases to continue to fall. However, if distancing and other risk mitigation efforts are not continued, infections could begin to grow again because a permanent solution to the epidemic has not yet been identified.

**Social Distancing:** In place, maintain a six-foot distance from others when outdoors / in public.

**Gatherings:** Increased but still limited-sized groups with social distancing

**Outdoor Recreation:** All outdoor recreation allowed.

#### **What can we do?**

Gathering sizes are increased but still limited while practicing social distancing (six-foot distance from others). Size of gatherings permitted TBD.

Small group training permitted while adhering to social distancing and gathering size limits.

Players must use their own equipment and items – no sharing of soccer balls or equipment or clothing of any kind.

Avoid any activities that may require direct or indirect contact between athletes.



# Michigan State Youth Soccer Association

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 Michigan 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 or if they have had any known exposure to someone who may have been ill. 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.
- Appropriate infection prevention supplies should be 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.
- Equipment should be properly sanitized 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.
- While coaching can occur onsite, coaches must maintain social distancing from all participants.



# Michigan State Youth Soccer Association

## 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.
- Develop plans for temporary closure of facilities for proper disinfection.
- Provide adequate field space for social distancing.
- Recommended to provide hand sanitizing stations and waste receptacles at fields for individual participant use.
- 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.

### Coach Responsibilities

- Ensure you are healthy, and check your temperature before activities with others.
- Ensure the health and safety of the participants.
- Inquire if the athletes have 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 all athletes have their own individual equipment (ball, water, etc.)
- Ensure coach is the only person to handle equipment (e.g. cones); do not enlist parental or attendee assistance.
- All training is recommended to be conducted outdoors and compliant with social distancing per state or local health guidelines.
- Always wear a face mask, even when not actively coaching.
- Have fun, stay positive – players and parents are looking to you for leadership.
- The use of scrimmage jerseys, or pennies, is not recommended at this time.



# Michigan State Youth Soccer Association

## **Parent Responsibilities**

- Ensure your child is healthy, and check your child's temperature before activities with others. If your child has experienced any feelings of being ill, or any COVID-19 symptoms, do not send your child to practice.
- Consider not carpooling or very limited carpooling.
- Stay in car or adhere to social distance requirements, based on current 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.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.

## **Player 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.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.



# Michigan State Youth Soccer Association

## Phase 6: POST-PANDEMIC

### **What does this phase look like?**

Reaching this phase would mean that community spread is not expected to return, because of sufficient community immunity and availability of treatment. Because of this, the number of infected individuals falls to nearly zero and the community does not typically experience this strain of the epidemic returning. All areas of the economy reopen, and gatherings of all sizes resume.

**Social Distancing:** Social distancing rules are relaxed and large events are permitted.

**Gatherings:** Large events permitted.

**Outdoor Recreation:** All outdoor recreation allowed.

### **What can we do?**

With the return to large events being permitted - leagues, tournaments, camps and large-scale trainings can look to resume.

Activities that involve direct or indirect contact between athletes can resume.

Out-of-state competitive travel permitted.

## 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>

**\*Note:** These guidelines may be updated and refined as additional guidance from CDC and public health experts becomes available.