



MSYSA RECOMMENDED GUIDELINES

for a phased approach to resuming organized youth soccer in the State of Maryland

May 13, 2020

This document is designed to be a starting point and framework for our affiliate members to use as guidelines as each one continues to discuss their own return to play. We are all still limited by the Governors order in our State. Once this order has been relaxed, please be aware that individual counties and jurisdictions may have additional restrictions in place that effect your decisions.

Maryland State Youth Soccer Association 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 programs 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 and staff, 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/may be different across the Country, State and County. In addition, there will be other logistical challenges of returning to training following COVID-19.

The information contained 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, Maryland State Youth Soccer Association 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 if you have specific questions about your return to training and competition.

Most if not all states will have a phased approach to reopening businesses and the easing of social distancing requirements. This may vary from state to state. Youth sports may not be a high priority for state officials, which may pose significant challenges for Youth Soccer. State Associations and the related soccer organizations across each state 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. State Associations and soccer organizations should be in contact with their respective insurance carriers to determine that all coverages are appropriate for the organization and its needs. The risks of participation must be clearly communicated with parents and participants in our respective programs.

This document refers to the 'MD Stages' as outlined by Maryland Governor Larry Hogan's '**Maryland Strong: Roadmap to Recovery**'. Full information on the State guidelines and stages may be found via links at the end of this document.

All youth soccer clubs, coaches, parents and most of all players want to get back on the field as soon as possible.

The following are recommendations for returning to play in phases designed to help keep all participants and our community safe.

1. The following should be applied ***regardless of the Return to Play phase*** in your geographic region:
 - a. Participation in any group activities is only allowed if you have had no signs or symptoms of Covid-19, no signs/symptoms that *may have been* Covid-19, have not been exposed to someone who has had signs or symptoms of Covid-19 for a *minimum period of 14 days* before participation
 - b. If you are sick or feel sick, **STAY HOME**
 - c. At risk individuals, youth or adult, **STAY HOME** (if you are unsure if you are considered at risk, please consult your medical provider directly)
 - d. If capability exists temperature of participants, including coaches should be taken. *Anyone with a temperature of 100 or more should be sent home and not allowed to participate for a minimum of 14 days*
 - e. Assign a “station” for each player to place their equipment, and that they should return to during breaks. Assigned space on the sideline for all players during Phase I – V should allow for adequate distance per these guidelines
 - f. Each player must utilize their own equipment to include a soccer ball in phase I – III, phase IV – V shared soccer balls are allowed but they must be disinfected after each session as well as during sessions when possible
 - g. In ALL phases, no one is to share water, towels, or any personal equipment. This includes, but not limited to:
 - i. Shin guards, tape, hairbands
 - ii. Jersey/Uniform
 - iii. Pinnies or bibs of any kind
 1. Please note you can assign a pinnie/bib to a player to take home and care for OR ask that each player brings/wears their own alternative color shirt
 - iv. In some phases this includes soccer balls (phase 1 and 2)
 - h. No centralized hydration or refreshment stations
 - i. No spectators at practice/events during phase I – III. Spectators at events during phase IV-V should be limited and must maintain maximum social distancing (should not include at risk populations)
 - j. Recommend having sanitizing options available. This may include but is not limited to:
 - i. Hand sanitizer
 - ii. Disinfectant wipes to be used to wipe down all equipment
 - k. Respect for each individual’s choices must be the top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed
 - i. Recommended to encourage staff to wear face masks whenever possible
2. **It is important to note that these phases may not always proceed linearly but rather a step backwards in phases may be required following continuous review of the ongoing situation and environment.** The following phase breakdowns are tied directly to the Stages and sub-stages of the ‘Maryland Road To Recovery’(MRTR) and additional directives from the Governor of Maryland and other local authorities:
 - a. **PHASE I (Pre-MRTR Stage 1 Low Risk, virtual coaching, and 1 on 1 training):**
 - i. Individual training sessions in your home/residence using your own equipment
 - ii. Most coaching occurs virtually
 - iii. 1 on 1 trainings should follow all guidelines in this document, they are not however sanctioned by MSYSA or US Youth Soccer
 - b. **PHASE II (MRTR Stage 1 Low Risk, individual training group sizes of 10 or less):**

i. Focused on return to activity with individual training (one player, one ball) within small groups

1. A maximum of two coaches/staff allowed per half field during practices (head, assistant and GK coaches included)
 - If your team does not have a second coach, a volunteer parent is recommended to assist with maintaining these guidelines (especially with younger teams)
2. No more than 8 players to be present at a scheduled time (group size of 10 or less)
3. No physical contact should occur
4. Groups on a half field should not exceed 10 people
5. No sharing of water or equipment including soccer balls
 - Only the coach may handle cones
6. Each player and coach should sanitize all gear between each training
7. Participants are to remain a minimum of 10 feet apart
 - This includes on and off the field
 - Designated areas for each attendee's gear should be clearly marked off the field
 - While CDC and other authorities recommended 6 feet for social distancing purposes, due to the nature of physical activity and sports, our recommendation is to increase the distance for soccer to 10 feet
8. Practice times should be set to maximize social distancing to include 'turnover' time between different teams
9. No spectators are allowed

c. PHASE III (MRTR Stage 2 Medium Risk, individual training group size TBA):

i. Focused on return to activity with individual training (multiple players, one ball, no contact) within large groups

1. A maximum of two coaches/staff allowed per half field during practices (head, assistant and GK coaches included)
 - If your team does not have a second coach, a volunteer parent is recommended to assist with maintaining these guidelines (especially with younger teams)
2. No more than TBA players to be present at a scheduled time (group size of TBA or less)
3. No physical contact should occur
4. Groups on a half field should not exceed TBA people
5. No sharing of water or equipment. Soccer balls are excluded
 - All soccer balls should be sanitized before next practice/scrimmage/game
 - If possible, soccer balls should be sanitized at halftime and whenever convenient during training
 - Only the coach may handle cones
 - Soccer balls may be shared but should not be touched with the hands
6. Each player and coach should sanitize all gear between each training
7. Participants are to remain 6 feet apart off of the field
 - Designated areas for each attendee's gear should be clearly marked off the field

8. Practice times should be set to maximize social distancing to include 'turnover' time between different teams
9. No spectators are allowed

d. PHASE IV (MRTR Stage 2 Medium Risk, team training group size TBA)

i. Focused on team training with controlled scrimmages and some physical contact allowed

1. A maximum of coaches/staff allowed per half field during practices (head, assistant and GK coaches included) is TBA based on group sizes
 - If your team does not have a second coach, a volunteer parent is recommended to assist with maintaining these guidelines (especially with younger teams)
2. Only two coaches and a manager allowed for scrimmage / practice games per team per half field
3. Physical contact that is necessary for training may occur, whenever possible it should be limited
 - This includes limiting close group discussions, no 'high fives', no embracing etc.
4. No sharing of water or equipment. Soccer balls are excluded
 - All soccer balls should be sanitized before next practice/scrimmage/game
 - If possible, soccer balls should be sanitized at halftime and whenever convenient during training
 - Only the coach may handle cones
5. Participants are to remain 6 feet apart off of the field
 - Designated areas for each attendee's gear should be clearly marked off the field
6. Spectators are allowed but with proper social distancing and no contact with players or teams

e. PHASE V (MRTR Stage 3 High Risk, training and group size unrestricted)

i. Full return to play

1. No training restrictions
2. Physical contact should be minimized whenever possible
 - No physical contact should occur outside of what is necessary for training / games
 - This includes limiting close group discussions, no 'high fives', no embracing etc.
3. Participants are to remain 6 feet apart off of the field
 - Designated areas for each attendee's gear should be clearly marked off the field
4. No sharing of water or equipment. Soccer balls are excluded
 - All soccer balls should be sanitized before next practice/scrimmage/game
 - If possible, soccer balls should be sanitized at halftime and whenever convenient during training
 - Only the coach may handle cones
5. Spectators are allowed but with proper social distancing and no contact with players or teams. At risk individuals should still take precautions

Additional Responsibilities

(This information is provided for guidance only and should not be considered exhaustive)

- **Club Responsibilities:**

- Create and distribute protocols to its members.
- Contact insurers to ensure all coverages.
- Have an effective communication plan in place in case the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity.
 - Identify strategies for working with public health to notify adult leaders, youth and their families while maintaining confidentiality.
- 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.
- 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:**

- Ensure the health and safety of the Athletes.
- Inquire how the athletes are feeling, send them home should you believed they act or look ill.
- Follow all state and local health protocols.
- Ensure all athletes have their individual equipment (ball, water, bag etc.)
- Coach is the only person to handle cones, disk etc.
- All training outdoors and ensure social distancing per state or local health guidelines.
- 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 pinnies is not recommended at this time.

- **Parent Responsibilities:**

- Ensure child is healthy, check your child's temperature daily.
- 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 child's clothing is washed after every training session.
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized before and after every training.
- Notify club immediately if your child becomes ill for any reason.
- Do not assist coach with equipment before or after training.
- Be sure your child has necessary sanitizer with them at every training.

- **Players Responsibilities:**
 - Take temperature daily.
 - Wash hands thoroughly before and after training.
 - Bring and use, hand sanitizer with you to every training.
 - Wear mask 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.

This document was created based on the following resources, guidelines, materials with input from various authorities and other sources. This document was created by the MSYSA staff and reviewed by the MSYSA Board to be used by our affiliates as a reference when creating their own plans and policies. Please note that any information contained herein is for informational purposes only and may not be construed as a directive, edict, or in place of medical or legal advice. This document may only be used in the spirit for which it was intended.

- CDC Guidelines:
 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Maryland State Guidelines:
 - <https://governor.maryland.gov/recovery/>
 - <https://governor.maryland.gov/2020/04/24/governor-hogan-introduces-safe-gradual-and-effective-maryland-strong-roadmap-to-recovery/>
 - https://governor.maryland.gov/wp-content/uploads/2020/04/MD_Strong.pdf
- Other Documents Referenced:
 - US Youth Soccer's 'Return to Play Guidelines'
 - Arizona Soccer Association's 'Return to Play'
 - Indiana Soccer 'Return to Activity Notice'