



Return to Activity

Discussion Document

5/20/20

The Return to Activity

Summary:

Four areas of attention for our clubs, coaches, parents, and players:

1. Observe: State laws followed, players are healthy, facilities are safe,
2. Communicate: serious nature of complying, reporting positives, listen to parents ...
3. Educate: staff to follow protocols, coach kids to train safely, engage parents in their tasks,
4. Protect: Group size, transport, spectators, mask policy, sport distancing ...

Every sport and every state government has defined phases. From a player perspective, we think:

Timeline

- > Individual training - now
- > Small group training – June 1
- > Team practice
- > Competitive play

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Expert Input



Communications



March 12 - Update from NCYSA

March 25 Update from NCYSA



URGENT UPDATE - March 12, 2020 IMMEDIATE ACTION ON COVID-19 (coronavirus)

COVID-19 (coronavirus) has now been declared pandemic and NCYSA is implementing actions to care for the health and wellness of our players, coaches, families, administrators and referees. The following action has been taken:

EFFECTIVE IMMEDIATELY, March 12, 2020, the NCYSA Executive Board has SUSPENDED ALL NCYSA SANCTIONED EVENTS, THIS INCLUDES BUT NOT LIMITED TO GAMES, TRAINING (PRACTICES) TOURNAMENTS, PERMISSION TO TRAVEL for ALL LEVELS OF PLAY (Classic, Challenge and Recreation) UNTIL APRIL 1, 2020.

It is imperative you share this information with your players, parents, coaches, administration, referee assignors, and playing field contacts. We advise everyone to use best practices and common sense when it comes to the safety of our soccer community.

Additionally:

- The Executive Board will continue to monitor the status each week and will communicate any additional actions being taken.
- Teams 13U and above will be allowed to schedule two matches a day when/if play resumes
- NCYSA sanctioned tournaments to be held in North Carolina in March are being contacted and advised of the suspension. If your team was scheduled to attend one of these events, please reach out to the event tournament director
- The NCYSA Youth Academy Showcase has been postponed
- ODP training has been cancelled
- National League Piedmont Conference games are cancelled through April 15th
- The Executive Board in conjunction with the VP of Tournaments and Travel will continue to evaluate the State Cup events to determine if adjustments are needed and what those may be moving forward
- The referee organization has been made aware of the suspension and is in contact with all assignors

The NCYSA Executive Board

North Carolina Youth Soccer Association



URGENT UPDATE - March 25, 2020 IMMEDIATE ACTION ON COVID-19 (coronavirus)

COVID-19 (coronavirus) has now been declared pandemic and NCYSA is implementing actions to care for the health and wellness of our players, coaches, families, administrators and referees. The following action has been taken:

EFFECTIVE IMMEDIATELY, March 25, 2020, the NCYSA Executive Board has EXTENDED THE SUSPENSION OF ALL NCYSA SANCTIONED EVENTS, THIS INCLUDES BUT NOT LIMITED TO GAMES, TRAINING (PRACTICES) TOURNAMENTS, PERMISSION TO TRAVEL and ALL LEVELS OF PLAY (Classic, Challenge and Recreation) UNTIL APRIL 12, 2020. *(It is the belief of the Executive Board it will be much easier for our members to extend the suspensions versus trying to resend if the pandemic improves)*

It is imperative you share this information with your players, parents, coaches, administration, referee assignors, and playing field contacts. We advise everyone to use best practices and common sense when it comes to the safety of our soccer community.

PLEASE NOTE: The NCYSA medical and liability insurance does not cover any incidents/claims that may occur during the mandated suspension of sanctioned events.

UPDATES:

- The Executive Board will continue to monitor the status each week and will communicate any additional actions being taken. NCYSA continues to communicate with US Youth Soccer and the US Soccer Federation
- **League Play season has been extended to June 15th** to hopefully give our teams/players the opportunity to get back on the field and complete their spring season schedule. It is also our hope that recreation leagues will be able to provide play a spring season with the extension of the spring season
 - This will impact some deadlines for our 2020-2021 Classic Season
 - New date for Association Commitment Form deadline July 6th
 - Online Intent to Play deadline July 10th
 - Tryout information is still under consideration and we will let you know as soon as it has been determined.
- Teams 13U and above will be allowed to schedule two matches a day when/if play resumes
- If there are NCYSA sanctioned tournaments to be held in North Carolina during the suspension they will be contacted and advised of the suspension. If your team was scheduled to attend one of these events, please reach out to the event tournament director
- NCYSA will not approve Notification to Travel for teams wanting to travel out of state during the suspension.
- The NCYSA Youth Academy Showcase has been **CANCELLED**. Teams and/or associations will be refunded the entry fee.
- The US Soccer Federation has **cancelled/discontinued all coaching education courses until May 1st**. We had several courses scheduled and NCYSA will work to reschedule as many as possible.
- US Youth Soccer has **cancelled the USYS ODP National Championships** to be hosted in Tennessee.
- April 5th ODP training is **CANCELLED**
- National League Piedmont Conference games are currently cancelled through April 15th and they are working with USYS to determine if there will be an extension
- The Executive Board in conjunction with the VP of Tournaments and Travel will continue to evaluate the possibility of a modified State Cup:
 - **The Singer Cup has been CANCELLED** and teams are being refunded.
 - Currently the Prelims for the Kepner and USYS Cups have been **cancelled**. Teams and/or Associations will receive the entry fee refund.
 - The Executive Board would still like to provide a Final Four, if possible, on May 30-31, 2020.
 - Teams would advance to the Final Four by league play – this is still in discussion and additional information will be provided when determined.
 - NCYSA has been in touch with USYS about the Southern Regionals and the Presidents Cup Regionals. We do not know if they will move forward with hosting those events but will keep you posted.

Please stay safe and use best of practices during this very difficult time,
The NCYSA Executive Board

Communications



May 15 Update from NCYSA

May 15, 2020



To: Member Association Presidents
Executive Directors/CEOs
Additional Association Officers
Directors of Coaching
Head Registrars

Recreation and Competitive Liaisons
Risk Management/Abuse Liaisons
Discipline and Appeals Liaisons
Field Coordinators
Certified Assignors

We are all eager to return to the green grass of soccer fields across the state, but the pandemic remains as our first consideration for the safety of our players, parents, coaches and volunteers.

We are watching NC in the first phase of relaxing some restrictions, and the data should tell us the story later this month. We are also watching other states and other sports react with more or sometimes less restrictive plans.

We continue to live under a suspension of all NCYSA activities. The following decisions will guide your plans:

1.The Spring Season is cancelled for all remaining games for all ages and levels. Neither USYS nor NCYSA can imagine guidelines which can provide safe competitive play with current rules, virus levels, and protective equipment. Clubs may wish to use training, fun events or camps to finish out the team activities this summer when restrictions relax further.

2.Our June 1 restart of training, in small groups of 10 or less, will remain our plan. The NCYSA guidelines document will provide recommendations for the club, coach, player, and parent, modeled on the USYS guidelines will follow the first of next week.

3.Tryout dates will remain the same:

- Tryouts for 11U and 12U players will start June 15, 2020 thru July 31, 2020
- Tryouts for 13U and older players will start June 22, 2020 thru July 31, 2020
- Tryouts for all girls 15U and older will be allowed between January 1st and July 31st

May 19 Guidelines from NCYSA



NCYSA Return to Activity
Target: Small Group Training June 1, 2020
May 19, 2020

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-activity programming in the context of COVID-19. Given each organizations vastly different resources, this document cannot be prescriptive; rather, it should spark thoughtful deliberation among those who intend to use this information to create their own unique return-to-activity programming plan 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, we all must recognize that there will be other logistical and implementation challenges for activity organizers, participants and their families given COVID-19. Our current return to training activity start is June 1, 2020, which is subject to change.

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, US Youth Soccer and NCYSA 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 area if you have specific questions. These guidelines address only early phases of return-to-play and additional guidelines may, or may not, follow as the COVID-19 pandemic continues to evolve.

Our state will have a phased approach to masks, reopening of fields, and easing of social distancing requirements. This may vary town to town. Youth sports may not be a high priority for state officials, or even addressed, which poses significant challenges for those planning a return to youth soccer activities. 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. Health consequences may be long-standing and only apparent weeks after initial infection and recovery. 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 at the forefront when designing and considering return-to-activity programming. USYS 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 should be clearly communicated to parents and participants in your respective programs.



Timeline To Return to Activities

	↓ Today	↓ June 1	↓ Next Phase
	Individual Training	Small Group Training	Team Practice Competitive Play
NC Gov 	Phase 0 <ul style="list-style-type: none"> • Stay at Home • Playgrounds closed Phase 1 <ul style="list-style-type: none"> • Stay at Home, but... • Businesses start to open 		
USYS 	Phase 1, 2 <ul style="list-style-type: none"> • Individual with own equipment; no group activities • Virtual coaching 		
NCYSA 	<ul style="list-style-type: none"> • No sanctioned events • Virtual coaching only • Workout at home 		

Timeline To Return to Activities

	March	June 1	Next Phase
	Individual Training	Small Group Training	Team Practice Competitive Play
NC Gov 	Phase 0 <ul style="list-style-type: none"> Stay at Home Playgrounds closed Phase 1 <ul style="list-style-type: none"> Stay at Home, but... Businesses start to open 	Phase 2 <ul style="list-style-type: none"> Small Groups Reduced capacity venues Playgrounds open 	
USYS 	Phase 1, 2 <ul style="list-style-type: none"> Individual with own equipment; no group activities Virtual coaching 	Phase 3 <ul style="list-style-type: none"> No exposure in 14 days Follow responsibilities Player's own equipment Non-contact, SD 	
NCYSA 	<ul style="list-style-type: none"> No sanctioned events Virtual coaching only Workout at home 	<ul style="list-style-type: none"> Small Group Training 	

Timeline To Return to Activities

	March ↓	June 1 ↓	Next Phase ↓
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NC Gov 	Phase 0 <ul style="list-style-type: none"> Stay at Home Playgrounds closed Phase 1 <ul style="list-style-type: none"> Stay at Home, but... Businesses start to open 	Phase 2 <ul style="list-style-type: none"> Small Groups Reduced capacity venues Playgrounds open 	<ul style="list-style-type: none"> Phase 3 Larger groups Larger venues
USYS 	Phase 1, 2 <ul style="list-style-type: none"> Individual with own equipment; no group activities Virtual coaching 	Phase 3 <ul style="list-style-type: none"> No exposure in 14 days Follow responsibilities Player's own equipment Non-contact, SD 	<ul style="list-style-type: none"> TBD
NCYSA 	<ul style="list-style-type: none"> No sanctioned events Virtual coaching only Workout at home 	<ul style="list-style-type: none"> Small Group Training 	<ul style="list-style-type: none"> TBD



CDC:

- Sick player protocols should include the ability to isolate, transport, and notify
- Consider a point of contact for the club



Aspen/NCSU study:

- 50% of parents fear return
- 70% say their kids will return to sport at the same level



John Hopkins Outbreak Response

- The US is still not meeting the metrics
- Traveling sports could increase spread; local is better
- Protect higher risk players, parents, coaches, families



US Olympic team

- Protect for long term health risks (permanent heart, lung, kidney degradation)



UCLA Law School

- Government protocol compliance is necessary, not sufficient
- Think about assigning responsibilities – 8 year olds? Parents must step up.
- Involve your local health departments in incidents – don't do it yourself

Be Community Stewards – don't match the lowest common denominator



Responsibility Matrix

Summary of Responsibilities – Who and What

	Observe	Communicate	Educate	Protect
Club				
Coach				
Parent				
Player				

Responsibility Matrix

Summary of Responsibilities

	Observe	Communicate	Educate	Protect
Club	<ul style="list-style-type: none"> • Changing state protocol • Insurance guidelines • Local protocols, trends 	<ul style="list-style-type: none"> • Document and share protocols with members • Share anonymously positive test results to affected members; notify health department; cc NCYSA • Communicate within confidentiality, privacy rules • Relay closures to members 	<ul style="list-style-type: none"> • Coach and volunteer training on protocols, regulations, recommendations from USYS, state, local, CDC • Dialogue with local health officials 	<ul style="list-style-type: none"> • Field owners assure sanitization and waste removal • Adequate field space
Coach	<ul style="list-style-type: none"> • Player general health – observe, inquire, report • Player and parent adherence to responsibilities 	<ul style="list-style-type: none"> • Send positive COVID-19 reports to club 	<ul style="list-style-type: none"> • Protocols, guidelines for parents and players 	<ul style="list-style-type: none"> • Manage SD*, masks, and handle all training equipment • No Pennies
Parent	<ul style="list-style-type: none"> • Player risks, family risks • Player health – check temp 	<ul style="list-style-type: none"> • Share health issues and risks as appropriate – report any illness • Inspire and encourage players • Final decision to play is from parents – no penalty 	<ul style="list-style-type: none"> • Educate player on protocols and tasks assigned (temp, gear, sharing, masks, SD) 	<ul style="list-style-type: none"> • Assure clothing is washed and equipment sanitized after each use • Avoid carpooling; stay in car or mask-up • Control siblings • SD with spectators
Player	<ul style="list-style-type: none"> • Take daily temperature • Online training info 	<ul style="list-style-type: none"> • Communicate any health concerns • Avoid huddles, high-5's, handshakes, celebrations 		<ul style="list-style-type: none"> • No borrowing gear • Hand washing protocols • Mask before/after • SD, sanitizer protocols

*SD: Soccer Distancing

Participation Criteria

- 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 training location/community 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. 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, hand wash stations, 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.
- 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, (gloves, face mask, etc.)
- While coaching can occur onsite, coaches must maintain social distancing from all participants.

Responsibilities - Club



Club Responsibilities:

- Create and distribute protocols to members. Document what was done, who did it & how, and who from the club verified ongoing communication and actions.
- Develop contacts with your local community health organization.
- Have an effective multi-platform 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. Also, call NCYSA (Kathy Robinson) and report the incident immediately.
- 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 indoor facilities and cancellation of outdoor activities or camps for proper disinfection.
- Provide adequate field space for social distancing.
- Provide hand sanitizing stations and waste receptacles at fields for individual participant use.
- Develop a relationship and a dialogue with local health officials.

Responsibilities - Coach



Coach Responsibilities:

- Ensure the health and safety of the participants. Be aware of any higher risk conditions noted in medical waivers.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance.
- All training should be conducted outdoors and compliant with social distancing per state or local health guidelines.
- Always wear a face mask
- Coaches should maintain social distance requirements from players and parents based on state and local health requirements. Avoid huddles, parent conferences, etc. if social distancing is difficult.
- Have fun, stay positive – players and parents are looking to you for leadership.
- The use of scrimmage vests, or pennies, is not recommended at this time.

Responsibilities - Parent



Parent Responsibilities:

- Ensure your child is healthy and symptom-free, and check your child's temperature before activities with others.
- Ensure your child's medical waiver includes any high risks (ex. asthma, diabetes, immuno-compromised conditions)
- Consider not carpooling or very limited carpooling.
- Stay in car or adhere to social distance requirements, based on 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.

Responsibilities - Players



Player Responsibilities:

- With parent direction, take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after training. Avoid touching your face.
- 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 (ex. gloves, shoes, uniforms, water, food)
- Practice social distancing, including placing bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.
- Stay in shape and work on your skills at home

Add questions to the chat – if we run out of time, we'll use email.

Some recent questions to NCYSA:

1. Can/should we go to tournaments outside of NC if their rules are different?
2. Are we insured if we have 1 on 1 training with players on our fields now?
3. What local rules do we apply? We have kids and fields in NC and VA/SC.
4. What should we document?
5. How do we do tryouts if we are still in “small group training” mode?