



AYSO Region 840 | Oneida, NY
rc@840ayso.org
Last Updated: 04/01/2021

AYSO REGION 840 COVID-19 RETURN TO PLAY GUIDELINES

This document is intended to provide Families, Coaches, and Referees with guidelines to safely operate within our soccer program during the ongoing COVID-19 pandemic. This guide was created using [AYSO National's Return to Play](#) guidelines, guidance from the Madison County Department of Health and the State of NY, and feedback from our own coaches and board members. Please understand that these guidelines are subject to change to align with the latest COVID-19 information. If you have any questions or concerns or need to report a COVID exposure, please reach out to our Safety Director, [Jovan Wimberly](#) or email us at rc@840ayso.org. You may also reach out to any of our board members by visiting our [Board Members](#) page. Thank you!

Overall – Standard Practices

Our program is for **Healthy Participants Only**: Any players, coaches, fans, or spectators who are sick will not be allowed at practices or games.

Parents and family members will abide by social distancing regulations and are strongly encouraged to remain inside their vehicles during practice.

It is vitally important that your child's coach and ultimately the Safety Director / Board of Directors is alerted immediately upon notice that someone has become ill so we can promptly begin contact tracing and the quarantine process. We, as a Region, will contact the Health Department, where applicable, to assist with reporting and contact tracing.

Note: If we receive a report of COVID-19, we must protect the privacy and confidentiality of the parties involved except as required to report to the Health Department.

Families & Players

- Ensure your child is healthy. Test child's temperature before departing for soccer practice (if above 100.4, do not attend).
- Drop off and pick up players with special care given to the presence of children coming to and from the activity and receive verbal acknowledgement from the coach each time.
- Please wait in your car and/or adhere to social distance requirements, based on state and local health requirements, and as requested by your coach or AYSO officials.
- Limit the use of carpools or van pools, and limit passengers to household members.



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Families & Players (cont.)

- Face masks are optional during play.
- Wash your child's clothing after every training/activity (recommendation).
- Sanitize all equipment (ball, cleats, shin guards, etc.) before and after every practice.
- Clearly label your child's water bottle and personal items to avoid accidental sharing.
- Ensure your child has hand sanitizing products with them at every session.
- Notify your team/club immediately if your child or family member becomes ill for any reason.
- Do not assist coach with equipment before or after training.
- Inform parent if feeling unwell.
- Wash hands before and after training.
- Wear a face mask to practice/games.
- Bring and use your own labeled hand sanitizer at every session.
- Do not touch or share anyone else's equipment.
- Practice physical distancing, place bags and equipment at least 6 feet apart.
- No sharing drinks or use of water fountains at facility (players should mark their own water bottles).
- No physical greetings with their teammates (verbal acknowledgement is expected, we are physical distancing not social).

Coaches

- **Coaches should maintain physical distancing requirements from players and family members.**
- Wearing a face mask is recommended for the duration of the practice.
- Utilize technique in isolation exercises, grid work, fitness and spatial awareness to limit physical contact between players (suggested content can be found here).
- Keep players together in small groups/cohorts with one coach and make sure that each group of players and coach avoid mixing with other groups as much as possible. Teams might consider having the same group of players stay with the same coach or having the same group of players rotate among coaches.



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Coaches (cont.)

- Adhere to AYSO Safe Haven guidelines, i.e., 1:8 adult to child ratio; minimum of 2 adults present; no adult alone with children other than their own. Whenever possible, adult of same gender as players should be present.
- Ensure all players have and handle their own labeled equipment (ball, water bottle, training disks, etc.).
- Coach should be the only person to handle coaching equipment (e.g.: cones, disks, etc.); do not let parents or attendees assist.
- Hand sanitizer or hand-washing on arrival / mid-way and end of training session.
- No shared equipment in use (players will be provided with individual bibs/pinnies or can bring game jerseys as requested).
- No physical greeting of players (verbal acknowledgement is expected).
- Stay positive and create a fun environment in this new normal.
- Serve as focal point, or designate the Team Parent/Manager/Safety Director/CVPA, for notification from team families if a family member becomes ill with COVID-19, tests positive for COVID-19, or comes in contact with a confirmed case of COVID-19.
- Complete and submit AYSO's [Incident Report Form](#) to the Region Safety Director immediately, including team roster.

Referees

At all times:

- Stay at least 6 feet from anyone as much as possible.
- Avoid touching eyes, nose, and mouth.
- Spitting or rinsing the mouth with water is to be avoided.
- Cough into elbow.
- Stay home if not feeling well and communicate to the Referee Administrator.



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Referees (cont.)

Pre-game:

- Prior to arrival, wash hands with soap or alcohol-based solution for at least 20 seconds.
- Arrival in full uniform is recommended.
- Maintain 6 feet distance from players, coaches, spectators and referee team for all administrative procedures.
- Mask is recommended for pre-game duties.
- No handshakes with coaches, players, or spectators.
- Coin toss options:
 - Modified. One player from each team; center official; no handshakes; physical distancing.
 - No coin toss: Home team selects the half of the field. Away team will take kick-off

During Play:

- Masks are optional for center referees during active play.
- Assistant referees are recommended to wear breathable face coverings unless wearing a mask causes breathing problems.
- Referees are recommended to stay a minimum of 6 feet away from players, coaches, spectators, and the referee team during dynamic play and stationary play at all times.
- Do not share whistles or, if possible, any other referee equipment.
- If not feeling well during the game at any time, go home immediately.
- Keep the game flowing to limit groups of players congregating, i.e., set plays.

Post-game:

- After the game, applaud the players and coaches, but handshakes are not permitted; fist bumps/elbow bumps are not recommended.
- If shared, wipe down the handles of flags with an alcohol-based rub or wash with soap and water.
- Upon completion of the match, wash hands with soap or alcohol-based solution for at least 20 seconds.