

# Covid-19 Return to Play Policy

UPDATED: March 13, 2022



The following guidelines are hereby adopted by AYSO Region 88 to ensure that all players, volunteers, and parents enjoy a fun and safe soccer playing environment for the 2021-2022 soccer season.

These guidelines are intended to comply with, and may in some cases exceed, rules and regulations for return to play recommended by the Center for Disease Control ("CDC"), National Institute of Health ("NIH"), the State of California, County of Los Angeles, City of Glendale, California Interscholastic Federation ("CIF") and National AYSO policies. Region 88 will continue to amend these policies as additional recommendations are provided by the respective governmental agencies for return to play.

## COVID-19 GENERAL STATEMENT

COVID-19 continues to pose a high risk to communities and requires all people to follow precautions and to modify operations and activities to reduce the risk of spread. This protocol provides direction on organized youth recreational sports activities to reduce the risk of spread of COVID-19 during play.

The risk of spread of COVID-19 from an infected person, even if they feel well, to others who are not fully vaccinated is affected by the following factors:

- Risk increases when face masks are not worn correctly and consistently, and physical distancing is not maintained.
- Risk increases with increasing levels of contact between participants; closer contact (particularly face-to-face contact), and the frequency and total duration of close contact, increases the risk that respiratory particles will be transmitted between participants.
- Risk increases with greater exertion levels; greater exertion increases the rate of breathing and the quantity of air that is inhaled and exhaled with every breath.
- Risk increases with mixing of cohorts and groups, particularly when from different communities (during or outside of sports play); mixing with more people increases the risk that an infectious person will be present.

These policies cover the following topics:

- Coaches
- Players
- Spectators
- Referees and other volunteers
- Covid protocol

The CDC, NIH and County of Los Angeles continue to recommend that everyone continue to wear a mask to reduce the risk of exposure to COVID.

## **COACHES**

Region 88 has always taken pride in the high standards that our volunteers, especially our coaches, demonstrate on a weekly basis to towards our players, parents and spectators. In order to ensure that Region 88 is able to complete these upcoming soccer seasons, the following procedures are hereby implemented:

### **A. FACE COVERINGS**

It is recommended, but not required, that coaches wear a face mask or face covering during practices and games.

### **B. PRACTICE AND PRE-GAME PROTOCOLS**

Before each practice and game, each coach, their assistant or a team representative shall inquire from each parent or guardian (or the player for U19 only) before each practice or game the following information:

- Has the player or anyone in the household suffered a fever?
- Any cough, shortness of breath, or difficulty breathing?
- Any fever or chills?
- Is anyone in the household currently under isolation or quarantine orders or been diagnosed with COVID in the past 10 days.

Any player, parent, or guardian who answer “yes” to any of these questions shall not participate in any team activities. Any player who develops any of these symptoms during practice or a game shall be immediately isolated from other players and immediately sent home.

### **C. SOCIAL DISTANCING**

As much as possible during practices and games, coaches should maintain a physical distance between themselves and players, parents and match officials.

## **PLAYERS**

It is recommended, but not required, that players wear facemasks during practices and games.

During practices or games, facemasks may be worn by any player, unless worn in a hazardous way.

Participants should take a break from exercise and/or remove their face mask if any difficulty breathing is noted and should change their mask or mask if it becomes wet and sticks to the participant’s face and obstructs breathing.

## **SPECTATORS**

In an effort to mitigate contact with third parties and reduce the risk of exposure, parents and siblings are recommended to maintain social distance from other families and players to mitigate contact with third parties and reduce the risk of exposure.

## **REFEREES AND OTHER VOLUNTEERS**

### **A. MASKS**

Neither referees nor volunteers are not required to wear a facemask or face covering during practices or games.

### **B. PRE-GAME PROTOCOLS**

Before each practice and game, each referee or volunteer shall confer with other match officials and shall attest before the game the following information:

- No person in their household has suffered a fever?
- They are not suffering from any cough, shortness of breath, or difficulty breathing?
- They are not suffering from any fever or chills?
- No person in their household has is currently under isolation or quarantine orders or been diagnosed with COVID in the past 10 days.

Any referee or volunteer who answers “yes” to any of these questions shall be denied entry into any practice or denied participating in any game and shall be immediately leave the field. Any referee or volunteer who develops any of these symptoms during practice or game should be immediately isolated from other referees, volunteers, parents and players and immediately leave the field.

## **COVID PROTOCOLS**

If a player, coach, referee or volunteer tests positive for COVID-19 or is exposed to COVID-19, the player, coach, referee or volunteer shall undertake the following protocols:

### **A. EXPOSURE TO COVID-19**

A person is deemed to have been exposed to COVID-19 if they have been in close contact with some with COVID-19. Close contact includes any of the following:

- a. You participated in team activities with a player or coach who tested positive or had symptoms of COVID-19 within 2 days after the team activity
- b. You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- c. You provided care at home to someone who is sick with COVID-19
- d. You had direct physical contact with the person (hugged or kissed them)
- e. You shared eating or drinking utensils
- f. They sneezed, coughed, or somehow got respiratory droplets on you

### **B. IF EXPOSURE HAS OCCURRED**

Any player, coach or volunteer shall submit either a Covid Positive Test Report Form or Exposure Report form if a player or volunteer:

- a. Receives a positive COVID-19 test
- b. Develops COVID-19 symptoms
- c. Is exposed to a household member with COVID-19 or to someone outside of their AYSO team who was diagnosed with COVID-19.

Players and Coaches testing positive or exposed to COVID must adhere to the return to play guidelines before returning to any AYSO event.