

Alaska Youth Soccer Indoor Mitigation & Safety Guidelines



Match Day Guidelines

2020-2021

Requirements for Players,
Coaches, and Referees





Compliance for Sanctioned AYSA Leagues

- 1) **Guidelines-** Follow State Mandates and Municipality Emergency Orders. Consult the Municipality Division of Public Health to ensure you are following guidelines along with ensuring the facility you are using is current on guidelines.
 - Attendees will be limited to team members, coaches, officials, and trainers, or other required medical personnel and will be counted prior to any spectators regarding indoor capacity guidelines.
- 2) **Application-** Have been approved by the AYSA office to operate a Sanctioned League and paid the fee.
- 3) **Permits-** Have active current facility permits to hold league games.
- 4) **Certificates of Insurance (COI)-** Proper COI in place prior to starting any sanctioned league activity.
- 5) **Emergency Operations-** Review the existing plans for your facility locations.
- 6) **Polices-** Ensure all AYSA policies, guidelines, and Indoor Mitigation & Safety Guidelines are being followed.
- 7) **Transition-** Ensure time of between the end of one game and the beginning of the second game. Times should be staggered to minimize large group gathering.
 - Formulate a No Congregating Policy of players at drop off zones, at entrance/exit areas of the facility and field. Display signage for direction of walking traffic. Do not block entryway or stand in groups.
 - No Communal Spaces: **Teams are to Not Arrive** until 15 minutes prior to **their assigned game time**.
 - **Transition of Play**; Teams waiting should not enter field and technical areas until previous teams leave the field.
- 8) **Game Rosters/ Cards-** Establish rosters for teams will be paperless and be available to team managers electronically.
- 9) **Spectators-** Will follow State Mandates, Municipality Emergency Orders and Facility Mitigation Guidelines regarding parent spectators during games. Spectators should always wear a mask and maintain social distance.
- 10) **Sideline-** Designate social distance space between coaching staff and athletes, **No team benches, bleachers or chairs.**
 - Teams will clear the area and leave the field as soon as reasonably possible after play.
- 11) **Field Layout -** Teams (technical areas) will be placed on opposite halves/ sides of the pitch (diagonal from each other).
- 12) **Clear Area-** Team, coaches, and referees should leave the field as soon as reasonably possible after play.
- 13) **Substitutes -** If substitute wear a pinnie, player coming off field should not take pinnie from the substitute.
- 14) **Spitting-** No spitting is allowed by soccer players, coaches or officials, period.



The Referee role is not to enforce the current protocols; their role is to note and report instances of non-compliance to the league assigner, league, and Alaska Youth Soccer. Teams failure to enforce current Phase requirements will result in forfeit for the team and a fine to the club. Referee will have the discretion to suspend and, if necessary, terminate the game if club/ team cannot comply.



Club Compliance Match Day Guidelines

- 1) **Guidelines-** Ensure teams are current on State Mandates and Municipality Emergency Orders.
 - Continued AYSA COVID-19 prevention and response protocols in place and followed.
 - Acknowledge and support family decisions of athletes to “Not Return to Play” at this time.
 - Remain responsible to provide oversight to ensure social distancing protocols are implemented.
 - If league location is under a Municipality Emergency Order that requires mask wearing ensure athletes, coaches, managers, and referees Always Wear A Mask...No Mask, No Play. Masks should **cover the nose and mouth**, be breathable, consist of cotton/ wick-type material. Follow CDC guidelines.
- 2) **Sanitation-** Ensure all teams have supplies including hand sanitizer and disinfectant wipes on hand for each game.
 - Continue sanitizing options available onsite. including hand sanitizer and disinfectant. Sanitizing equipment immediately after all each game.
- 3) **Hydration-** Athletes must bring their own water; clearly label. No sharing. Communal water should not be utilized. Athletes should not touch anyone else’s bottle. Water breaks should adhere to social distancing guidelines.
- 4) **Game Ball-** Teams will use disinfectant on the game ball between each game if the same ball is used.
- 5) **Warmups-** Use minimal equipment to limit transmission. Athletes should not pick up equipment, move goals, or handle other necessary training equipment.
- 6) **Transition-** Formulate a No Congregating Policy of athletes at drop off zones, at entrance/exit areas of the facility, or before or after games. Limit carpooling to only members of the same family. Parents stay in vehicle. Teams should limit congestion during warm up and team transitions etc.
- 7) **Technical Area-** Establish measures to create social distance between coaching staff and athletes by ensuring each team has **only 2** or less technical area staff in the Technical Area/ Sideline at any time. Roster Limit to Only 4 Technical Staff.
 - Continued social distancing practices maintained before and after games, and always on the sidelines. Designated side-line space for each athlete.
 - Streaming Games-** Teams may bring one individual to stream the game. the individual must be listed on team roster.
- 8) **Athletic Trainers-** Team/ Club Trainers: Establish a protocol for safeguard measures between trainers and athletes.
- 9) **Health Status** - Ensure participants (adults, athletes, and their families) are aware that they MAY NOT attend if either they or a household member has onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19.
 - Health Status Agreements for each athlete. *Current Indoor Mitigation & Safety Guidelines requires coaches and referees to wear mask/ face covering.
- 10) **COVID-19 Safety Officer-** Assign an individual who will ensure that policy is communicated club-wide to coaching staff, parents, and athletes as well as send regularly scheduled. * Engage your parents and athletes to help ensure protocols are followed.
- 11) **COVID-19 Reporting and Tracing Purposes-** All teams including but not limited to athletes, coaches, managers, trainers, referees, and team personnel must remain diligent. Clubs will follow the AYSA COVID-19 Protocols and reporting process for a positive test result or exposure to someone who tested positive within the program.



- 1) Club Pass- [Club Pass](#)** has been approved for teams within the same club, and within the same training bubble. (attendance records must be kept). Athletes must be properly registered to the club and follow the club pass policy. Do not club pass athletes from outside of your core training bubble.
 - If a positive test result or exposure comes from a main roster of a team or from the club pass athletes, all teams involved will follow the quarantine guidelines and scheduled games will be rescheduled or cancelled.
 - All club teams are encouraged to create “Team Pods” to limit Crossover Exposure (limit coaches and athletes’ exposure per Mitigation Guidelines).
- 2) Guest Players-** The Single Event Guest Player Policy will not be allowed this indoor season.
- 3) Roster Allowances-** Team roster size and [field formatting](#) will remain the same except for the U16-19 age group. The roster size remains the same, but if a roster has over 18 athletes, only 18 may attend the game. The additional rostered athletes are not allowed to attend due indoor capacity limitations.
- 4) 18-Year-Old Athletes-** Registered AYSA 18-year-old [athletes](#) who are considered legally to be adults in the State of Alaska and therefore will be subject to the SafeSport law. The 18-year-old athletes with access to minor athletes (train or play on the same team with minor athletes) are required to complete the SafeSport training within the first 35 days of access to youth participants. Clubs will quarterly submit the Safe Sport Tracking form to the AYSA Office.

Alaska Youth Soccer ask the clubs, athletes, parents, and coaches to help mitigate the spread of COVID-19 by doing their part! Reminder, please continue to self-screen and stay home if you are not feeling well. It is imperative that we not lose focus on doing everything in our power to reduce the spread of COVID-19.

To Read the full 2020 Indoor Mitigation & Safety Guidelines [click here](#)

Anchorage Leagues and Clubs- To remain compliant with the current Anchorage Municipality **Attachment B – [Organized Sports Emergency Order](#)** *Under Activities, Competitions, Games, Or Practices Section-* “Sporting events shall be limited to existing teams” and “Maintaining practice groups in consistent pods of small sizes that do not mix athletes”. AYSA goal is to minimize potential spread by remaining consistent with our small sizes “Team Pods” that do not mix players from outside groups. Please ensure that all teams are following the Attachment B guidelines.

Referee Compliance Match Day Guidelines

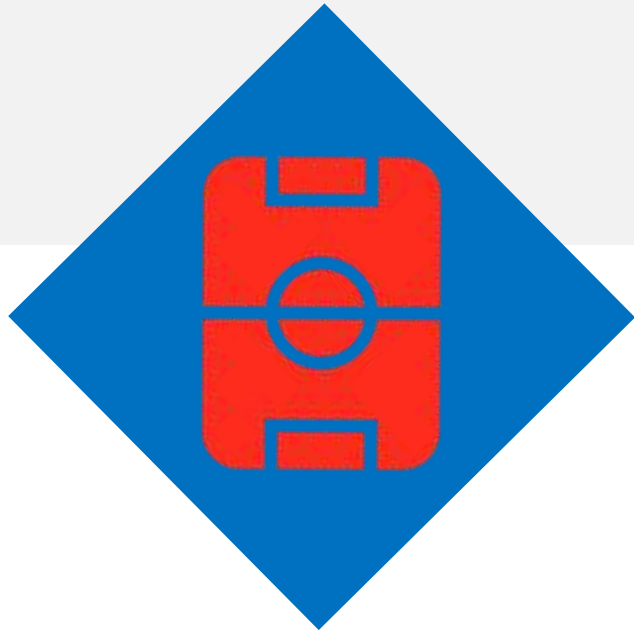
Referees- Should allow when possible to remain Ten (10) feet for social distancing prior, during and after the game.

- No pre-game coin toss: Home team chooses direction. No pre- or post-game handshakes.
- Referees will not handle rosters or passes for league play.
- **Match Play-** The laws of the game remain the same. | **Rules of Play-** No Throw-ins (can help decrease risk)
- **Red Card-** Deliberately coughing on or at an opponent or any other person should be treated as spitting on or at for the purpose of the laws of the game and is therefore a red card.





Alaska Youth Soccer Indoor Mitigation & Safety Guidelines



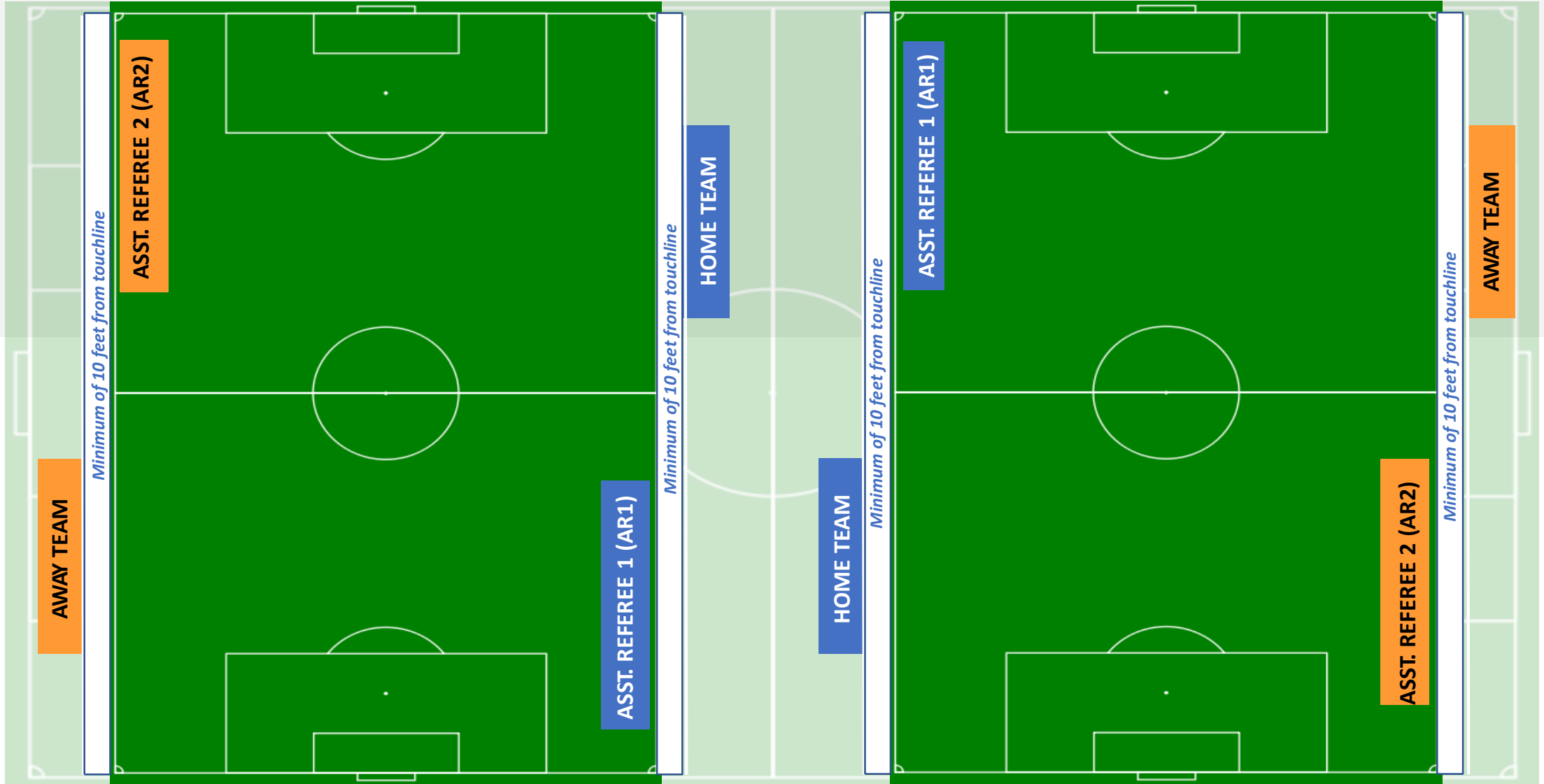
Enhanced Field Layouts

2020-2021





ENHANCED FIELD LAYOUT DIAGRAMS



Teams (technical areas) will be placed on opposite halves/ sides of the pitch



MODIFIED FIELD LAYOUT

TEAM BENCHES

Match Day Reminders

- Designated side-line space between staff/ athletes
- Designated side-line space for each athlete
- Distancing maintained before/ after games, and always on the sidelines.
- Athletes set bags apart

For the 2021 Winter Season Alaska Youth Soccer ask for leagues and facilities NOT to provide team benches, bleachers or chairs.

Because of Socially Distancing- team benches essentially unusable and eliminate the need for sanitizing benches between every match.



Return to Play

At a bare minimum, the state association and its member organizations, need to adhere to their state/local guidelines on resumption of sporting activities. Follow their guidelines & directives closely and you will be operating in a reasonable and prudent manner from a risk management standpoint. The state association can decide to be more restrictive than their state/local mandates as respects to return to play, just not any less restrictive. Documentation will be very important. By documenting positive actions taken by the association/club, you will be able to demonstrate that reasonable and prudent steps were undertaken and completed to keep players, staff, and spectators as safe from infection as possible.

Health Status Agreement (Release of Liability and Assumption of Risk Agreement) 2020-2021

State associations should consider implementing a communicable disease waiver (release of liability) because it does document you advised the persons there is a risk of acquiring a communicable disease in a group sport setting. As part of your duty of care to persons, the state association has a duty to warn persons of potential hazards. Failure to warn of a hazard can be used against you in a civil suit.

Facemasks (Players)

Players should be allowed to wear a cloth, surgical, or similar face covering while playing soccer but do not mandate players wear one (leave it to the parent’s discretion) unless your state mandates face coverings need to be worn while playing athletic activities.

- Dan Pullen | K&K Insurance Group, Inc.

[US Youth Soccer Return to Activity Notice Version 1.0,](#)

[U.S. Soccer PLAY ON initiative](#)

[Soccer Recommendation Guide](#)

[Phase III Grassroots Recommendations Guide](#)

[Reopen Alaska Responsibly Plan](#)

[CDC Mass Gatherings](#)

[CDC Parks and Recreational Facilities](#)

[CDC Considerations for Youth Sports](#)

[CDC Recreational Guidance](#)

[CSC Resources for Large Community Events](#)

[EPA list of COVID-19 Effective Disinfectants](#)



[Indoor Air and COVID-19](#)

[COVID-19 Event Risk Assessment Planning Tool](#)

[Move United](#)

[Special Olympics](#)

[Special Olympics Infographic](#)

[Federation for Children with Special Needs](#)

[Autism; Wearing a Mask Social Story](#)

Alaska Youth Soccer Association

Indoor Mitigation & Safety Guidelines

Linda Burke

Executive Director

(907) 887-6550

alaskayouthsoccer@gmail.com



Member of the United States Youth Soccer Association (USYS)



Member of the US Soccer



Alaska Youth Soccer Association

200 W. 34th Ave # 21
Anchorage, AK 99503



Board of Directors
Alaska Youth Soccer

www.alaskayouthsoccer.org/Staff

www.alaskayouthsoccer.org