

ALASKA YOUTH SOCCER INDOOR MITIGATION & SAFETY Guidelines

9/2/2020





Athletes



Coaches



**Clubs
Leagues**



**Parents
Spectators**



Referees

Pathway Moving forward

Alaska Youth Soccer Association

Indoor Mitigation & Safety Guidelines

The pathway moving forward for indoor soccer activities will require adapting to the overall landscape within our communities. Overcoming the many hurdles including state and local mandates, ensuring the health-and-safety for all within the programs while allowing for flexibility around scheduling practices and games in a controlled environment.

RETURN TO PLAY

Phase One

SHELTER IN PLACE – NO GROUP TRAINING

Phase Two

RETURN TO ACTIVITY SMALL GROUP TRAININGS

Phase Three

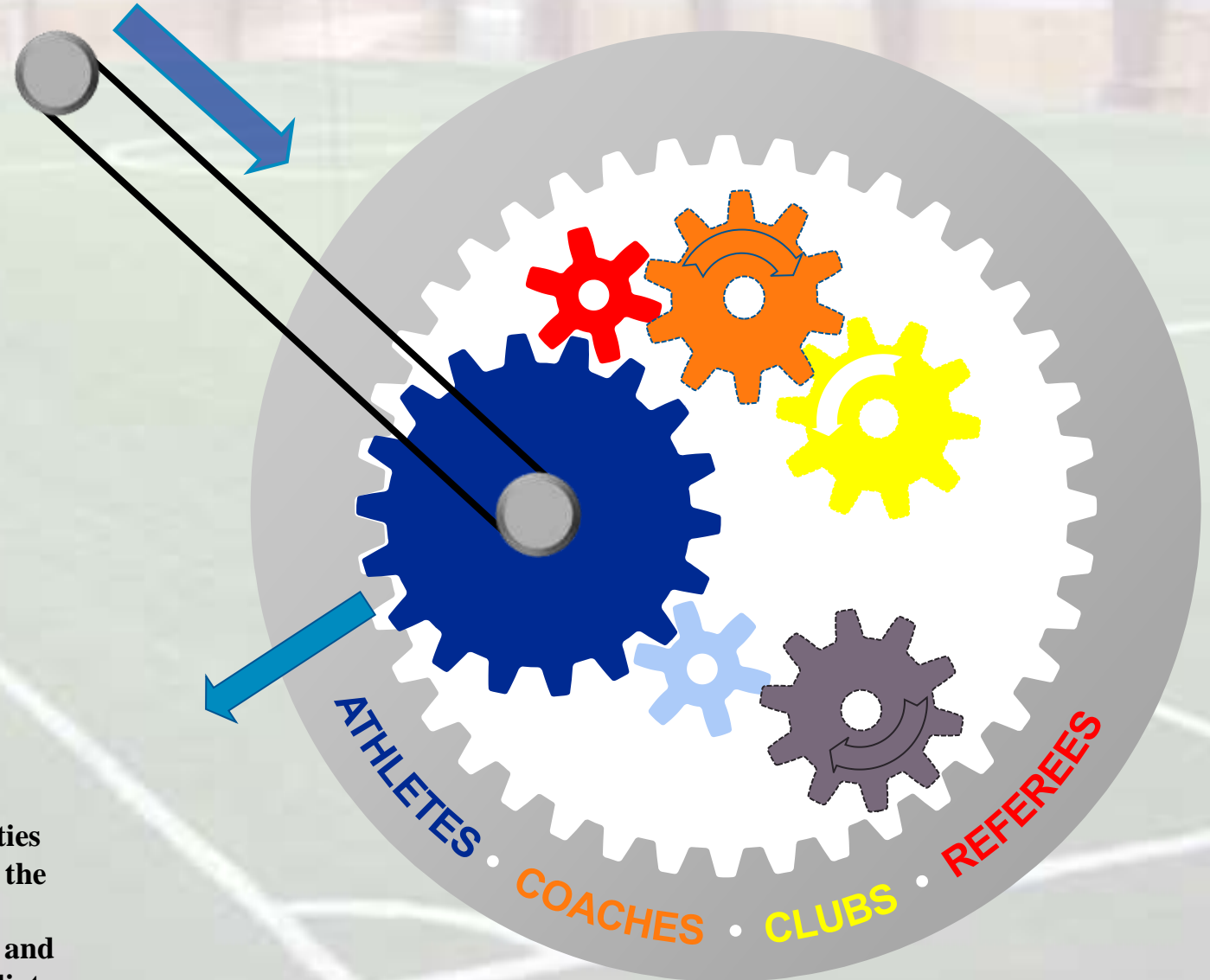
INTRODUCTION OF PRACTICES AND SCRIMMAGES

Phase Four

FULL TEAM COMPETITION “NEW NORMAL”

Phase Five

NO RESTRICTIONS



Alaska Youth Soccer Association sanctioned youth soccer activities Return-To-Play Operational Guidelines are in place to mitigate the risk of spreading COVID-19. The FIVE phased approach will provide clear direction and understanding for coaches, players, and families to engage in within EACH DISTRICT. Sanctioned Affiliate Clubs approved for Return to Play may start programming when the appropriate Return-To-Play phase has been reached in their District.

Alaska Soccer

Indoor Mitigation & Safety Guidelines

Promoting Behaviors that Increase Safety

PROTOCOLS FOR PLAY

While the risk of exposure to communicable diseases cannot be fully eliminated the following guidelines and protocols, are in place to maximize the safety of all affiliate participants, spectators, and staff.

CAPACITY FOR PLAY

Mandate/ Facility Guidelines that limit capacity for indoor activity will require teams to adjust to follow guidelines. Players/ coaches/ teams/ referees will be counted prior to spectators.

50 Max (per field) Single Game: (37–50 people)

Two teams with 15 players per team = 30, Two coaches per team = 4, Referees = 3 TOTAL = 37 people leaving 13 potential spectators.

50 Max (per court) Futsal Game: (22–50 people)

Two teams with 9 players per team = 18, One Coach per team = 2, Referees = 2 TOTAL = 22 people leaving 28 potential spectators.

Assessing and Reducing Participant Risk

- Adhere to all Training Session Management Guidelines.
- Do not allow practice unless protocols can be followed.
- Limit the amount of personal contact with shared equipment, gear, and public surfaces.
- Enable ability to engage in social distancing while not actively engaged in play.
- Limiting nonessential personnel, volunteers, visitors, and spectators.
- Increase signs/ messages to inform participants.
- Educate participants and staff to recognize the signs and symptoms. Stay home if sick.

Practices

- Strategically implement crowd control best practices with physical barriers and guides.
- Close contact between any individuals should be limited.
- Teams sidelines to maintain a physical distance of 6 feet.
- Clubs designate COVID-19 points of contact and streamline communication systems.
- Total number of attendees (players, coaches/team officials, referees, and staff) will not exceed state, county, municipal or facility requirements.
- When spectators are allowed; must wear a mask at all times and maintain social distancing.

Games

- Referee required to wear mask to/ from facility/ when non active.
- Rosters should be paperless and provided electronically.
- Do not blow the whistle, within Ten (10) feet of participants.
- Teams failure to enforce the Phase requirements will result in forfeit for the team and a fine to the club. Referee has the discretion to terminate the game if club/ team cannot adhere.
- DELIBERATELY coughing at or on an opponent or any other participant in the match is treated same way as spitting at or on an opponent and will result in an immediate red card.

Referees

Alaska Soccer

Indoor Mitigation & Safety Guidelines

Adherence To Mitigation Plans Are Crucial

PROTOCOLS FOR PLAY

Clubs and Leagues will follow COVID-19 prevention protocols and health and safety guidelines while maintaining vigilant regarding the promotion of safety of all those involved in the program.

Controlled Environment

Alaska Youth Soccer's highest priority is to ensure we provide a safe environment within our soccer programs and leagues. AYSA has taken several precautions as we continue to implement guidelines for a safe environment.

Alaska Youth Soccer will follow ALL Federal and Municipality Mandates, and Division of Public Health Guidelines. AYSA will also follow ALL Facilities specific rules/ guidelines.

Given the changing pandemic environment, the guidelines may change, and we will adjust to mitigate the risk of spreading COVID-19.

Club/ League Guidelines

- Follow Protocols for safe participation in programs.
- Publish protocols on website, and communication platforms.
- Designate COVID-19 points of contact for practices/ games to ensure that social distancing guidelines/ behaviors occur.
- Cleaning/ disinfecting to be in compliance with the CDC.
- Provide staff/ volunteers with current safety protocols, requirements, and regulations.
- Provide masks for staff and volunteers.
- Provide visual indicators (cones, tape, etc.) of proper spacing between individuals (minimum of 6 feet)

Clubs

- Coaches should be the only individual to handle equipment.
- Always maintain “Social Distance” facility entrance/ exit routes, fields/ courts, sidelines.
- Stagger training schedules with greater time between end/ start time to reduce people on site.
- Ask athletes prior to start if they are experiencing any signs or symptoms of COVID-19. (send home if sick/ follow up).
- Minimal equipment to be used whenever possible.
- Modified layouts by creating distance when possible.
- No benches; coaches will designate side-line space between staff and athletes.

Coaches

- Wear masks during warm-ups or whenever can be tolerated.
- Be vigilant in cleaning personal equipment and apparel before and after each training and game.
- Should not take off any equipment until they have left the facility.
- Should clearly label water bottles.
- Wait in your car until your activity time, AVOID forming a group.
- No contact e.g. hugs, high-fives, huddles and handshakes.
- Should not handle soccer balls with hands unless wearing gloves.
- Avoid spitting and coughing. GK should not spit into their gloves.
- Keep “Ground Transportation” to household members only.
- If brings a snack, do not share.

Athletes

Maintaining Healthy Soccer Environments



Follow ALL Federal and Municipality Mandates, and Division of Public Health Guidelines for the appropriate number of people in one group, distancing six feet apart, and face covering guidelines. Follow ALL Facilities specific rules and guidelines.

Help mitigate the spread of COVID-19 by doing your part!

Maintaining Healthy Soccer Environments



INDOOR SOCCER Mitigation & Safety Guidelines

Coaches

Activity

Modified layouts by creating distance when possible
Engage in social distancing while not actively engaged in play
Limit congestion warm up etc.

Equipment

Minimal equipment to be used whenever possible
Coaches should be the only individual to handle equipment

Sanitization

- Wear masks to/ from facility/ warm-ups
- No contact e.g. hugs, high-fives
- Hand sanitizer to use before/ after
- Clean personal equipment/ apparel
- Arrive to/ leave facility fully dressed
- Don't share water bottle or food

Health

Do self-checks prior to activity and stay home when appropriate
Do not play if uncomfortable

Athletes

Facilities

Communal Spaces

Take extra precautions with communal public spaces
Provide visual indicators for facility entrance and exit routes, fields/ courts, sidelines, team and spectator areas

Clubs

Adherence to Facility Guidelines
Follow protocols for safe programs
Designate COVID-19 points of contact for practices and games

Teams

Avoid congregating together, limit close contact between individuals
Remain vigilant in sanitizing and cleaning of equipment
Limit nonessential personnel, volunteers and spectators

Sideline

Designate side-line space between staff and athletes
No Team Benches, athletes set bags apart

Facilities

Spectators

Mask

Adherence to Federal and Municipality Mandates and Socially Distance. Mask Required Indoors.

Open Spectators

Total number of attendees not to exceed municipal requirements.
Always sit in designated areas

Limited Spectators

Two spectator per player
Spectators must always wear a mask and maintain social distance

NO Spectators

Total number of attendees (players, coaches, referees, will not exceed municipal or facility requirements

Spectators

Priority for ADHERENCE will follow as: 1) Municipality EO 2) Facility Mitigation Guidelines 3) AYSA Indoor Mitigation Guidelines. It is imperative that we not lose focus on doing everything in our power to reduce the spread of COVID-19.

Help mitigate the spread of COVID-19 by doing your part!

Alaska Soccer

Indoor Mitigation & Safety Guidelines

Affiliate Clubs will follow the appropriate Phase in their District. Updates to District Phases can be found at www.alaskayouthsoccer.org/_2020

SHELTER IN PLACE – NO GROUP TRAINING

- No group training or activity.
- Individual training held in participant home/ residence.
- Using own training equipment
- Notify club immediately if you becomes ill for any reason.
- Coaching occurs virtually. No coaches or athletes should be present during training.
- Coach/ staff to follow AYSA Code of Conduct Guidelines
- No practice, games, or travel during this Phase.
- Coaches- Have fun, stay positive – players/ parents are looking to you for leadership.
- Clubs communicate guidelines.
- No travel to activities outside of your district.

RETURN TO ACTIVITY– SMALL GROUP TRAINING

- Adherence to Federal and Municipality Mandates and Socially Distance.
- Adhere to Training Session Management Guidelines.
- Small group training sessions in area where social distancing can be maintained.
- Avoid activities require direct or indirect contact (e.g. bumping) between athletes.
- Coaches to wear mask. Athletes to/ from facility/ when non active.
- Engage in social distancing while not actively engaged in play.
- Implement attendance tracking.
- Day camps/ TOPSoccer allowed.
- No travel to activities outside of your district.

INTRODUCTION OF PRACTICES/ SCRIMMAGES

- Adherence to Federal and Municipality Mandates and Socially Distance.
- Adhere to Training Session Management Guidelines.
- Team training allowed with increased activity/ exposure risks.
- Maintain same club teams, limit mixing separate teams/age groups.
- Small sided training and set-play pieces incorporated.
- Controlled scrimmage intra club.
- Coaches to wear mask. Athletes to/ from facility/ when non active.
- Engage in social distancing while not actively engaged in play.
- Vigilant in cleaning/ sanitizing.
- Day camps/ TOPSoccer allowed.
- No travel outside of your district.

FULL TEAM COMPETITION “NEW NORMAL”

- Adherence to Federal and Municipality Mandates. Socially distance within the rules of soccer.
- Adhere to Training Session/ League Management Guidelines.
- Team training/ competition allowed.
- Sanctioned games and tournaments.
- Team meetings/ tactical discussions to be provided in digital format.
- Events/ leagues should comply with local guidelines; group size etc.
- No hugs, high-fives, handshakes.
- Designate side-line space for staff/ athletes. Maintain Social distancing.
- Teams to leave the field as soon as reasonably possible after play.
- Coaches/ referees to wear mask. Athletes to/from facility/ non active.
- Limited travel w/ AYSA Approval.

Phase I

Phase II

Phase III

Phase IV

**NO RESTRICTIONS
PHASE V**

PLAYERS

- Players to use own equipment, set apart bag from others
- Arrive to and leave facility fully dressed (uniform, shoes, guards, etc.)
- Limit carpooling to only members of the same family. Parents stay in car/ parking lot while adherence to social distancing.
- Hand sanitizer to use before, during and after training/ game
- Players gear and equipment to be washed and sanitized before/ after training/ game
- Wearing a mask to/ from the facility and when not physically active during the training/ game
- When breathing hard, maintain physical distancing of 10 feet except when actively competing.
- Avoid sharing equipment, practice vest, snacks, and water bottles -energy drinks/ supplements
- Players must bring their own water. No sharing. Communal water coolers should not be utilized
- Social distancing maintained before/ after activity, sidelines, and facility entrance/ exit routes
- Players should not pick up field equipment, move goals, or handle training equipment
- Players and teams should “Avoid Group Celebrations” as part of activity and consider socially distanced celebrations
- Players uncomfortable with Return to Play, should wait until they are ready to play
- If you are sick or feel sick, or an at-risk individual STAY HOME

PARENTS/ SPECTATORS

- Parents and guardians are encouraged to not attend. Should parents and guardians be allowed to attend, they should carefully follow spectator policies and watch from areas specifically designated for viewing
- All participants attending should take temperature prior to and stay home if 100 degrees or higher; includes players
- Parents, guardians, and spectators are to wear a mask to/ from facility, and when inside the facility for the activity
- Follow ALL Federal, State, and Municipality Mandates, and Division of Public Health Guidelines for the appropriate number of people in one group, distancing six feet apart, and face covering guidelines
- You should not congregate together and must follow social distancing guidelines
- Do not bring a team snack that is shared among the team members
- Parents and guardians should support the coach and organization in adhering to ALL the safety recommendations.



CLUBS/ LEAGUES/ COACHES

- Clubs will ensure all players and coaches have access to hand sanitizer and disinfectant wipes during club sessions
- Ask each player if they are experiencing signs/ symptoms of COVID-19, if are, they must go home
- Ensure Health Status Agreements have been signed and collected for each athlete
- Comply with ALL Federal, State, and Municipality Mandates, and Division of Public Health Guidelines for the appropriate number of people in one group and face covering guidelines
- ALWAYS adhere to social distancing- facility entrance and exit routes, fields/ courts, sidelines and spectator areas
- Assign specific arrival times for all club-specific participants/ teams to limit congestion during warm up and accessing the field/ court
- Create “Team Pods” to limit CROSSOVER EXPOSURE (limit same coaches/ staff to only one team for trainings and games)
- Physical Contact only permitted within the rules of soccer during time of active play
- Continue to be vigilant in cleaning personal equipment and apparel before and after each training and game
- Implement protocol to track the number of participants and spectators in your space at a given time. Restrict additional people entering the facility or space after reaching “Maximum Capacity”
- Teams should discourage any yelling/ whistling during activity. Teams should leave the field/ court as soon as possible after play.
- Limited travel in-state to events that would require overnight stay; travel out of state requires approval form AYSA.
- Clubs, teams, players will continue to follow COVID-19 prevention protocols and health and safety guidelines for trainings/ games.
- Have separate entrance and exit points. Use signage for direction of walking traffic.
- Tactical discussions to be provided in digital format, if possible. Team meetings in closed environments should be avoided
- Follow the AYSA Code of Conduct - Social Media Guidelines (Section 111)
- Clubs and Leagues should communicate their updated health & safety guidelines to all member participants



REFEREES

- Masks required during pregame check/ when leaving the field. Optional to wear during a match, 4th official to wear during a match
- Only use own equipment (flags, etc.); if must share yours, sanitize before/after use by another
- Use sanitizer before/after each game, have a supply of sanitizer, disinfectant wipes, latex gloves and tissues, face mask if desired
- 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 and No pre or post game handshakes
- Role is not to enforce the protocols; role is to note and report instances of non-compliance to Alaska Youth Soccer



**US YOUTH
SOCCER**





ALASKA YOUTH SOCCER ASSOCIATION

COVID-19 REPORTING PROCEDURES

For COVID-19 reporting and tracing purposes, all teams including but not limited to players, coaches, managers, trainers, and team personnel must remain diligent. Each club must follow AYSA COVID-19 Protocols and reporting process that conform to the State of Alaska DHSS and CDC guidelines.

The procedures are in accordance with the current COVID-19 Protocols to take place for a positive test result or exposure to someone who tested positive within the club program. Priority will be given to ensure that the COVID-19 positive person remains confidential according to federal/state guidelines. Clubs will ensure reporting information shared within their membership is accurate not rumor in the effort to eliminate fear or confusion as each situation (s) arises.

The appropriate guidelines are to take place when a **Club Administrator and/ or Club President** has been notified by a parent or guardian of a possible or confirmed positive for COVID-19. The chain of command outlined below ensures all federal and state guidelines along with maintaining the confidentiality of the individual (s). The club will designate **“One Point Of Contact”** to work directly with the family, State of Alaska DHSS, and Alaska Youth Soccer.

CLUB COVID-19 PROTOCOLS

- 1) Club point of contact will be immediately made aware of the situation from parent, guardian, or coaching staff.
- 2) Club point of contact will communicate with the **Alaska Youth Soccer Office** directly. The point of contact will submit the report within **a 24-hour period** of awareness of the possible or confirmed positive for COVID-19.
- 3) Club point of contact will communicate with club board; without using individual name (s).
- 4) Club point of contact will email their team (s) with next steps/ clear direction excluding using individual name (s).
- 5) AYSA will communicate directly with the Club point of contact, the individual (s) family, DHSS, league administrator, and the State Referee Association.
*NOTE: The club point of contact and the club staff **will not duplicate communication** with the league, referee assigner, or other clubs and teams.
- 6) AYSA will **directly follow up** with the club and leagues regarding suspension of team activities including league games until DHSS is able to give **clear direction** regarding the next course of action, including additional contact tracing notifications, suspension of team activities, practices and/ or games. AYSA will continue to be updated on notifications to ensure the guidelines are followed by all parties.
- 7) All parties directly involved will be informed of the pertinent information in adherence with confidentiality laws as needed to protect our membership. If the contact tracing investigation shows that past club activities including league games are not at risk, those parties will not be contacted with additional information or public notices.
- 8) A copy of the **Covid-19 Health Screening Result Certificate** along with confirmation that **DHSS Finalized the Notification Procedure** for the current case must be sent to the registered Club point of contact and the Alaska Youth Soccer Office prior to the individual approval for return to club activity.

TOPSoccer

Return to Play Protocols



TOPSOCCER
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YOUTH SOCCER

BEST PRACTICES FOR TOPSOCCER

Players and Volunteers (TOPSoccer Buddies)

- Greet players/parents at the beginning and administer screening questions about player/ household members illnesses.
- Make masks and gloves available for all to wear them.
- Every person should be required to clean his or her hands with readily accessible hand sanitizer.
- Utilize hand sanitizer prior to, during, and after participation.
- Use own water bottle, towel, and personal hygiene products.
- Pre-printed name tags via electronic registration are encouraged.

Equipment (Prior to each Session)

- Equipment that is touched during play should be disinfected sprayec/ wiped.
- Only coach/ volunteers should touch equipment, if possible.
- All pennies (vests) should be washed prior to each session.



Exercises

- Emphasis should be place on exercises that allow players and buddies to practice skills with 10 feet of distance from each other, if possible.
- Exercises should avoid transitions that involve “physically tagging a teammate”; such as relay races or tag. Use alternative visual cues.

Small-Sided Games- Reduce the amount of time and amount of players.

Closing Rituals- No handshakes, high-5s or group celebrations. Consider alternatives that avoid contact – e.g. New Zealand Haka Dance, hand waves.

After the Session

- Have a wastebasket available for masks and gloves.
- Require everyone to use hand sanitizer before leaving sessions.

Follow ALL Federal and Municipality Mandates, and Division of Public Health Guidelines for the appropriate number of people in one group, distancing six feet apart, and face covering guidelines. Follow ALL Facilities specific rules and guidelines.

Indoor Mitigation & Safety Guidelines

Alaska Youth Soccer remains steadfast in our commitment to the safety of our players, coaches, referees, families, and communities. It is imperative that everyone understands their role and demonstrate a commitment adhering to the AYSA Return-to-Play Protocols which have been created based on federal, state, and local directives and guidance with the intent of providing a safe environment to get back on the field. For the benefit of all AYSA clubs, leagues and players, we ask you strictly adhere to the regulations within your local municipality. Alaska Youth Soccer reserves the right to amend its decisions on sanctioned activities and timelines to best adapt to and reflect all new federal, state, and local directives and guidelines.

Reverting to Earlier Phases

Regardless of which phase you are in clubs should be prepared to step back and revert to an earlier phase if any of the following occur. Always follow local public health official guidelines.

- Cluster of infections occur
- Inability to maintain COVID-19 prevention and response protocols
- Inability to track and/or isolate players or staff
- External factor exposes a COVID-19 risk to your team or club or league
- Changes to local public health official guidelines regarding group gatherings
- Alaska Youth Soccer places the affiliate as not a “Member in Good Standing”



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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

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Member of the United States Youth Soccer Association (USYSA)



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