



Alaska Youth Soccer Association

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06/26/2020

To: Alaska Youth Soccer Membership

CC: Board of Directors

Re: AYSA Return-to-Play Update

AYSA Members and Affiliates,

“Think Health and Safety First So We Can Continue Playing”

As June is coming to an end throughout Alaska, we are seeing a rise in COVID-19 cases. Alaska Youth Soccer remains steadfast in our flexibility and adaptability as this unprecedented situation continues to unfold. Currently, we remain in Phase 4 “The Green Phase” of our Return-to-Play Guidelines. AYSA will continue to look at all aspects of the statewide soccer programs to ensure we can provide a safe playing environment for our athletes, coaches, referees, families, and communities.

I can easily ask WHAT IS IN OUR CONTROL? as we are still wading through the waters of this unprecedented time, I find this is a daily question that I am asking of myself and that is being asked from within our soccer membership. We have control over how we prepare and engage in soccer activities within our community. You need to be part of the solution not the problem by remaining vigilant in our Return to Play practices we can ALL take a part to ensure that we continue to participate in the sport that we love. When I say ALL, I am speaking of the athletes, parents, spectators, coaches, volunteers, and referees. We cannot control what is happening with the COVID-19 Pandemic, but we can control social distancing behaviors that should be observed, and participants should remain vigilant about following the guidelines to promote the safety of all those involved in the activity. Reminder if you are still apprehensive; this is OK if an athlete, parent, or coach are not comfortable returning to play Do Not. Each family unit will decide when the best time to return to the field.

Face Coverings - If your local municipality has established local mandates regarding the wearing of face masks/ face coverings. The priority for adherence should follow as: 1) Municipality Mandate 2) Parks and Recreation/Field allocation authority 3) AYSA Return-to-Play Guidelines. It is imperative that we not lose focus on doing everything in our power to reduce and/or eliminate the spread of COVID-19. More information will be released over the next week on how the mandates will affect youth soccer.

Social Distance Maintained- Social distancing should continue to be maintained during all club and league activity, with limited exceptions as part of training activities. Find opportunities to minimize exposure during moments of stoppage, set pieces, water breaks, sideline and team areas during trainings/ games, parking lots, spectator sidelines, and referee areas. Teams who bring their own “team benches” should be conscientious of appropriate designate side-line space to allow for social distancing.

Return to Play Reminders

1. Continue to wear mask to and from trainings and games.
2. All non-playing participants should wear face covering if they cannot socially distance at trainings and games.
3. Spectators **should not congregate** together and should follow social distancing guidelines, they are encouraged to bring their own chair, blanket, or umbrella.
4. Spectators should start creating socially distance **“FamilyZones”** for same household members to watch trainings and games. Leave at least six feet from for the next family’s zone.
5. Keep ground transportation to household members only.
6. Avoid group celebrations as part of games or consider socially distanced celebrations.
7. Continue to be vigilant in cleaning personal equipment and apparel before and after each training and game.
8. Continue social distance measures between coaching staff and athletes during trainings and games.
9. 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).
10. Parents and guardians should support the coach and organization in adhering to all safety recommendations.
11. Clubs and Leagues should communicate their updated health & safety guidelines to all member participants.
12. Be prepared to step back and revert to an earlier phase as a response to increased risk, cluster outbreaks, updates to public health guidelines, an inability to safely maintain COVID-19 prevention and response protocols or Alaska Youth Soccer places the affiliate as not a “Member in Good Standing”.

What Happens if A Coach or Player on A Sports Team Tests Positive For COVID-19?

If someone participating in one of your events does have a positive COVID-19 test, the actions taken by the organization will depend on the specific circumstances. Public Health Nurses initiate a case investigation when receive a positive test result. Part of the investigation is to determine who was in close contact with the case while they were infectious, which consider to be 2 days

prior to the onset of symptoms, or 2 days prior to their positive test if they did not have symptoms. In general, “close contact” is defined as being closer than 6 ft. for at least 10-15 min.

Anyone identified as a close contact is asked to self-quarantine for 14 days after their last contact with the infected individual and to monitor themselves for fever or other symptoms consistent with COVID-19. This is so that if they have been infected, they do not go on to infect other people before they know they are ill.

If a close contact has not become ill by the end of their quarantine period, they can resume their regular activities, keeping in mind the continued importance of social distancing, wearing face coverings, and frequent hand washing. No close contacts should be allowed to participate in group activities until their quarantine period is over.

Continued screening all participants for fever or other symptoms consistent with COVID-19 is a good practice to have for all group activities. Symptoms of COVID-19 include new onset of fever, cough, shortness of breath, difficulty breathing, chills or shaking, decreased appetite, diminished sense of taste or smell, diarrhea, fatigue, headache, muscle/joint aches, nausea, rash, runny nose, sore throat, or sputum production.

The infected individual will notify the club immediately, the Club will then immediately notify AYSA. Alaska Youth Soccer will follow up with DHSS, clubs/league, teams, referees, parents, and spectators who may have had been present during the practice, or game. (Information above from Alaska DHSS, AYSA will be following guidelines)

What Happens if A Coach or Player Travels Out of State?

The individual will need to notify the club that they will be or have traveled out of state. On return the individual will follow the state travel **Mandate 010**. They are asked to quarantine until they receive a negative test result from the first test, and they are asked to “minimize interactions” until they receive a negative result from the second test. Minimizing interactions means not eating inside restaurants or visiting indoor venues, wearing a face covering when in public places, and not attending gatherings. By this definition of “minimizing interactions”, they would need the second negative result (or 14 days have passed since arrival) before resuming regular soccer activity.

Alaskans **who travel outside the state for trips of five days or less**- Will need to quarantine upon arrival for 14 days or until a negative test result is received in Alaska (to be followed by a second test 7-14 days after arrival).

Clubs May Need to Supply the Following for Contact Tracing Purposes?

For contact tracing purposes, maintain a list/ roster of all staff/volunteers, participants, and attendees, etc.

- a. For privacy purposes, the list should be **securely stored and not shared publicly**.
- b. It is recommended that lists should be available for a minimum of 21 days to account for the period of COVID-19 presentation of symptoms and illness.

Alaska Development Program (ADP)- The Alaska Development Program (ADP) Program **2020-2021** Cycle is outlined into three Phases: Identification of Player, State Team Camp Invite, and State Team Travel Invite.

The Identification Pool for Age Group Players Phase will occur during the months of June and July as we conduct District Site Visits. The State Team Camp (**2002-2009**) will offer our annual camp in August with player identification, team development, and player team advancement opportunities. The ADP State Team Camp will hold sessions throughout the day; the camp **will not** be an overnight camp. Due to the Covid-19 pandemic along with following US Soccer, US Youth Soccer, and CDC Guidelines. The ADP program will not coordinate player accommodations for lodging, travel, and meals this year.

Players selected to participate in the **2020-2021** ADP Program will receive a player invite for the State Team Camp. The Camp dates are August 3-5, 2020 in Anchorage, AK and the player registration cost will be \$120.

US Youth Soccer Activity Guide- US Youth Soccer has compiled a [Collection Of Useful Resources](#) that can help coaches and players engage in soccer activity. The activities are designed to limit contact. The activities are examples to follow while taking proper physical distancing into consideration. Physical activity plays a huge part in the development of a child. Exercise, along with a balanced diet, can provide the foundation for a healthy, active life.

[USYS TOPSoccer COVID Activity Guide](#) | [USYS COVID Activity Guide](#)

Play on Recommendations Guides- The U.S. Soccer PLAY ON guidelines include a detailed approach to social distancing, screening, training, and interactions to ensure consistent and best practices are followed to promote the health and safety of all participants and fans.

Phase 2: [Grassroots Soccer Recommendation Guide](#) * NEW | Phase 1: [Grassroots Soccer Recommendation Guide](#)

In closing we will continue to watch the landscape of soccer throughout Alaska to ensure we all are doing our part to help mitigate the risk as we continue to move forward through the summer and fall months.

We Are Alaska Youth Soccer!

Sincerely,



Executive Director
Alaska Youth Soccer