



# Alaska Youth Soccer Association

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[www.alaskayouthsoccer.org](http://www.alaskayouthsoccer.org)



## Alaska Youth Soccer Association Indoor Mitigation & Safety Guidelines 09/28/2020

Alaska Youth Soccer Association sanctioned youth 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. Affiliate Clubs will follow the appropriate Phase in their District. Updates to District Phases can be found at [www.alaskayouthsoccer.org/2020](http://www.alaskayouthsoccer.org/2020)

- PHASE I - Shelter in Place – No Group Training
- PHASE II - Return to Activity– Small Group Training
- PHASE III - Introduction of Practices/ Scrimmages
- PHASE IV - Full Team Competition “New Normal”
- PHASE V - No Restrictions

### ASSESSING AND REDUCING PARTICIPANT RISK

#### PRACTICES

- 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.
- Coaches should be the only individual to handle equipment.
- Stagger training schedules and arrival times with greater time between end/ start time to reduce people on site.
- Modified layouts by creating distance when possible providing visual indicators (cones, tape, etc.) of proper spacing between individuals (minimum of 6 feet).
- Create “Team Pods” to limit CROSSOVER EXPOSURE (limit same coaches to only one team for trainings/games).
- Enable ability to engage in social distancing while not actively engaged in play.
- Limiting nonessential personnel, volunteers, visitors, and spectators.
- Have separate entrance and exit points. Use signage for direction of walking traffic.
- Educate participants and staff to recognize the signs and symptoms. Stay home if sick.

#### GAMES

- Strategically implement crowd control best practices with physical barriers and guides.
- Have separate entrance and exit points. Use signage for direction of walking traffic.
- Close contact between any individuals should be limited.
- Teams sidelines to maintain a physical distance of 6 feet.
- No benches; coaches will designate side-line space between staff and athletes.
- Minimal equipment to be used for warm up whenever possible.
- Clubs designate COVID-19 points of contact and streamline communication systems.
- Total number of attendees (players, coaches, referees, staff) will not exceed state, municipal or facility requirements.
- Physical Contact only permitted within the rules of soccer during time of active play.
- When spectators are allowed; they must always wear a mask and maintain social distancing.
- Teams and spectators should discourage any yelling or whistling during activity.
- Teams should leave the field/ court as soon as possible after play.

#### ATHLETES

- Wearing a mask to/ from the facility and when not physically active during the training/ game.
- 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.
- Wait in your car until your activity time, AVOID forming a group.
- Arrive to and leave facility fully dressed (uniform, shoes, guards, etc.).
- Social distancing maintained before/ after activity, sidelines, and facility entrance/ exit routes.
- Should avoid “Group Celebrations” as part of activity and consider socially distanced celebrations.
- Should not handle soccer balls, pick up field equipment, move goals, or handle training equipment.
- Avoid spitting and coughing. GK should not spit into their gloves.
- Hand sanitizer to use before, during and after training and games.
- When breathing hard, maintain physical distancing of 10 feet except when actively competing.
- Keep “Ground Transportation” to household members only.
- Avoid sharing equipment, practice vest, snacks, and water bottles -energy drinks/ supplements.
- 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. Total number of attendees not to exceed municipal requirements.
- 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.
- Parents 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.

## **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.
- Rosters should be paperless and provided electronically.
- Use sanitizer before/after each game, have a supply of sanitizer, disinfectant wipes, latex gloves and tissues.
- 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.
- Do not blow the whistle, within Ten (10) feet of participants.
- Role is not to enforce the protocols; role is to note and report instances of non-compliance to Alaska Youth Soccer.
- **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.

## **CLUBS/ LEAGUES/ COACHES**

- 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.
- Designate COVID-19 points of contact for practices/ games to ensure that social distancing guidelines/ behaviors occur.
- Provide staff/ volunteers with current safety protocols and regulations, cleaning/ disinfecting requirements, and masks.
- Always promote and maintain “Social Distance” facility entrance/ exit routes, fields/ courts, sidelines.
- Clubs will ensure all players and coaches have access to hand sanitizer and disinfectant wipes during club sessions.
- Clubs to ensure Health Status Agreements have been signed and collected for each athlete.
- Coaches to ask players prior to activity if they are experiencing signs/symptoms of COVID-19, if are, they must go home.
- 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.
- 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”. Take attendance for contact tracking purposes.
- Limited travel in-state to events that would require overnight stay; travel out of state requires approval form AYSA.
- 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 should communicate their updated health & safety guidelines to all member participants and put on their website,

## **FACILITY 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 11 players per team = 22, One Coach per team = 2, Referees = 2 TOTAL = 26 people leaving 24 potential spectators.

**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 occurs
- 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”

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