



COVID 19 GUIDELINES FOR FALL 2020 LEAGUE

GENERAL:

The purpose of these guidelines is to give our players the best possible chance of being able to compete safely during these trying times. We realize that no matter what we do, the act of playing soccer involves a certain level of risk, even in the best of times. Anyone who is uncomfortable with these risks should not be participating. For the rest of us, this is what we can do together to minimize the risk of playing this season. If everyone involved takes this guidance seriously, we should be able to get through the season and hopefully have few issues.

As a league we believe that playing soccer is of benefit to our children, many of whom have had little or no organized activities to participate in. Please help us keep this opportunity alive for our kids! Please note that these recommendations are in addition to any restrictions that are in place in your area.

CLUB RESPONSIBILITIES:

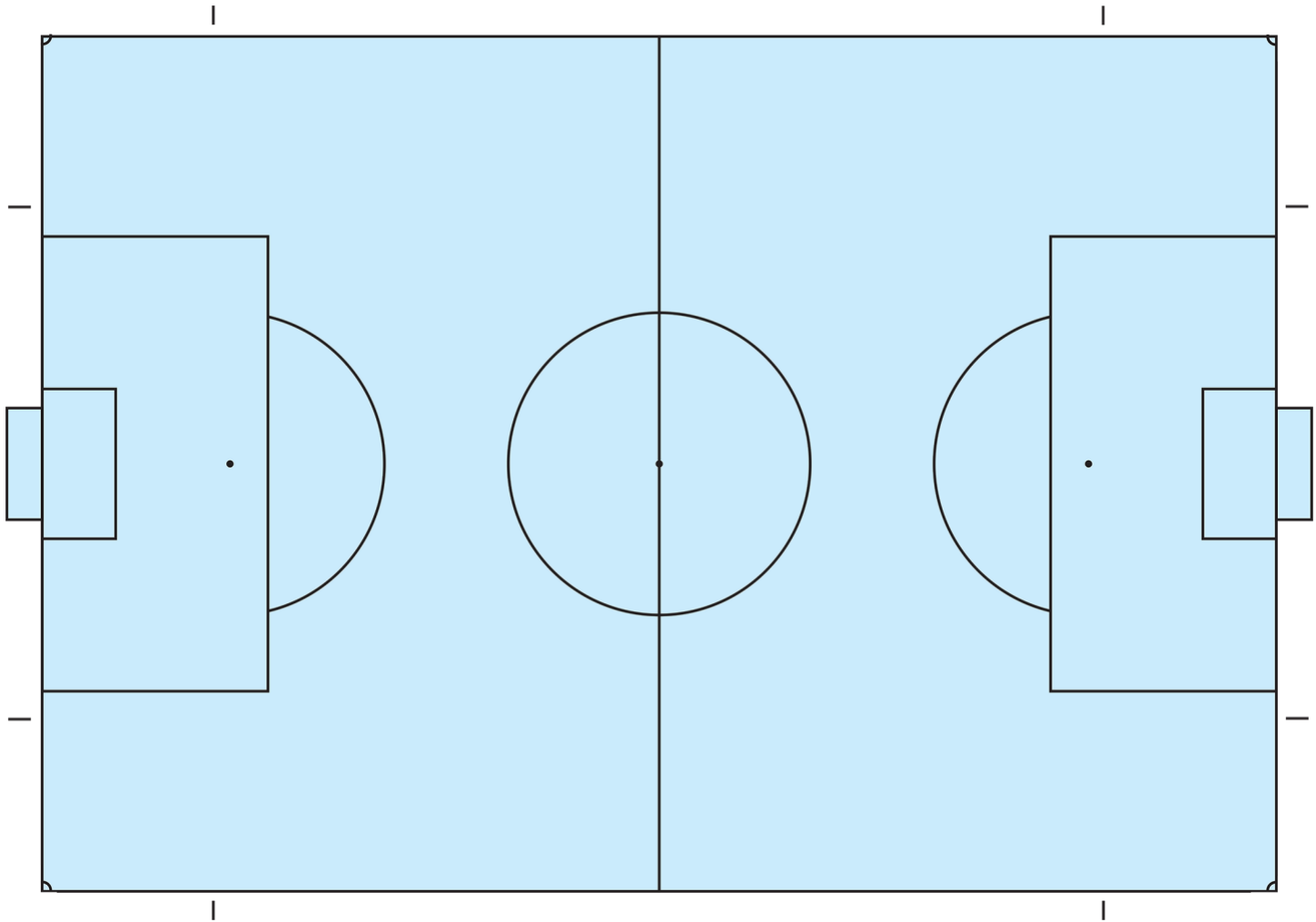
- Be certain that all members of your club have seen and read these guidelines and agree to abide by them.
- You must exclude members from participating in activities that have symptoms
- You must exclude members from participating in activities that have been exposed to the coronavirus and have been directed to by health officials to self-isolate / self-quarantine
- You must report certain information to the league administrator if any member of your club either tests positive for the coronavirus or has been exposed to the coronavirus within 24 hours of being notified. In accordance with national and state standards, the information required by the league is:
 - What date is it suspected that they were exposed.
 - What activities did this person or a member of their household attend after that date.
 - If they were tested for coronavirus was the result positive or negative? Do not delay the report to the league administrator while you are awaiting results. Results can be included in a separate report.
 - Please do not disclose the name or role of the individual. That information is privileged and is not needed for the league to take the required actions. We do need to know which teams they are involved with.
 - Please note that the league must be informed of this information even if the member or his household did not attend any matches but did have interaction with other members of the team.
- Assure you have plans in place for the cleaning of your facilities in between each and every match. This includes bathrooms or porta potties, benches in the technical area, cones and other markers in the field area. Balls must be disinfected before each match and at halftime. We strongly recommend that there not be any seating provided for spectators (i.e. bleachers) but if they are there and accessible, they also must be disinfected between matches. Goals and nets must be disinfected at the beginning of each game day if not more often. Please be certain that balls, player benches, goals and nets are cleaned with water after disinfection to remove the chemical disinfectant.
- Assure that your coaches have at least one (we recommend two) paper copies of the roster for each individual game.

- Assure that your field layout conforms to the guidelines given below:

**HOME TEAM TECHNICAL AREA
MUST BE A MINIMUM OF
4 YARDS FROM THE
TOUCHLINE AND 3 YARDS
FROM THE REFEREE AREA**

**Referee
& Mentor
Area:
4 yards
wide**

**VISITOR TECHNICAL AREA
MUST BE A MINIMUM OF
4 YARDS FROM THE
TOUCHLINE AND 3 YARDS
FROM THE REFEREE AREA**



**HOME TEAM SPECTATOR AREA
MUST BE A MINIMUM OF
4 YARDS FROM THE
TOUCHLINE AND 2 YARDS
FROM THE HALFWAY LINE**

**VISITOR SPECTATOR AREA
MUST BE A MINIMUM OF
4 YARDS FROM THE
TOUCHLINE AND 2 YARDS
FROM THE HALFWAY LINE**

- Assure that if you have both a U12 and U10 field at the same site that they are not adjacent to each other and are at least 50 yards apart. Notify the league administrator if the fields cannot be separated. (We will have to then treat the fields as if they are one field.)
- Clearly mark all areas with cones or lines and signs so there is no confusion about who should go where. If using cones, they should mark the corners of each area that are closest to the field.
- Assure that there is at least 2.5 hours between games on the same field. This will allow people

to safely enter and depart from the fields with the least exposure to each other.

- Please tell your members to honor the above suggestions and to not congregate in public spaces such as the parking area unless remaining in their automobile.
- Post signs in highly visible locations so that people will know where to go when they arrive at your site.

COACH AND MANAGER RESPONSIBILITIES:

- Assist the club in executing their responsibilities including reporting COVID exposure to the league administrator and sanitation efforts if you are the home team coach.
- You must exclude yourself from participating in activities if you have symptoms
- You must exclude yourself from participating in activities if you or a member of your household have been exposed to the coronavirus and have been directed to by health officials to self-isolate / self-quarantine. Please notify your club president or the league administrator immediately should this happen.
- Sanitizing the game ball before the match and at halftime (Home team coach)
- Enquire how the athletes are feeling, send them home should you believe they act or look ill.
- Ensure all athletes have their individual equipment (water bottles, bag, face mask)
- Assure that the players place their bags with their personal equipment 6 feet away from all other bags and behind the bench if there is one.
- During the match the coach must always wear a face mask and assure that all substitutes and other technical area personnel do as well. When making a substitution instruct your players to go to their bag, remove their face mask and report to somewhere near the halfway line. (It would be best if they were about a yard from the halfway line toward your end of the field!)
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive and caring during this time. Try to avoid yelling instructions toward the field. We recommend quietly teaching your players what you want them to do when they are not actively participating.
 - Please note that raising your voice creates two major problems:
 - First, you will take in a large amount of air as you prepare to yell. This endangers you.
 - Secondly, there is evidence that yelling will spread any viruses you have at least 30 feet. This endangers others.
- The use of scrimmage vests or pinnies is not recommended at this time so try to assure your players and the players of the opposing team will not conflict color-wise.
- Keep a count of the number of spectators from your team at the game and assure that there are no more than 2 spectators per child participating.
- Keep a corner of your eye on your spectators to assure they are following the appropriate protocols. If you have a manager, they may be the best person to deal with this for you as they can stay on or go to the spectator side if needed without interrupting the match.
- No group celebrations, high 5's, hugs, fist bumps, handshakes or handshake lines before, during or after the match.
- Do not allow group snacks or shared water tanks/containers at any game.

- **PAPERWORK:**

- No referees/mentors will be paid at the match, the League will handle payment directly.
- Have enough paper copies of your roster to hand one to the referee at each match without needing to get it back. Show your Risk Management pass to the referee but please do not give it to them. Allow the referee enough time to note your name on the roster if it is not already there.
- Keep track of all game participants at each match. If you have extra copies of the roster this will be simple. It will also assist us should we need to contact people if COVID exposure is suspected at a given match. This also gives the league backup information should it be necessary (each coach and the referee on the match.)

PARENT RESPONSIBILITIES

- As a parent of a player in our league, you are the most important person that will help our league succeed this season!
- Ensure your child is healthy and check your child's temperature daily.
- You must exclude your child from participating in activities if they have symptoms
- You must exclude your child from participating in activities if they or a member of your household has been exposed to the coronavirus and have been directed to by health officials to self-isolate / self-quarantine. If that happens, please notify either your club president or coach immediately.
- Avoid carpooling with other players when possible. Avoid having more than one player other than your child in your vehicle traveling to games.
- Ensure child's clothing is washed after every training session or game.
- Ensure all player equipment is sanitized before and after every training or game.
- Notify your coach or club president immediately if your child becomes ill for any reason.
- Be sure your child always has sanitizer with them, their own equipment and a bag for their equipment at every training or game.
- Do not bring group snacks to any game.

PLAYER RESPONSIBILITIES:

- Take your temperature daily.
- You must exclude yourself from participating in activities if you have symptoms
- You must exclude yourself from participating in activities if you or a member of your household have been exposed to the coronavirus and have been directed to by health officials to self-isolate / self-quarantine. If this happens, please notify either your club president or coach immediately.
- Wash hands thoroughly before and after training or games. Sanitize your hands at halftime of any match.
- Bring and use, hand sanitizer with you to every training or game.
- Wear a mask at any time when you are not actively participating.
- Do not touch or share anyone else's equipment, water, snack or bag.
- Practice social distancing, place bags and equipment at least 6 feet away from everyone else's.
- No group celebrations, high 5's, hugs, fist bumps, handshakes or handshake lines.

SPECTATOR RESPONSIBILITIES:

- You must exclude yourself from going to games if you have symptoms
- You must exclude yourself from going to games if you or a member of your household have been exposed to the coronavirus and have been directed to by health officials to self-isolate / self-quarantine. If this happens, please notify either your club president or coach immediately.
- If you are of higher risk to catch the virus, do not come to games!
- Take your temperature daily.
- Wash hands thoroughly before and after the games.

- Bring and use, hand sanitizer with you to every training or game. If you need a chair, bring it.
- You must wear a mask during the entire time you are on site unless you are in your car. If you are not willing or able to wear a mask, please remain in your car. This is necessary because we know some spectators will forget at some point during the match that yelling or screaming something in the general direction of the field is dangerous and will do it.
 - Please note that raising your voice creates two major problems:
 - First, you will take in a large amount of air as you prepare to yell. This endangers you.
 - Secondly, there is evidence that yelling will spread any viruses you have at least 30 feet. This endangers others.
 - Try to come up with other ways to support your team!
- Do not touch the ball with your hands. If you retrieve a ball, kick it back toward the field.
- No group celebrations, high 5's, fistbumps, hugs, handshakes or handshake lines.

REFEREE/MENTOR RESPONSIBILITIES:

- Do not accept any match if you are at a higher risk of contracting coronavirus.
- You must exclude yourself from participating in activities if you have symptoms. Contact your assignor should this happen.
- You must exclude yourself from participating in activities if you or a member of your household have been exposed to the coronavirus and have been directed to by health officials to self-isolate / self-quarantine. Contact your assignor should this happen. Assignor should contact the league coordinator and let him know what games you may have officiated while exposed.
- Wash hands thoroughly before and after games. Sanitize your hands at halftime of any match.
- Bring and use, hand sanitizer with you to every game.
- Wear a mask at any time when you are not actively participating.
- Do not touch or share anyone else's equipment, water, snack or bag.
- Place bags and equipment at least 6 feet away from everyone else's.
- No group celebrations, high 5's, hugs, fist bumps, handshakes or handshake lines.
- When getting or receiving feedback, unless you have back to back games, do it somewhere removed from the field and the people entering and leaving the field.
- Practice social distancing and avoid yelling as much as possible.
- Report any concerns about any match to your assignor and the league coordinator. If there are spectators violating our guidelines, tell the coach of the team.
- *DURING CHECK IN:*
 - Wear a mask.
 - Accept only paper rosters and do not give them back to the coach.
 - Do not touch or hold the coaches risk management pass for any reason.
 - Keep track on the rosters as to whom was actually at the match with a checkmark.
 - If a coach is not noted on the roster, add their name to it.
 - Keep the rosters for at least 2 weeks following the match. The league may need a copy of it.
 - If a coach requests to see your risk management pass, show it to them but do not allow them to touch it. If the coach requests your name, give it to them verbally, spelling it if needed. Do not write it out for them nor give them a paper with it written on it.

The NYSWYSA League Administrator is your source for all information about COVID restrictions with regard to the league and is whom you must report issues to.

Her name is Pam Whitcomb and she can be reached at 585-230-4388 (cell / text) or by using the following email address: pwhitcomb@nyswysa.org