

MASSACHUSETTS YOUTH SOCCER ASSOCIATION



COVID-19 Soccer Protocols



March 2, 2021

Commonwealth of Massachusetts Phase III, Step 2





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Massachusetts Youth Soccer is dedicated to protecting the health of all people in and outside of our community. In an effort to assist our players, coaches and parents with required changes to soccer activities due to COVID-19, Massachusetts Youth Soccer has put together the following protocols for our affiliate members to use. Given the nature of this pandemic, this framework may change at any time based on the most recent CDC and or Massachusetts Department of Public Health (DPH) guidelines. Please keep in mind that local municipalities may have additional guidelines in place that will need to be adhered to. Once this order has been relaxed, please be aware that individual counties and jurisdictions may have additional restrictions in place that affect your decisions.

The information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only.

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Spring 2021 - COVID-19 Soccer Protocols

Governor Baker has provided a 4 phase guideline to reopen the state. Each phase of return has specific guidelines that must be followed by your organization. It is important to note that these phases may not always proceed linearly, but rather a step backwards in phases may be required following continuous review of the ongoing situation and environment. Implementing the Spring 2021 - COVID-19 Soccer Protocols presented here will require a cooperative relationship between the organization, coach, parent, and player. While the organization and coach must create a safe environment, the parent(s)/guardian(s) are the only ones who may make the decision for their child regarding participation in soccer activities



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Below is a list of the phases and an explanation as to how it applies to youth sports.

NOTE: The information provided below is based on the most recent guidelines provided by the Commonwealth of Massachusetts for the return to Phase III, Step 2 as of March 2, 2021. This document will be updated once additional guidance documents are released for future phases or steps.

PHASE I (COMPLETED)

PHASE II (COMPLETED)

PHASE III

In accordance with COVID-19 order no.65 issued by the Commonwealth of Massachusetts and effective March 1, 2021 by the Executive Office of Energy and Environmental Affairs (EEA), soccer remains classified as a **Moderate risk sport**. Moderate risk is defined as a sport or activities that involve intermittent close proximity or limited incidental physical contact between participants. Sports in this category are permitted to participate in Level 1, 2, and 3 training activities.

- Level 1 activities are defined as individual or socially distanced group activities (no-contact workouts, aerobic conditioning, individual skill work and drills.)
- Level 2 activities allow for Competitive Practices (Intra-team/group games, contact drills and scrimmages)
- Level 3 - Competitions (Inter-team games, meets, matches, races, etc.)

The Commonwealth of Massachusetts has stated that the ability to participate in sports and recreational activities is determined by a combination of: (1) risk of transmission of COVID-19 inherent in the sport or recreational activity itself as traditionally played; (2) level of risk associated with the Type of Play” without modifications to play; and (3) whether a sport or activity can “Modify Play” to reduce risk.



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Safety Standards for Play

All Facility Operators and Activity organizers of activities must develop and implement safety standards to minimize the risk of transmission of infection among all members of the soccer community, especially for those soccer activities that will take place indoors and are expected to ensure compliance by all participants. Safety standards should be disseminated regularly. Some of the mitigation strategies that should be incorporated into safety standards include but are not limited to:

- Identify measures that can be implemented to increase physical distancing, where feasible.
- Conduct the activity or sport outdoors where possible as outdoor participation is generally safer than indoors and allows for greater distancing. This can be done safely with colder temperatures while following safety guidelines. <http://www.recognizetorecover.org/environmental#cold-weather-guidelines> for more information
- Shorten activities, practices and game play or perform the activity with fewer participants to the extent possible.
- Modify the activity or sport to reduce the sharing of equipment or to allow for cleaning of shared equipment between participants.
- Incorporate protective equipment in a safe manner to further reduce the spread of respiratory particles.

Notwithstanding the above considerations, the below minimum standards must be met in order for Moderate risk sports to engage in Level 2 and 3 play.

LEVEL 3 PLAY - COMPETITION

For the purposes of these guidelines “Competition” is defined as multiple participants or teams, competing against one another in a single contest. A competition includes inter-team games (i.e. leagues), matches, shows, meets, and races. Teams are limited to competing against a single opposing team per day and can play multiple competitions in one day. Notwithstanding the foregoing, a team can play up to two games against two different opposing teams in a single day provided that the 1) games are played back-to-back, 2) the facility has multiple fields, courts, or surfaces that allow teams to distance between game transitions, 3) the facility has adequate transition space for all participants, including spectators, 4) no teams or individual players are required to wait for their second game other than for a limited break between one game to the second game.



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EX: **Allowed**

Game 1 - Team A vs. Team B, Team C vs. Team D (5 -10-minute transition time)

Game 2 -Team A vs. Team C, Team D vs Team B

Not Allowed

Game 1 -Team A vs. Team B, Team C vs. Team D

Game 2 -Team A vs. Team E, Team B vs. Team F, Team C vs. Team G, Team D vs. Team H

No tournaments may be held during the duration of Phase III, Step 1

A “Tournament” is defined by the Commonwealth as a formal contest that consists of multiple games or a series of games between multiple persons or teams, that might include multiple stages, played in a condensed period of time, such as over the course of a single day or multiple days in a row. For the avoidance of doubt, a series of games, “jamboree”, “weekend series”, “showcase”, or tournament style play (one team playing multiple games vs. multiple opponents in as single day or over the course of a weekend) is still a tournament even if there is a lack of an overall prize, scores, eliminations, brackets or otherwise.

Indoor and Outdoor Competition

Information that follows below are minimum standards set by the EEA in the Phase III Step 2 guidelines. At a minimum the expectation is that our members will follow these guidelines. Indoor and outdoor facilities that are privately owned, may enforce guidelines that are stricter than those set by the Commonwealth of MA and MA Youth Soccer. If that is the case, members are asked to follow the guidelines set by the facility owners. Mass Youth Soccer members entering teams or players into indoor competition (e.g. a Mass Youth Soccer Member Town/Club program entering MYSA registered players into an indoor league) must adhere to guidelines as provided on the [Mass Youth Soccer Winter Indoor Coverage web page](#) and all protocols in this document to ensure insurance coverage



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Capacity Limits

- Indoor facilities must limit capacity to no more than 50% of the building's maximum permitted occupancy..
- If an indoor and/or outdoor facility has a chaperone or spectator viewing area which allows for at least six feet social distancing between spectators, the spectators are allowed for players under 21 years old. Spectators are limited to 2 adults (Parents/Guardians or chaperones) and siblings of a participating player. Note: This updated Mass Youth Soccer's policy of 2 (two) spectators per player and siblings is in force unless the facility has stricter limits.
- In no event can the presence of spectators, plus players, coaches, referees, and facility/activity workers cause an indoor facility to exceed more than 50% of the maximum occupancy for the facility.
- Spectators must wear facial coverings and maintain six feet of social distance at all times.

Multiple Playing Surface Capacity Limits

- For facilities with multiple fields, surfaces, courts, courses the above capacity limitations shall apply per playing field, surface, court etc., provided that there is adequate spacing for at least six feet social distancing for all individuals, including those at adjacent fields surfaces, courts, etc.
- Facility Operators and Activity Organizers shall set competition schedules with a time buffer to prevent the overlap of competitions or overlap of players/spectators from adjacent fields/surfaces/courts at any one time and to allow for disinfecting of equipment and cleaning of commonly touched surfaces. Games should end in a draw if time expires.
- Facility Operators and Activity Organizers should mark off designated areas for spectators for each field, surface, court, etc. to minimize the overlap of spectators from adjacent fields, surfaces, courts, etc.
- Spectators must wear facial coverings and maintain six feet of social distance at all times.

Recommended Field Capacities

- The previous limit of 25 participants per playing surface has been removed. Mass Youth Soccer is relying on our member organizations to properly manage the number of participants per playing surface with the health and safety of all. In order to maintain lower numbers on the soccer fields the following field capacities are recommended.:



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Field Sizes

Field Size	Dimensions*	Age ~ Grade
Micro 4v4	30x20 yards	8U & Younger ~ 2nd Grade and Lower
Developmental 7v7	47x30 yards	9U/10U ~ 3rd/ 4th grade
Small 9v9	75x47 yards	11U/12U ~ 5th/6th grade
Full 11v11	112x75 yards	13U & Older ~ 7th grade & Higher

Recommended Field Capacity - Practice Sessions

Age Group Field Size	8U & Younger 2nd Gr. & Lower	9U-10U 3rd-4th Grade	11U/12U 5th-6th Grade	13U& Older 7th and up
Micro 4v4	2 Teams	1 Team	1 Team	N/A
Developmental 7v7		2 Teams	1 Team	1 Team
Small 9v9			2 Teams	1 Team
Full 11v11				2 Teams

Recommended Field Capacity - Games

Field Size	Age / Grade	Average Roster Size	Total at Field for Games**
Micro 4v4	8U & Younger 2nd Gr. & Lower	8	8 on Field 8 on Sideline
Developmental 7v7	9U-10U 3rd-4th Grade	12	14 on Field 10 on Benches
Small 9v9	U/12U 5th-6th Grade	15	18 on Field 12 on Sideline
Full 11v11	13U& Older 7th and up	18	22 on Field 14 on Sideline

*above dimensions recommended by USSF

** above player count is an average not capacity numbers



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PROTECTIVE EQUIPMENT AND FACIAL COVERINGS

Massachusetts Youth Soccer is requiring all players to wear a face covering in accordance with the EEA Safety standards for Youth and Adult Amateur Sports activities, Phase III Step 2 effective March 1, 2021

Facial Coverings must be worn by all participants during active play except:

- During swimming, water polo, water aerobics or other sports where individuals are in the water or,
- For individuals with a Documented medical condition or disability that makes them unable to wear a face covering.

For the purpose of this guidance a facial covering means a face mask that completely covers the nose and mouth. Only face coverings that secure with loops around a player's ears are acceptable. Masks with exhalation valves or vents (including mesh masks) are not acceptable and should NOT be worn by anybody. Face coverings must be a separate accessory.

Participants can take mask breaks when they are out of proximity of other players (at least 6') using caution to avoid touching the front or inside of the face covering by using the ear loops to remove and replace. Participants must wear facial covering while on the bench at all times and in any huddles.

Coaches, staff referees, umpires, and other officials are required to wear facial coverings and maintain a social distance of 6 feet from players, coaches, spectators and other persons at all times. Unless otherwise specified by the league or facility any CDC recommended facial covering may be worn.

If conditions are so severe as to warrant masks too dangerous to wear, the competition must be delayed, postponed or cancelled



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TRANSPORTATION AND OUT-OF-STATE TRAVEL

Transportation

•Facility owners, Activity Organizers, participants, staff, coaches, volunteers and guardians/parents must also comply with all relevant transportation safety requirements, including but not limited to, ensuring staff, volunteers, and parents/guardians are not transporting athletes that are not immediate family members. In the event that transportation of a non-family member becomes necessary, all parties in the vehicle must wear cloth face coverings or face masks and to the extent possible have external air circulating in the vehicle such as opening a window.

Out-of-State Travel

Moderate Risk and High-Risk Sports: Facility operators and Activity Organizers may only allow Massachusetts-based teams of moderate risk and high-risk sports to participate in Massachusetts-based Sport Events held at Massachusetts sports facilities. Any Facility Owner or Activity Organizer that hosts an out-of-state team at a Massachusetts facility may be ordered to close its facility or program.

The Commonwealth's Travel Order (COVID-19 Order No. 45) governs travel to or from Massachusetts for all teams, athletes, and coaches. Any Massachusetts-based athlete or coach who chooses to leave Massachusetts to participate in a Sport Event must comply with the Commonwealth's Travel Order (COVID-19 Order No. 45) upon returning to Massachusetts and before returning to sports activity, work, school or attending public events, and Massachusetts based teams must ensure that all team members and coaches comply with the Travel Order. Players and coaches coming to Massachusetts for athletics or any other reason are subject to the requirements of the Travel Order. Students who reside outside of Massachusetts but attend school within Massachusetts are exempt from the Commonwealth's Travel Order when commuting to Massachusetts for school and are therefore permitted to participate in school affiliated athletics, but the exemption is limited to students participating in school affiliated athletics. Any Massachusetts-based athlete that travels to another state and does not comply with the Travel Order and any Massachusetts based team that does not ensure compliance with the Travel Order by all of its members may risk suspension of team or league practices and/or games.



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COOPERATION WITH HEALTH OFFICIALS

Facility operators and Activity Organizers as well as coaches, participants and others engaging in sports activities are required to cooperate with state health officials and local boards of health and their authorized agents. Facility Operators and Activity Organizers must keep rosters of all participants with appropriate contact information and make that information available upon request by state officials, local boards of health and their authorized agents. Should a Facility Operator or Activity Organizer fail to comply completely and promptly with health officials, operators and organizers risk closure or suspension of a league's practices or games.

REQUIRED SAFETY PROTOCOLS

All Facility Operators and Activity Organizers must incorporate the following standards for social distancing, hygiene, staffing and operations, cleaning and disinfecting.

Facility Operator

- **Outdoor Facilities:** Spectators must maintain distance of at least 6 feet between spectator groups. A spectator group is defined as a family unit. Operators are encouraged to mark off spectator viewing sites to allow for social distancing and all spectators must be kept at least 8 feet away from the playing surface. Spectators must wear facial coverings.
- **Indoor Facilities:** If an indoor and outdoor facility has a chaperone or spectator viewing area which allows for at least six feet social distancing between spectators, the spectators are allowed for players under 21 years old. Spectators are limited to 2 adults (Parents/Guardians or chaperones) and siblings of a participating player. Note: This updated Mass Youth Soccer policy of 2 (two) spectators per player and siblings is in force unless the facility has stricter limits.
- Limit any nonessential visitors, spectators, staff, volunteers, and activities involving external groups or organizations as much as possible. Visitors, spectators, volunteers, and staff must wear face coverings.



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Activity Organizer

If the spectator area allows for at least of 6' feet of social distancing between family units Spectators are limited to 2 adults (Parents/Guardians or chaperones) and siblings of a participating player. Note: This updated Mass Youth Soccer policy of 2 (two) spectators per player and siblings is in force unless the facility has stricter limits.

- Sportsmanship should continue in a touchless manner- no handshakes/slaps/fist bumps.
- If social distancing is not possible in an athletic facility, spectators may be asked to wait outside the facility until an activity is completed.
- If benches and bleachers cannot be removed, they are allowed to open ONLY if six feet of distance can be maintained between each participant at all times and they can be thoroughly cleaned using CDC recommended cleaning protocols between uses.

The following procedures should remain in place for all participants and spectators:

- No signs or symptoms of COVID-19 in the past 14 days and you have not been exposed to someone who has been ill in 14 days.
- Check for normal temperature before going to training - (temperature 100.4 or higher please stay home).
- Upon arrival to training, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If the athlete has any signs or symptoms of COVID-19 they should be sent home and instructed to contact their healthcare provider. They will not be allowed to return to training until they are cleared by a healthcare provider. A doctor's note must be provided.
- Participants, organizers, spectators, volunteers, and facility employees in high risk categories should not participate or attend organized sport activities. List of high risk categories can be found here.
- Be sure appropriate infection prevention supplies (e.g. hand sanitizer, facial tissues, facial coverings) are present in multiple targeted areas (outlined later in this document).
- Small group training should take place in an area where physical distancing (6' apart) can be maintained.
- All spectators must adhere to CDC and DPH assemblage and distance guidelines. Spectators, nonessential visitors, staff, volunteers, and activities involving external groups or organizations should be limited as much as possible. Operators are encouraged to mark off spectator viewing sites to allow for social distancing.
- Spectators must practice social distancing including wearing face coverings.



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- Participants should use their own equipment and be instructed to sanitize their equipment after every training session.
- Each participant will be required to have their own water bottle, towel, and personal hygiene products (hand sanitizer, facial tissues, face coverings). Players are required to wear face coverings during all soccer activities, Coaches and spectators will be required to wear face coverings and maintain a social distance of 6 feet at all times. Tissues, wipes, or disposable gloves must be properly disposed in the appropriate receptacles.
- Cleaning schedule/protocol of equipment (cones, goals etc.) with disinfectant before, during, and after training.
- Appropriate personal protective equipment (gloves, face coverings/masks) must be worn as required per DPH guidelines.
- Wear a face covering, when not actively playing and when a player cannot abide by the physical/social distance requirements from coaches, other players, and parents.
- Soccer will be permitted to be played by the players under the rules/laws of the sport with modifications as noted.

PHASE IV - Return to new Normal

Full resumption of all outdoor recreation. Currently suspended, to be determined by future EEA directive.



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BEST PRACTICES TO LIMIT RISK TO OUR SOCCER COMMUNITY

FACILITIES

- Assign a COVID-19 Safety Officer who will communicate policy organization wide to organizations utilizing the facility. Regular updates and reminders should be provided.
- Assign staff to oversee the compliance of organizations at the facility. One staff per two playing surfaces.
- Facility Operators must follow the indoor and outdoor spectator capacity limits as indicated above.
- Facility Operators must keep rosters of all participants with appropriate contact information and make that information available upon request by state officials, local boards of health and their authorized agents. Should a Facility Operator or Activity Organizer fail to comply completely and promptly with health officials, operators and organizers risk closure or suspension of a league's practices or games.
- Access to equipment storage and office space should be limited to employees only. First aid kits should be available at the playing area or court rather than in an office, where possible.
- Facility owners/operators and staff should clean and disinfect high-touch surfaces regularly.
- Frequently touched surfaces and objects vary by location but may include doorknobs, light switches, handrails, sinks, faucets, toilet handles, drinking fountains.
- Restroom facilities shall be cleaned and disinfected in accordance with Centers for Disease control guidance and best practices linked [here](#).
- Keep cleaning logs that include date, time, and scope of cleaning.
- In the event of a positive case, shut down the site for a deep cleaning and disinfecting in accordance with current guidelines.
- If any equipment is provided by the Facility Operator, the operator must minimize equipment sharing and clean and disinfect shared equipment at the end of a practice session from the [list of disinfectants meeting EPA criteria](#) for use against the novel coronavirus.
- Remove visible dirt and grime before using disinfectants. Disinfecting surfaces removes most germs and are most effective on clean surfaces and objects. Coronaviruses are relatively easy to kill with most disinfectants. When selecting disinfecting products, always read and follow the manufacturer's directions.
- Staff should use gloves and or other personal protective equipment. Throw away gloves after each cleaning.
- Indoor facilities must provide access to handwashing facilities on site, including soap and running water, and allow sufficient break time for staff and participants to wash hands frequently; alcohol - based sanitizers with at least 60% alcohol may be used as an alternative.



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- Facility staff should ensure that all handwashing sinks have clean running water, soap, and paper towels at all times.
- Operators must post visible signage throughout the site to remind employees and visitors of hygiene and safety protocols.
- Locker rooms are closed and can only be accessed for toileting. Participants must wear in/wear-out clothes or dress in the parking lot or other designated areas.
- Indoor showers must remain closed.
- Water bubblers, fountains and bottle filling stations can open for refilling bottles/containers only. Managers are encouraged to install signs near any drinking equipment advising users to use for bottle refill only and not to touch the tap with their mouth or the mouth of their water bottle.
- Consider having alcohol based hand sanitizer in common areas to encourage hygiene.
- Facility managers must set, post, and monitor occupancy limits for bathrooms based on the ability to maintain six-foot social distancing.
- Facilities that house a concession stand must adhere to the guidelines for restaurants as outlined by both the local Board of Health and the Governor's office.
- Do not allow congregating in the parking lot, common areas, entrances, and exits before and after practice. Tailgating and other social gatherings are strictly prohibited in common areas.
- Schedule groups/teams with a minimum of 20 minutes in between the time one team concludes and the other arrives. Players must leave immediately after their session. Players should not arrive at their field earlier than 5 minutes prior to their scheduled arrival time.
- Teams who wish to schedule warm-up time prior to their sessions must build that into their scheduled session/rental time. Warm-ups will not be permitted adjacent to the assigned field prior to the scheduled start time for a team.
- Remove benches from all soccer fields. Players & spectators must bring their own chair. All chairs must be spaced according to physical distancing rules. (6' apart) If you can not remove benches and bleachers, they are allowed to open ONLY if six feet of distance can be maintained between each participant at all times and they can be thoroughly cleaned using CDC recommended cleaning protocols between uses.
- Facilities that permit the use of golf carts will allow 1 operator per cart.
- **Where feasible, indoor facilities should institute one-way entrance and exits while adhering to established fire and building codes. Operators should ensure adequate social distancing and face coverings are being used during sign in for participants entering the facility**
- Indoor facilities must have proper ventilation allowing for the proper outside air to filter into the building.



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TOWN ORGANIZATION/CLUB

- Assign a COVID-19 Safety Officer who will communicate policies organization-wide, to coaching staff, administrators, parents, and players. Regular updates and reminders should be provided.
- Assign each team a coordinator to oversee compliance at the team level (can be a team parent who must register as an Adult with Mass Youth Soccer).
- Train and educate all volunteers/staff on return to activities protocols.
- Develop a relationship and dialog with local Health Department officials (identify risk tolerance).
- Develop a plan to communicate with the local health department in the event of a confirmed case of COVID-19 within a team.
- If a team member or coach contracts COVID-19, or has come in close contact with somebody who has been diagnosed with the virus, all training and games sessions should be canceled for that team and any additional team associated with that coach in accordance with current CDC recommendations.
- Be prepared to shut down and stop operations. Develop plans for temporary closure of facilities (indoor, outdoor) to properly disinfect and ensure other adult leaders are not infected.
- Provide coaches and team coordinators with PPE (masks) and sanitizing products.
- Schedule groups/teams with a minimum of 20 minutes in between the time one team concludes and the other arrives. Players must leave immediately after their session. Players should not arrive at their field earlier than 5 minutes prior to their scheduled arrival time.
- Ensure accurate attendance for all practice and game sessions. This is necessary for contact tracing if this should become necessary.
- Teams that wish to schedule warm-up time prior to their sessions must build that into their scheduled session/rental time. Warm-ups will not be permitted adjacent to the assigned field prior to the scheduled start time for a team.
- **Do not allow congregating in the parking lot, common areas, entrances, and exits before and after practice. Tailgating and other social gatherings are strictly prohibited in common areas**
- Provide adequate space at the field to allow for proper physical/social distancing (6').
- All parents, spectators, and players should have their own chair. Chairs should be placed to allow for proper physical and social distancing (6').
- All waste should be placed by the respective parent, player, coach, or spectator in the trash receptacle. Nothing should be picked up by anybody other than the originator of the waste.
- Require players to have their own water, sanitary products (hand sanitizer, facial tissues, PPE (optional for play), ball, GK Gloves (if necessary), dark and light shirt (in lieu of shared scrimmage vests)).



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COACH

- Understand that there may be parents/guardians who may not be ready to have their child return to activities at this time.
- For the purpose of this guidance a facial covering means a face mask that completely covers the nose and mouth. Only face coverings that secure with loops around a player's ears are acceptable, so as not to cause injury if accidentally tugged or pulled on. No around the head or neck face coverings (gaiters) will be permitted during contact play. No face coverings with air valves, or mesh masks will be allowed.
- Ensure the health and safety of all athletes.
- Ensure athletes arrive dressed for practice and leave immediately after practice. No recreational play, or loitering is allowed.
- Upon arrival, inquire how athletes are feeling, send them home if you believe they are acting or look ill.
- Take accurate attendance use of Apps such as TeamSnap or TeamApp is encouraged to assist with Contact Tracing if required)
- No handshakes, fist or elbow bumps, or any other physical contact.
- Practice and encourage proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands). Launder clothing after training session.
- Follow all state and local health protocols.
- Coach is to be the only one to handle cones, discs, goals etc.
- Ensure all athletes have their individual equipment. (Ball, water bottle, GK Gloves etc.)
- Ensure player's personal belongings (bags, coats, sweatshirts) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items.
- Ask players to bring their own personal practice vest (a.k.a. pinnie) or a dark and light shirt to eliminate the need of shared scrimmage vests.
- Do not allow shared team snacks. Participants and spectators should only drink from their own containers.
- Wear a face covering at all times and you must maintain social distancing of 6 feet from players, coaches, spectators, and other persons at all times. Only CDC recommended face coverings will be allowed, unless otherwise specified by league or facility.
- **STAY POSITIVE** – Players and parents will be looking to you to remain calm and supportive during this transition time.



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PARENTS

- **Ensure your child's health. Take temperature daily. The average normal body temperature is generally accepted as 98.6°F (37°C). Some studies have shown that the "normal" body temperature can have a wide range, from 97°F (36.1°C) to 99°F (37.2°C). A temperature over 100.4°F (38°C) most often means you have a fever caused by an infection or illness.**
 - **If your child has any symptoms, even mild ones, do not send them to practice or a game. Public health urges you to stay home and isolate until:**
 - **You have had no fever for at least 72 hours (without the use of medicine) AND**
 - **Other symptoms (cough, shortness of breath) have improved AND**
 - **At least 7 days have passed since your symptoms first appeared.**
 - **Anyone in your household or that you have had close contact with (within six feet for approximately 15 minutes over a 24 hour period) should self-quarantine based on current CDC guidelines, The Commonwealth of MA and direction from your local Board of Health**
 - **Notify the club immediately if your child has become sick.**
 - **Notify your soccer organization immediately if your child has been identified as a close contact by a school or public health authority.**
- **Adhere to physical/social distance requirements posted by the organization. These are based on state and local requirements. When at training, wear a face covering if you are outside of your car.**
- **Ensure that your child has a water bottle, equipment (ball and GK Gloves if necessary), light and dark shirt (no shared scrimmage vests will be provided).**
- **Ensure your child's personal equipment, cleats, balls, shin guards etc. are cleaned and sanitized before and after every training.**
- **Ensure your child's clothing is washed after every session.**
- **Do not assist the coach with equipment before or after a training session.**
- **No carpooling with other members of the team is recommended. In the event that transportation of a non-family member becomes necessary, all parties in the vehicle must wear cloth face coverings or face masks and to the extent possible have external air circulating in the vehicle such as opening a window.**
- **Be sure your child has necessary sanitizer with them at every session.**
- **Ensure athletes arrive dressed for practice and leave immediately after practice. No recreational play, or loitering is allowed.**
- **A face covering will be required per the most recent EEA guidelines while actively playing and while on the sidelines. A face covering should be worn during arrival and departure from the field. Only a face covering that loops around a player's ears will be considered acceptable. See PROTECTIVE EQUIPMENT AND FACIAL COVERINGS section for full description.**
- **Facial Coverings must be worn by all participants during active play.**



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PLAYERS

- Take temperature daily (see information outlining this in the parent's section).
- Practice and encourage proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth) with unwashed hands.
- Have your own hand sanitizer with you.
- Facial Coverings must be worn by all participants during active play. See PROTECTIVE EQUIPMENT AND FACIAL COVERINGS section for full description.
- Only a face covering which attaches around the ears will be allowed, so as not to cause any injury if accidentally tugged or pulled on. No around the head or neck face coverings will be permitted during contact play. No masks with air valves or mesh masks will be allowed.
- Practice physical distancing on the sidelines. When sitting on the sidelines you should be 6' from the next player and wear a mask as much as possible. Your belongings should remain in your space when not in use.
- Bring your own equipment (Ball, GK Gloves (if required), shin guards, jacket etc.) Do not touch anyone else's equipment.
- Bring your own water bottle and snack. Do not touch anyone else's belongings as sharing will not be permitted.
- Wash and sanitize your equipment before and after each training.
- No group celebrations, hugs, handshakes, fist bumps, etc.



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TOURNAMENT DIRECTORS / EVENT STAFF

- Tournament Directors should follow the guidelines set forth by Massachusetts Youth Soccer Association, CDC, Federal, State, and local governments.
- Tournament Directors should ensure that participants are following the specific local and state restrictions from their home location counties or associations before allowing teams from other associations/areas into the tournament.
- Predetermine appropriate emergency contacts should anything arise during your event and provide the information to all tournament staff and participants.
- All communication leading up to the tournament should include information on COVID-19, preventive measures and all procedures that the host has established as requirements for participants and spectators, including:
 - Information on physical distancing measures, personal protection equipment requirements, limits on spectators and what the plan of action will be for suspected cases.
 - Instructions to stay home if the participant or a member of the participant's family is not feeling well.
 - Instructions on what to do if they are exhibiting symptoms of COVID-19. If a participant is exhibiting symptoms of Coronavirus the participants should not attend or participate in the event until such time as the participant has been tested and cleared. Doctor's note would be required as proof of testing results.
- All participants and spectators should have access to handwashing and hand sanitizer.
- Bleachers and team benches should not be used. All spectators and players should provide their own seating. They should allow for 6' of physical distance from others.
- A procedure should be developed for any possible cases at the event. This should include a designated area for those who present with symptoms and those they came in contact with to be isolated until an ambulance is called.
- Event staff are to wear appropriate personal protection equipment when they come in contact with spectators, participants, and coaches.
- It is the responsibility of the tournament host to supply any and all masks, gloves and hand sanitizer for their tournament staff. The tournament host is the organization running the tournament and not the facility at which the event is held.
- Team registration/check in area should be set up to allow for necessary physical distancing for both the staff and the team representatives. Markers should be placed on the ground to ensure 6 feet of physical distance for those waiting in line. Such markings should be at least 8 feet from field boundaries.
- When possible, organizations will need to coordinate team registration and roster check-in electronically prior to the event. If needed, paper materials may be exchanged on the day of the event



MASSACHUSETTS YOUTH SOCCER ASSOCIATION



DISCLAIMER

Participants, parents, family and spectators taking part in soccer and soccer related activities do so with the knowledge of risk and potential exposure involved. In doing so they agree to accept any and all inherent risks to their personal health.

ADDITIONAL RESOURCES

[Reopening Massachusetts](#)

[CDC Considerations for Youth Sports](#)

[CDC Guide to Mass Gatherings](#)

[CDC List of people in high risk categories](#)

[COVID-19 Outdoor Recreation Facility Restroom Cleaning Best Practices](#)

[EPA Recommended Disinfectants](#)

[WHO Handwashing Video](#)

[FIFA COVID-19 Resources](#)

[US Soccer Play On](#)

[US Soccer Recognize to Recover - COVID 19 and Mental Health](#)

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

[Aspen Institute - Coronavirus and Youth Sports](#)

[COVID Safety Officer Enrollment Form](#)

CONTACT

Tamie Endow

Massachusetts Youth Soccer

tendow@mayouthsoccer.org