

COVID-19 RESOURCE HANDBOOK

*Comprehensive Guide to help return to training and
competition safely*

SOUTH TEXAS YOUTH SOCCER





South Texas Youth Soccer

COVID-19 Resource Handbook

Overview

South Texas Youth Soccer has announced Return to Play recommendations designed to assist the entire South Texas community in following the appropriate steps to mitigate the risk for all participants in the ongoing COVID-19 environment. This handbook is designed to provide recommendations that can be used for a safer return to youth soccer during, and after, the COVID-19 pandemic. Our goal is to provide program leaders, coaches, players, families, referees and volunteers with medically informed guidance in developing safer Return to Play protocols. We are providing this handbook to specially assist South Texas Soccer members in safely and gradually resuming play while also reducing infection and spread.

The guidance presented in this handbook is meant to supplement – not replace or supersede – any local, state, regional, or federal laws, rules, and regulations.

While some organizations and clubs in South Texas may be ready to attempt to return to training and/or competition, exposure of participants to the potential risk of infection for the benefit of our sport is not acceptable. Until there are tangible interventions, including vaccines, widespread testing, or other factors making play ethical and safe, we recognize that some members may choose to implement more restrictive policies.

These guidelines are not intended to replace professional medical advice, diagnosis or treatment by a licensed medical professional. The information regarding the prevention and treatment of COVID-19 is ever-changing. South Texas Youth Soccer will seek continual guidance from public health officials and medical professionals to customize and regularly update this handbook and any subsequent Return to Play protocols. We firmly believe that if all members follow these guidelines, together, we can create a safer environment and that our continued ability to Return to Play relies on a full commitment from all youth soccer programs.

Table of Contents

Overview	1
Table of Contents	3
Who We Are	3
South Texas Youth Soccer	3
Our Mission	3
Our Vision	3
Important Risk Considerations	4
General Recommendations	4
When to Get Tested	6
COVID-19 Vaccination Information	6
South Texas Return to Play Phases	7
Phase 0	7
Phase 1	7
Phase 2	7
Phase 3	7
Phase 4	8
Key considerations to phases	8
General guidance on practices and training	8
Physical Distancing	8
Safety Protocols	8
Hygiene Protocols	8
General Guidance on Participation in Outdoor & Indoor Activities	9
South Texas Return to Competition Recommendations	9
Health Screening & Monitoring for Symptoms	9
Game Day Equipment	10
Ridesharing / Carpooling	10
Participant Preparedness	10
Scheduling	11
Gameday	12
Warm-Ups / Check-In Procedures	12
Fields	12
During the Game	13
Referees	13
Injuries / Hydration Breaks	13

Inclement Weather	12
Post-Game	14
Advice for coaches	14
Spectators	14
General administrative guidance on games and competitions	15
Safety coordinator	15
COVID-19 action plan	15
Facilities	15
What to do if someone tests positive	16
CDC Guidelines	16
South Texas Reporting Protocols	16
When to return to play following a confirmed or suspected COVID-19 infection	17
Resources	18
U.S. Soccer Play On	18
Glossary of terms	16
Additional resources	19
Appendices	20

Who We Are

South Texas Youth Soccer

South Texas Youth Soccer is a Texas Not-for-Profit, 501(c)(3) Tax Exempt Corporation whose purposes are charitable, educational, and athletic, as defined by the Texas Non-Profit Corporation Act. We are an affiliate of United States Youth Soccer (USYS), the United States Soccer Federation (USSF), and Federation International de Futbol Association (FIFA).

Our Mission

To make soccer the preeminent sport in South Texas through diverse programs and enriching experiences.

Our Vision

To be the recognized leader of youth soccer at all levels for our diverse membership.

Important Risk Considerations

Before starting training or games, all participants should [consider the risk](#) associated with COVID-19 being spread between all players, coaches, officials, facilitators, and spectators.

Member organizations across South Texas may experience widely different levels of local infection and disease spread. This makes it unrealistic for South Texas Youth Soccer to mandate or enforce uniform policies applicable across all cities and regions as the effects and recommendations related to COVID-19 are fluid. However, to ensure the safest possible environment for our players to continue participating in practices and any competition, South Texas Youth Soccer is asking all members to follow these recommendations and protocols.

The more physical or close contact that occurs, the higher risk there is in spreading illness. The more interactions, the physical closeness of the interactions and the length of interactions, the higher the risk of transmission spread. Therefore, [risk will depend on the type of activity](#). Activities that require close interaction, indoor spaces, and the sharing of equipment or contact points will make it more difficult to maintain social distancing. These interactions will increase risk of transmission.

There may also be an increased risk of COVID-19 when participating in a game or tournament. COVID-19 activity may be different in different regions of the state, and this contributes to a possible increase in risk. Traveling out of state to participate in sports activities is strongly discouraged. However, if teams are considering traveling to other regions or states for games, they should be aware of COVID-19 activity and travel restrictions from local, state, regional and federal policies to inform their decision.

General Recommendations

CDC recommendations

General hygiene practices can reduce the risk of spread of infection. The following [CDC recommendations](#) should be followed, regardless of the Return to Play phase. They currently include:

Stay at home if you are feeling sick or experiencing the following COVID-19 symptoms. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing

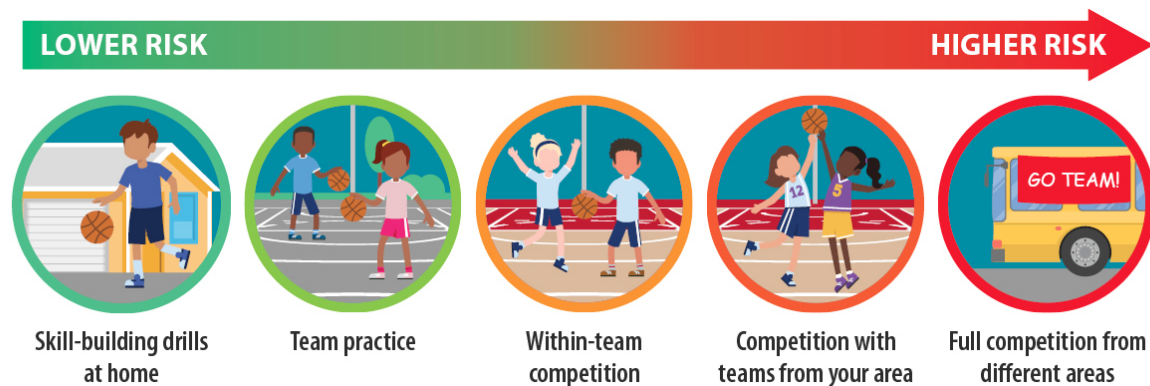
- Fever of 100.4 degrees F/37.9 degrees C
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This list does not include [all possible symptoms](#). Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

Best practices

The following practices should be reinforced within your soccer organization to mitigate the transmission of any infectious disease.

- Avoid touching your face
- Frequently [wash hands](#) with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a clean or new face mask or covering when outside
- Understand [how to wear a face mask properly](#)
- Frequently [disinfect](#) commonly used surfaces and equipment
- Avoid contact with other individuals (shaking hands or high fives)
- Maintain [social distancing](#) of 6 feet between you and others
- Outdoor spaces pose less risk than indoor spaces
- Individuals with a [higher risk](#) (including players, coaches, officials, and spectators) should assess their risk level and limit exposure.



What to do if you are sick

A complete list of recommendations for anyone who might have COVID-19 can be found on the [CDC website](#). These currently include:

- Stay home. Most people with COVID-19 have mild illness and can recover at home without medical attention. Do not leave your home, except to get medical care. Do not visit public

areas.

- Separate yourself from other people.
- Monitor your symptoms.
- Stay in touch with your doctor. Follow care instructions from your healthcare provider and local health department.
- If you have an [emergency warning sign](#), get emergency medical care immediately.

When to Get Tested? **Updated 3/24/21*

Follow CDC guidelines to determine if you should get tested. These include:

- People who have Symptoms of COVID-19.
- People who have had close contact (within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period) with someone with confirmed COVID-19.
- People who have taken part in activities that put them at higher risk for COVID-19 because they cannot socially distance as needed, such as travel, attending large social or mass gatherings, or being in crowded indoor settings.
- People who have been asked or referred to get testing by the healthcare provider, local or state health department.

If you do get tested or take an at-home test because you have COVID-19 symptoms or have had a close contact with someone who has it, you should self-quarantine at home pending test results and follow the advice of your healthcare provider or a public health professional.

The CDC has published a [Coronavirus Self-Check Tool](#) to assist individuals ages 13 and older on deciding when to seek testing or medical care. The online, mobile-friendly tool asked a series of questions and based on the user's responses, provides recommendations actions and resources.

COVID-19 Vaccine Information **Updated 3/24/21*

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19. The COVID-19 vaccination is an important tool to help us get back to normal. Learn more about the [benefits of getting vaccinated](#).

Texas continues to receive doses of the Pfizer, Moderna, and Johnson & Johnson COVID-19 vaccines, and is distributing statewide to hospitals, pharmacies, local health departments, freestanding ERs, and other clinics. Spring 2021 is the best estimate of when the vaccine will be available for the general public, but that may change. It depends on vaccine production and how quickly other vaccines become available. We recommend regularly checking the [Texas](#)

[Department of State Health Services website](#) for the most up-to-date information on vaccine eligibility, registration, and additional FAQs.

South Texas Return to Play Phases

Overview

The following sources are used to determine the current [South Texas Return to Play Phase](#) and any changes.

- State of Texas Executive Orders / Mandates
- U.S. Soccer guidance
- U.S. Youth Soccer guidance
- Senior Staff Technical Advice
- CDC Information

Using this information, the [South Texas Youth Soccer Executive Committee](#) decides on what is believed to be the best decision for our membership - keeping in mind that all members' health and safety is the priority. Due to variances in local (county, city) policies and mandates, these are not part of the decision criteria, but would supersede any South Texas phase guidance for specific locations.

It is expected that all associations, clubs, and teams will adhere to South Texas' phase status and follow all mandates issued by local, state, or federal government.

Phase 0

No in-person training or competitions. Virtual training options are permitted.

Phase 1

Practices and training sessions can include individual skill training and physical conditioning with a ball.

- One player per ball
- Distances between players

Practices and training sessions may also include small group training

- Passing patterns
- No contact
- Avoid lines (use markers)
- No catching or use of hands

Phase 2

Practices and training sessions can include activities and exercises that introduce defensive pressure and contact. Phase 2 includes the use of small-sided games (e.g., 4v4 or 6v6). Intrasquad scrimmages are acceptable within the cohort.

Phase 3

In this phase there are no restrictions on training activities for players. Teams can return to scrimmaging within their club and playing games outside their club following recommended guidelines and COVID-19 mitigation recommendations. Local and same-day travel only for scrimmages or games with teams outside the same club is recommended.

Phase 4

No restrictions on training, games, or travel for players, coaches, or spectators. COVID-19 recommendations no longer apply

Key considerations to phases

A phased Return to Play model is not necessarily intended to be followed linearly, as it may become necessary to return to a prior phase, based on the changing status of COVID-19 exposure in the South Texas community. It is possible, if not likely, that there will be local and regional outbreaks and surges of COVID-19 for some time to come.

Many programs in our state may need to remain in, or return to, phases 0-2 for prolonged periods. However, following this progressive model will help your players, coaches, and community Return to Play as safely as possible. Members should be prepared to take a step back and revert to an earlier phase if needed to respond to increased risk, cluster outbreaks, updates to public health guidelines, or to maintain COVID-19 prevention and response protocols safely.

General guidance on practices and training

Physical Distancing

- One team = one cohort
- Discourage mixing players and coaches among cohorts
- Avoid unnecessary contact or groups (ex. Lines, huddles)
- Ride to training only with members of your household
- Face masks until appropriate distance can be maintained

Safety Protocols

- Parents should remain in their vehicles
- Six (6) feet for Social Distancing
- Coaches may need to adapt playing intervals as players re-acclimate
- Avoid having players handle training equipment
- Outdoor spaces are safer than indoor spaces
- Choose well-ventilated areas
- Clubs should designate a Safety Coordinator

Hygiene Protocols

- Coaches, referees, and staff wear face coverings where possible

- Provide hand sanitizer stations
- Avoid sharing drinks, training equipment, and hygiene products
- Promote hand washing
- Create a plan for the physical distancing of subs, groups, team talks
- Avoid high fives or close celebrations

Continuous Protocols

- Nobody should attend training or games if not feeling well or they don't feel safe
- At-risk individuals should stay at home
- Disinfect all equipment and surfaces after each use
- Have a COVID-19 action plan and communicate to stakeholders
- Keep attendance logs of all participants and maintain for a minimum of 30 days
- Use signage to remind participants on guidelines

General Guidance on Participation in Outdoor & Indoor Activities **Updated*

3/24/21

U.S. Soccer has released [guidelines for indoor soccer](#) as part of its PLAY ON campaign, providing coaches, players, parents, referees and administrators with considerations to continue to ensure safe play indoors as winter approaches. The guidelines advise the use of larger indoor facilities for acceptable social and physical distancing, as well as higher frequency air exchange rates to reduce risk. Shorter training sessions with fewer players on the field and no throw-ins can also help decrease risk, while players and coaches should continue to wear a mask when not physically active. The indoor soccer considerations supplement comprehensive phased guides available at ussoccer.com/playon. PLAY ON guidelines.

STX Youth Soccer recognizes that outdoor activities are a safer choice. COVID-19 spreads more easily indoors than outdoors. Studies show that people are more likely to be exposed to COVID-19 when they are closer than 6 feet apart from others for longer periods of time.

You are more likely to be exposed to COVID-19 when you

- Attend crowded, poorly ventilated indoor events
- Have close contact with infected people at home

You are less likely to be exposed to COVID-19 when you

- Attend outdoor activities
- Stay at least 6 feet apart
- Limit the amount of time spent with people who don't live with you

South Texas Return to Competition Recommendations

Returning to competition should only occur after teams and players have followed a progressive

return to the training process to provide a safe environment for players. A phased training process is intended to prioritize player health and well-being to re-acclimate appropriately to physical activity.

All administrators and leaders must always refer to federal, state, and local protocols prior to returning to games or league competitions. This includes consideration of any facility or local parks requirements to access fields for participants and spectators. Additionally, South Texas Youth Soccer requires the state to be in Phase 3 of the Return to Play guidelines.

South Texas Youth Soccer firmly believes that if all members follow these recommendations, together, we can create a safe environment and that our continued ability to Return to Play relies on a full commitment from all youth soccer teams, clubs and associations.

Any individual reporting or demonstrating symptoms of illness should be removed from competition (or restricted from competition) and seek guidance from their healthcare provider before returning to soccer activities.

Health Screening & Monitoring for Symptoms

Before participation, program technical staff, referee assignors, and coaches should obtain confirmation from each player, coach, and official that:

1. They are not experiencing symptoms related to COVID-19.
2. They have not had close contact with anyone who has had a confirmed case within the last 14 days.
3. They are not restricted from participation by a healthcare provider.
4. Each individual should check their temperature & refrain from participation if they have a fever (>100.4 F).

A representative from each team (i.e., head coach or team manager) should confirm with the opposing team that all participating players and staff have met the above requirements.

All referees should confirm individually with both team representatives that all referees have met the above requirements.

Any individual who cannot confirm these criteria should be restricted from participation, contact their healthcare provider, and follow the league reporting procedures. Sample health screen questionnaires and surveys are provided in the [Appendix](#).

Game Day Equipment

All players, coaches, referees and spectators should bring their own equipment (ex. hand sanitizer, water bottles, towels, etc.) and these items should not be shared between individuals.

Ride-sharing / Carpooling

Travel to training and competitions with as few people as possible. Should carpooling or ride-sharing be necessary, we recommend following distancing guidelines (when possible), and

wearing a mask during transit for anyone not residing in your household. Attempt to ride-share or carpool with the same individual(s), if consistently required for your family.

Participant Preparedness

Participants should get dressed at home in any uniform or gear to arrive at the training/match site ready to play, coach or ref, without needing to use locker rooms or changing areas. Cleats can be put on at the fields. Participants should follow social distancing guidelines and avoid congregating and congesting facilities.

We recommend administrators share specific facility guidelines before match day with all participants in order to ensure all stakeholders are informed about any specific instructions at the facility prior to arrival.

Wear a mask when possible **Updated 3/24/21*

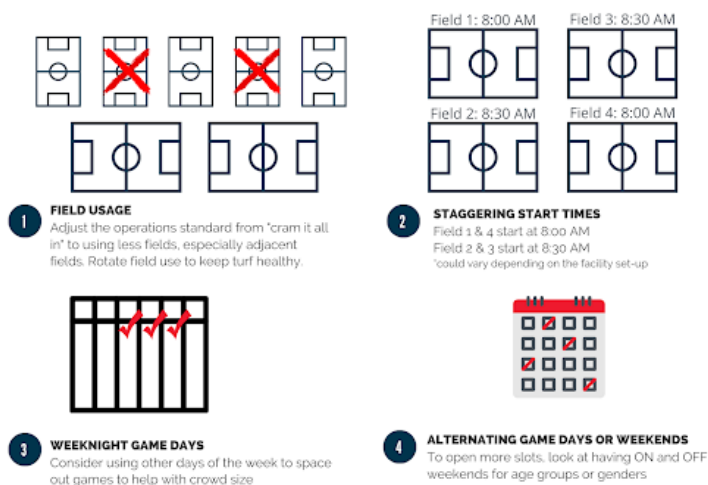
- CDC guidelines for sports participation recommend athletes and coaches wear a [mask if feasible](#), especially when it is difficult to stay less than 6 feet apart from other people.
- Higher-intensity sports: Limit high-intensity sports when indoors. People who are engaged in high-intensity activities, like soccer, may not be able to wear a mask if it causes difficulty breathing.
 - Increase distance for high-intensity activities.
 - If unable to wear a mask, consider conducting the activity in a location with greater ventilation and air exchange (for instance, outdoors versus indoors) and where it is possible to maintain physical distance from others.
- If your mask gets wet, be sure to change it as it may be more difficult to breathe through.
- CDC does NOT recommend the use of face shields or goggles as a substitute for masks.

Scheduling

Recommendations for organizations who schedule games at the facility include:

- Adjust the operations and facilities schedule. Use fewer fields, especially fields adjacent to each other.
- Limiting the facility's total capacity and intentionally block off fields with the intent to expand capacity levels based on the current Return to Play Phase.
- Consider using other days of the week, such as weeknights to space out games, to help with crowd size.
- Alternating game days or weekends to open more game slots.
- Limiting travel (time and distance)
 - Schedule games within driving distance (close to home)

Competition Scheduling Considerations



- Limit and reduce overnight travel whenever possible
- League format (group sizes, game amount, timeline)
 - Adjust group sizes
 - Adjust target game counts
 - Season timeline adjustment - delay start, end later, fewer games.
- Staggered Publishing
 - Consider publishing your competition schedule in stages to allow for adjustments as RTP occurs.

Gameday

Once at the competition facility, games can be conducted as normal with the following exceptions:

Warm-Ups / Check-In Procedures

- Do not enter the competition facility until 30 minutes or less to your game start times. Abide by the facility-specific guidelines for entry and exit points and other instructions.
- All attendees should maintain social distancing guidelines during arrival and departure from the competition.
- On-field, warm-ups should be limited to 20 minutes or less.
- Social distancing and face masks/covering guidelines must be followed during game check-in procedures.
- Virtual player passes are recommended, and devices sanitized before and after player check-in is complete.
- Game cards should be printed according to the published Game Day Procedures document and handled by a single individual before handing to the referee.
- At the coin toss, social distancing and a mask are required for referees and captains.

Fields

Facilities should provide signage on COVID-19 protocols, including spectator protocols, entrances/exits, and general hygiene practices. Field layout should provide room for teams to spread out along sidelines and spectators to spread out in spectator areas. In between fields, there should be no gathering areas for teams or spectators. Also, designate warm-up spaces should be marked, and common surfaces of spaces and restrooms should be regularly cleaned and disinfected. Hand sanitizer and soap should be available. Always refer to the local government for additional guidelines of the facility enforcement. A sample field set up with markings to indicate where teams/spectators sit is provided in the Appendix.

Reduce physical closeness between players, volunteers, and spectators when possible

**Updated 3/24/21*

- Maintain at least 6 feet between yourself and your teammates, other competitors, and officials while actively participating in the sport.
- Focus on building individual skills, like batting, dribbling, kicking, and strength training.

- Avoid high fives, handshakes, fist bumps or hugs.
- Keep space between players in the practice areas, including on the sideline, dugout, and bench.
- Wait in the car or away from the playing area until just before the warm-up period or the beginning of the game.
- Avoid congregating in the parking lot or near the field before or after games.
 - If it is not possible to avoid congregating, practice physical distancing by ensuring there is at least 6 feet between participants.
- Wear a [mask](#) over your nose and mouth to reduce risk of virus transmission.
- Limit nonessential visitors, spectators, and volunteers.

During the Game

- Each team should come to a game with no less than three (3) match quality balls.
- Any match ball that comes into contact with anyone not playing should be disinfected before being reused.
- Players and coaches should remain socially distanced when on the sideline during the game. This includes substitutes. Multiple tents, benches or chairs may be necessary.
- Coaches should plan on how to communicate key tactical information such as lineups, set pieces, or tactics in a safe and socially distanced manner.
- Surfaces of shared equipment such as balls, cones, and any other equipment should be disinfected before and after each game.
- Players should not share items such as water bottles, sunscreen, or clothing such as training bibs, warm-ups, jerseys, etc.

Referees

- Referees are allowed to wear face masks during games but not required.
- Referees shall adhere to social distancing as much as possible during the game.
- Assistant Referees will use their own flags for the game; flags do not need to match.

Injuries / Hydration Breaks

- If possible, Referees should keep a six-foot distance from the injured player while determining if medical attention is necessary.
- If needed, allow a coach or medical professional from the injured player's team to enter the field and attend to the player. The coach or medical professional must wear PPE and gloves while attending the player.
- The Referee should remind other players to keep their distance from each other, and the injured player, during the break in play. Players should not congregate.

Inclement Weather

- Social distancing must be observed during any shelter-in-place or evacuation protocols.
- PPE should be worn throughout the delay and should not be removed.
- All participants and spectators must return to their vehicles in the event of inclement weather.

- When possible, individuals in the car should be limited to members of the immediate family. If non-family members must be present, everyone in the vehicle should wear face masks or coverings.

Post-Game

Handshakes should be replaced with socially distanced applause lines. All players, coaches, officials, and spectators should leave the facility immediately after their game.

Advice for coaches

- Send a welcome email or call parents (for youth players) and/or players.
 - Inform them about actions that the sports program will take to protect players.
 - Remind them to stay home if they are sick, have symptoms of COVID-19, have tested positive for COVID-19 or are waiting for test results, or if they have been around someone who is sick or who has symptoms of COVID-19.
- Be a role model. Wear a mask that fits snugly against the sides of your face and covers your mouth and nose and encourage family members, fans, officials, and sports staff to wear one during practices and games.
- Provide hand sanitizer with at least 60% alcohol to players before and after practice/game.
- Educate players about covering coughs and sneezes with a tissue. Discourage spitting.
- Remind players about physical distancing and identify markers (such as signage, cones, or tape on the floor) that indicate a distance of at least 6 feet.
- Follow STX Soccer Return to Play and U.S. Soccer PlayON guidelines
- Check with your sports administrator or safety coordinator to make sure they are following cleaning and disinfection recommendations.
- Clean and disinfect frequently touched surfaces at least daily and shared equipment (for example, pennies/mats) between use.

Spectators

No spectator should attend a game if they are displaying symptoms of COVID-19.

STX Youth Soccer recommends limiting the number of spectators per player family to limit contact points.

- a) It is highly recommended that one (1) spectator per family attend the game.
- b) If more family members must attend, a family unit should be composed only of people who reside in the same household.
- c) These family units should sit together and socially distance from other family units before, during, and after the event.
- d) Unsupervised participants (siblings and pets) should not be permitted at the event.

Spectators should remain off the field, practice proper social distancing, and utilize masks or face coverings, throughout the event, following local and state guidelines. Any spectator not following the posted or published facility guidelines or local mandates could be removed from the facility.

General administrative guidance on games and competitions

Always adhere to local, state, regional and federal guidelines for competition or league play.

Recommendation for administrators include:

- Administrators should prepare and communicate any health & safety guidelines specific to the organization's participants, including players, coaches, referees, administrators, parents, and volunteers in advance.
- Organizations may wish to consider amending the current registration waiver to communicate the inherent risk of competition with COVID 19.
- Administrators should also be aware of participation risk if attending any non-sanctioned events and training not recommended within the current South Texas Return to Play Phase.
- Leading by example and acknowledge participant compliance
- Be prepared to adjust plans or guidelines/recommendations for your organization and competition.
- Administrators should over-communicate policies, guidelines, recommendations to all participants.

Safety coordinator

Each team, club, and facility should consider appointing someone to serve as designated safety coordinator. If possible, they should ideally have some medical training (ex athletic trainers or nurses). The safety coordinator should know the facility, league, and club's COVID-19 action plan. Programs may also wish to have their safety coordinator conduct contact-less temperature checks or maintain pre-screen wellness forms. Examples of pre-screen questionnaires are located in the [Appendix](#).

If there is a dispute between the facility safety coordinator and a participant, it is the responsibility of the on-site safety coordinator to determine if the participant (athlete/coach/official) is cleared to play. The safety coordinator should also maintain attendance records of all participants.

Recommended responsibilities for the Safety Coordinator are included in the [Appendix](#).

COVID-19 Action Plan

A COVID-19 Action Plan (CAP) should be a part of any youth sports organizational planning for training or competition. The plan should outline what steps are needed if an athlete, coach, participant, or spectator gets sick or test positive for COVID-19. See [Appendix](#) for sample

COVID-19 Action Plans.

Facilities

All facility or event operators should have a COVID-19 Action Plan and amend their EAP (Emergency Action Plan) to include risk mitigation steps for infectious diseases. The plan should be communicated to all event participants before the event and posted on the event website and on-site. Signage at an event should include, but not be limited to, facility policies and procedures, COVID-19 symptom awareness, expected behavior and assumption of risk, social distancing markers for restroom and concession lines, handwashing guidelines in restrooms, and closures of areas (i.e., playgrounds, locker rooms).

What to do if someone tests positive

All youth sports organizations should consider implementing several strategies to prepare for when and if someone gets sick. This protocol should be included in the COVID-19 Action Plan and communicated to all stakeholders. The South Texas Youth Soccer Reporting Protocols also should be followed immediately.

CDC Guidelines

The [CDC recommends the following actions](#) if someone on your team, club, or at your facility gets sick.

- Communicate criteria to begin home isolation
 - Sick coaches, staff, officials, or players should not return until they have met CDC's [criteria to discontinue home isolation](#).
 - Individuals who are sick should go home or to a healthcare facility, depending on the severity of their symptoms.
 - Individuals who have had [close contact](#) with a person who has a suspected or confirmed case should also be separated and sent home.
 - Isolate and transport anyone who is sick
 - Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility.
- Clean and Disinfect
 - Close off areas used by a sick person and do not use these areas until after [cleaning and disinfecting](#) them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
- Notify Health Officials and Close Contacts
 - In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify [local health officials](#) and follow the South Texas Youth Soccer Reporting protocols immediately while maintaining confidentiality.

South Texas Reporting Protocols

These protocols are effective as of July 31, 2020 and continue into the Spring 2021 season.

1. Any individual with a suspected case of COVID-19 should notify their respective team coach immediately.
2. Any team with a suspected case of COVID-19 should notify their club safety coordinator immediately.
3. Any club notified of a suspected case of COVID-19 in a player, staff member, coach, or referee should follow their COVID-19 Action Plan and contact anyone within the club who may have had contact with that individual in the 14 days prior to the diagnosis of COVID-19. Please follow confidentiality requirements.
4. Any referee with a suspected case of COVID-19 should notify the league director and referee assignor involved in competitions worked by that individual within the last 14 days.
5. Any club notified of a confirmed case of COVID-19 in a player, staff member, coach, or referee should notify any other organization/teams involved in competitions with that individual in the 14 days prior to the diagnosis of COVID-19.
6. Any club notified of a confirmed case of COVID-19 in a player, staff member, coach or referee should notify the league director and the South Texas state office immediately.
7. Any team with more than 3 confirmed positive cases of COVID-19 is considered to have an outbreak within their team and should pause team activity until all participants have completed a self-quarantine according to [CDC guidelines](#).
8. All reporting should maintain confidentiality in accordance with the American with Disabilities Act (ADA) and other applicable laws and regulations.

When to return to play following a confirmed or suspected COVID-19 infection

Programs should include policies for return-to-play after COVID-19 illness in their COVID-19 Action Plan. The CDC's criteria to [discontinue home isolation and quarantine](#) can inform these policies.

These recommendations are intended to guide decision-making regarding participants with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission and can change. Checking with health care providers is always recommended before returning to any activity.

Symptomatic or asymptomatic player, coach, official or staff member with suspected or laboratory-confirmed COVID-19 infection cannot attend training, games, or events until:

- a. At least ten (10) days have passed since symptoms first appeared.
- b. At least three (3) days (72 hours) after all symptoms have passed.

OR

- c. Negative results of an authorized SARS-CoV-2 test from at least two consecutive samples collected at least 24 hours apart.

- d. At least fourteen (14) days since the date of known exposure with no symptoms.

The viral incubation period can last anywhere from 2-14 days after exposure.

Options to reduce quarantine

Reducing the length of quarantine may make it easier for people to quarantine by reducing the time they cannot work. Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

After stopping quarantine, you should

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to [prevent the spread of COVID-19](#).

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed. See [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing](#) for guidance on options to reduce quarantine.

Resources

U.S. Soccer Play On

U.S. Soccer has produced a comprehensive guide for planning a Return to Play called [Play On](#). We strongly recommend that everyone in the South Texas Youth Soccer community familiarize themselves with this tremendous resource and follow the U.S. Soccer social media outlets for updated information. Through PLAY ON, U.S. Soccer is sharing a range of resources across five return-to-play phases to ensure all participants' safety. The Plan On campaign will grow to include videos, infographics, and other resource materials. All of the resources will be available in a virtual information hub.

Glossary of terms

Cohort	A cohort is defined as the size of a group of participants. This can be the size of a team roster or smaller and may be subject to local or state recommendations on groups' size. A cohort is used in youth
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soccer for training or practices and should not exceed 25 people per pod, including players and coaches. Cohorts should not mix with other cohorts to minimize contact or potential spread and to more efficiently contract trace any suspected or confirmed cases.

Safety Coordinator

The safety coordinator is responsible for implementing a program's safety protocols and COVID-19 action plan. If possible, they should ideally have some medical training (ex athletic trainers or nurses). The safety coordinator should know the facility, league, and club's COVID-19 action plan. Programs may also wish to have their safety coordinator conduct contact-less temperature checks or maintain pre-screen wellness forms. Examples of pre-screen forms and questionnaires are located in the [Appendix](#).

Phase

A phase provides the structure for a gradual approach to Return to Play during this unprecedented time of the COVID-19 pandemic. Included within, and between, the phases are specific steps to be considered and implemented. Members should be informed of the South Texas Return to Play Phases and prepared, if necessary, to stay in the current phase or revert to an earlier phase to ensure all participants' safety. Do not proceed to the next phase if it is not compliant with South Texas Youth Soccer recommendations.

COVID-19 Action Plan

South Texas Youth Soccer strongly recommends that all programs develop a written COVID-19 Action Plan (CAP) to document the procedures and responses required by all stakeholders, including players, families, coaches, administrators, staff and volunteers in the face of the ongoing pandemic. The CAP is similar to an [Emergency Action Plan](#) and should be tailored to the specific needs of the program, club, association or competition. The plan should be available for all members to review, and the Safety Coordinator should be knowledgeable of the CAP.

Additional resources

[South Texas Youth Soccer Updates](#)

[CDC- Guidance for Cleaning and Disinfecting Facilities](#)

[State of Texas Guidelines](#)

[U.S. Soccer PLAY ON](#)

[U.S. Soccer PLAY ON Webinars](#)

[Guía de Recomendaciones de Fútbol de la Federación](#)

[U.S. Youth Soccer Return to Activity Resources](#)

[USOPC Coronavirus Resources](#)

[USOPC – Coping with the Impact of Coronavirus for Athletes](#)

[CDC - Deciding to Go Out](#)

[CDC Coronavirus Updates](#)

[CDC Advice – How to Protect Yourself and Others](#)

[CDC – Consideration for Youth Sports](#)
[CDC – Workplace Decision Tree](#)
[CDC – Camp Decision Tree](#)
[CDC – Community Mitigation Strategies](#)
[CDC- Guidance for Sports Facilities](#)
[CDC- Qué hacer si está enfermo](#)
[FIFA COVID-19 Resources](#)
[FIFA Risk Assessment Tool](#)
[WHO Hand Washing Steps \(Video\)](#)
[WHO Mass Gathering Guidelines Worksheet](#)
[WHO Advice for Public](#)
[US Center for Safe Sport Digital Safety](#)
[US Soccer Recognize to Recover – COVID-19 and Mental Health](#)
[Aspen Institute's Project Play - Coronavirus and Youth Sports](#)

Appendices

[Sample South Texas Youth Soccer Phase 1 Training Activities](#)
[Sample Player Health Check Questionnaire](#)
[Sample Coach/Staff Health Check Questionnaire](#)
[Sample Pre-Check Health Form](#)
[Sample Pre-Check Camp/Clinic Health Form](#)
[Sample Reporting Form](#)
[Sample Player Checklist Gameday](#)
[Sample Coach Checklist for Training- U.S. Soccer Play On](#)
[Sample Parent Checklist for Training- U.S. Soccer Play On](#)
[Sample Club/Organization Checklist for Training- U.S. Soccer Play On](#)
[Responsibilities of a Safety Coordinator](#)
[Sample COVID-19 Action Plan](#)
[Sample COVID-19 Action Plan List](#)
[Sample Facilities/Field Map](#)
[Sample Player Waiver- North Texas Youth Soccer](#)
[Sample Player Waiver- Michigan Youth Soccer](#)
[Sample Coach Waiver- Ohio North Youth Soccer](#)