

Utah Youth Soccer Association Spring 2021 Guidelines | Yellow Phase: Low Risk

Emphasis: Minimize the number of individuals with “Close Contact Exposure” to other players, coaches and spectators.

A “close contact exposure” means a person was closer than 6 feet or 2 meters (about 2 arm-lengths) from someone who tested positive for COVID-19 for 15 minutes or longer. Key point, the person who tested positive was un-masked during this exposure period.

Coach Responsibilities:

- Coaches must always wear masks during training sessions and matches
- Limit equipment brought to games, disinfecting all equipment before / after use
- Do not allow players to share pennies, other equipment, or water bottles
- Report confirmed cases of COVID-19 to member organization and COVID Manager immediately
- Require players to wear masks pre and post practice / game and while on the bench
- Provide hand sanitizer at trainings and matches
- Require parents to confirm their child is symptom free before attending training / game by answering three questions:
 1. Do you have a temperature at $\geq 38^{\circ}\text{C}$ (100.4°F)
 2. Are you currently experiencing any symptoms including fever, cough, shortness of breath, lost sense of smell or taste, nausea/vomiting/diarrhea?
 3. Do you have anyone in your household that has tested positive for COVID-19, or exhibited a fever, cough, or shortness of breath?

Team Manager / COVID Manager Responsibilities:

- Monitor social distancing on sidelines by spectators
- Monitor player and coach mask use
- Monitor congregating of parents at the fields or in the parking lot pregame, halftime, or postgame
- Send out communication (text/email) to parents prior to games reminding them of social distancing and congregation guidelines
- Communicate with UYSA in the event of a positive COVID test for a player, coach and/or spectator to allow for a determination of whether others were “close contact exposed.”

****If your team doesn't have a team manager or a COVID manager either the head coach or an assistant coach must assume the COVID manager responsibilities.***

Spectator Responsibilities:

- Abide by social distancing policy of 6ft away from other spectators outside of your household
- No congregating on sidelines or in parking lot before, during, or after matches
- Sit a minimum of 10ft off sideline
- Under no circumstances can a parent approach or be in the designated team area
- Wear masks while sitting on a sidelines if possible
- Wear masks when interacting with other spectators, coaches, referees, or other players within a radius of 6ft
- Stay home if you have any signs or symptoms of being sick
- If you are a person of high risk, do not attend

- Symptom check their players before arriving at field
- Avoid contact with any players or spectators outside of your households

Player Responsibilities:

- Wear a mask to and from the field for all soccer activities
- Wear a mask on the bench during matches and scrimmages
- Communicate to COVID officer if you are experiencing any symptoms
- Do not attend a match, practice, scrimmage, etc. if you are sick
- Limit carpooling to training and matches
- Limit physical contact with coaches and players – high fives, fist bumps, hugs, etc.
- Use hand sanitizer after being subbed off the field, at halftime, and postgame
- Social distance from other players before and after soccer activities

Positive COVID Test Protocol:

Player:

- Player is immediately removed from all team activities
- Any other player(s) with close contact exposure need to be removed from all team activities
- Team can continue soccer activities
- Closely monitor symptoms of all players over the next 10 days

Coach:

- Coach is immediately removed from all team activities
- Any other players/coaches with close contact exposure need to be removed from all team activities
- Team can continue soccer activities
- Assistant coach, club TD, or DOC will resume coaching responsibilities until head coach returns
- Closely monitor symptoms of all players/coaches over the next 10 days

Parent/Family Member:

- Player is immediately removed from all team activities
- Any other player(s) with close contact exposure need to be removed from all team activities
- Team can continue soccer activities
- Closely monitor symptoms of all players over the next 10 days

Return-to-Play Guidelines: (All three must be met)

Players and coaches with a positive test

- Mandatory 10-day quarantine period
- Symptom free for 72hrs
- No fever for 24hrs (without fever reducing medication)

In addition, UYSA recommends the following whenever possible:

- A negative test result
- A letter from the local health department clearing the player/coach to return
- Visit to pediatrician for players who have preexisting health conditions

Players and coaches with “Close Contact Exposure”

- Mandatory 14-day quarantine period
- Symptom free for 72hrs
- No fever for 24hrs (without fever reducing medication)