



RETURN TO PLAY GUIDELINES

Kentucky Youth Soccer is sharing the following return to play guidelines for clubs to proceed with a phased in approach. It is critical that the state, member organizations and coaches create a safe environment for players and that parents/guardians make the best decision possible for their players.

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content is provided for general informational purposes only. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

Please Note: Kentucky Youth Soccer encourages all clubs to follow social distance practices recommended by the CDC, State and local governments. The stages listed below are based on guidelines from CDC, local government officials and consultation with health professionals. The situation will be closely monitored, and the phases have flexibility to change if necessary.

Criteria for Return to Play

- Individuals must show no signs or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has been ill in 14 days.
- If an individual tests positive for COVID-19, they must have a negative test before returning to team activities.
- Individual must live in training location/community for 14 days prior to beginning group training.
- All individuals must have their temperature taken by an adult prior to going to training.
- Upon arrival to practices or games, 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 immediately and instructed to contact their healthcare provider as soon as possible.
- Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, etc.)
- Small group sessions should take place outside in an area where social distancing can be maintained.
- Participants should use their own equipment and properly sanitize the equipment before and after every training session.
- Always use your own water bottle, towel and personal hygiene products.
- No activities that require direct or indirect contact between athletes.
- Cleaning schedule/protocol of equipment with disinfectant before, during, and after practice.
- Wearing appropriate personal protective equipment (gloves, face mask, etc.) as required by local guidelines.
- Coaching can occur but coaches must maintain social distancing from all participants.

Introduction of Responsibilities

Club Responsibilities

- Create and distribute protocols to its members.



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- Recommend that each club has a contact person responsible for dealing with all things COVID-19 Contact any additional insurers if your club holds any policies outside of what is included in your Kentucky Youth Soccer membership to ensure all coverages.
- Post signs in highly visible locations (e.g., at entrances and exits, and in restrooms) that promote everyday protective measures and describe how to stop the spread of germs such as by properly washing hands and properly wearing a cloth face covering ([Click here](#) for sample signs from the CDC).
- Clean and disinfect frequently touched surfaces on the field surface at least daily, or between uses as much as possible. Use of shared objects and equipment should be limited or cleaned between uses by each individual if possible.
- Maintain a complete list of coaches, youth athletes, and league officials present at each event to include the date, beginning and ending time of the event, name, address and phone contact to be made available upon the request from the local health department.
- Have an effective communication plan in place, identify strategies for working with public health to notify adult leaders, youth and their families if the organization learns a player or coach has contracted COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.
- Be sensitive and accommodating to parents that may be uncomfortable with returning to play too quickly.
- Train and educate all staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information.
- Be prepared to shut down and stop operations. Develop plans for temporary closure of indoor facilities and cancel outdoor activities or camps to properly disinfect and ensure other adult leaders or youth are not infected.
- Provide adequate field space for social distancing.
- Provide hand sanitizing stations and waste receptacles at fields.
- Develop a relationship and a dialog with health local officials. (identify Risk Tolerance)

Coach Responsibilities

- Ensure the health and safety of all players.
- Must conduct CDC daily symptom assessment.
- Inquire how the athletes are feeling, send them home should you believe they act or look ill.
- Follow all state and local health protocols.
- Ensure all athletes have their individual equipment (ball, water bottles, bag, etc.)
- Coach is the only person to handle all practice equipment. (cones, disk etc.)
- Coach to sanitize/clean all personal training equipment before and after each session (e.g. cones, discs, etc.)
- The use of scrimmage vests or pinnies is not recommended. We suggest that each player bring an extra shirt or be given a vest or pinnies for the entire year and have the player wash after each practice.
- All training should be outdoors and ensure social distancing per state or local health guidelines.
- Always wear a face mask, when coaching, maintain social distance requirements from players based on state and local health requirements.
- Always wear face mask and gloves when attending to an injured player.



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- Any Club who has a player or coach test positive for COVID-19 should contact all teams they have played within the last 14 days within 24 hours
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive and caring during this time.

Parent Responsibilities

- Must conduct CDC daily symptom assessment.
- Ensure child is healthy and check your child's temperature daily.
- Travel to practices and games with as few people as possible. It is recommended to only travel with members of your immediate family. If carpooling is necessary, rideshare with the same individuals.
- Stay in car or adhere to social distance requirements, based on state and local health requirements, when at practice wear face mask if outside your car.
- Ensure child's clothing is washed after every training session.
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized before and after every training.
- Notify member organization immediately if your child becomes ill for any reason.
- Do not assist coach with equipment before or after training.
- Be sure your child has necessary sanitizer with them at all times.

Player Responsibilities

- Must conduct CDC daily symptom assessment.
- Take temperature daily.
- Players are required to wear mask when going/leaving the field and may remove their mask when training and/or game warmups begin.
- Wash hands thoroughly before and after training.
- Bring and use, hand sanitizer with you to every training.
- Do not touch or share anyone else's equipment, water, snack or bag.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, no high 5's, Hugs, handshakes etc.
- Arrive at the field no more than 5 minutes before practice is to begin.
- Arrive at the field no more than 30 minutes before games is to begin.

Spectator Responsibilities

- Must conduct daily symptom assessment.
- Ask all individuals who are 65 and above or have underlying health condition to stay home.
- Spectators should wear face mask when making their way to the designated spectator seating. Spectators are not required to wear face mask when sitting in the designated spectator seating if they are sitting a minimum of 6 feet from another household.
- Only family members living in the same home should sit close than the required social distance protocol when attending practices or games.
- If spectators are interacting with other families at the field, they are required to wear a face mask and maintain the minimum social distance.
- Spectators should not arrive more than 5 minutes prior to practices and games.



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Phases of Return To Play

Overview

- Phase 1: Stay Home – Member organizations can provide guidance and online training for players that can be done individually at home.
- Phase 2: Individual/Small Group Training – This phase allows for outdoor training to resume with specific protocols in place.
- Phase 3: Larger group/team training – This phase allows for resumption of full team practices with specific protocols in place.
- Phase 4:
 - 4.1: Team Contact Training Resumes
 - 4.2: Full Return to play – Matches can begin with safety precautions.

Phase 1: Stay at Home

- No in-person soccer related activity
- Online Training is acceptable

Phase 2: Individual/Small Group Training – June 15, 2020

- Player to coach ratio per practice group of no more than ten (10) players and one (1) coach.
- No more than 4 training groups per designated training area.
- Ensure that each practice group has a different location to place bags and water. They should not congregate in the middle of the field of play or meet in the same place.
- Practices limited to non-contact individual activities and passing activities while following social distancing protocols (individual skills, fitness, etc.). Passing activities may only be foot to foot (no serving from hands or receiving from anything but the foot). **No group activities allowed in this stage.**
- Stagger start times for training to minimize players arriving and leaving at the same time
- Games or scrimmages are NOT permitted in this phase. 1v1, 2v2, 3v3, 4v4, etc. are not permitted due to the potential contact.
- Parents must follow social distancing guidelines and should remain in their cars if possible.

Phase 3: Larger Group/Team Training – June 29, 2020

- Player to coach ratio per practice group of no more than ten (10) players and one (1) coach. Multiple groups may practice simultaneously but must follow social distance protocols.
- Limited physical contact
- Staggered start times for practice to minimize players arriving and leaving at the same time.
- Parent/Guardian may watch practice but adhere to social distancing requirements.
- No games or scrimmages are permitted in this phase. Activities should continue to adhere to social distancing policies (e.g. passing patterns, zone games, etc.). Limited physical contact is acceptable



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in accordance with the low touch¹, medium sharing² guidelines as determined by the Governor's office.

Phase 4.1: Full Team Contact Training Resumes - August 25, 2020

Allows full teams from the same member club to train with safety precautions. Physical contact is only permitted within the rules of the game during practices. Players and coaches are not to physically contact each other before or after practice (ie. Greetings, team huddles, etc.)

- Training protocols:
 - Social Distancing for spectators
 - Staggered start times to limit the interactions with teams arriving and leaving the field of play

Phase 4.2: Return to Competitions - September 7, 2020

- League and Tournament Matches can resume with spectator restrictions.
- No training session restrictions but with CDC guidelines followed.
- During this phase, full team competitions, such as tournaments, may take place, as long as mitigation strategies and process for COVID-19 are implemented. Teams are recommended to only participate in local events and resist the urge to participate in events in other regions that may require travel or overnight stays. As always, all events should follow local and/or state public health recommendations.
- League/Tournament protocols:
 - Social Distancing for spectators
 - Time should be allotted between sessions to allow teams to exit fields prior to new teams arriving.

Other Resources:

- **Healthy at Work: Guidance for Youth Sports and Athletic Activities:** https://govsite-assets.s3.amazonaws.com/GGiyf7ZGR4in6hlmgogS_Healthy%20at%20Work%20Reqs%20-%20Youth%20Sports%20-%20Final%20Version%201.0%20DPH%20KHSAA.pdf
- **Facilities with Concession Stands must adhere to the Healthy at Work Requirements for Restaurants:** https://govsite-assets.s3.amazonaws.com/TdYXqclsTjGOGl4XOBf8_Healthy%20at%20Work%20Reqs%20-%20Restaurants%20-%20Final%20Version%201.0.pdf
- **CDC COVID-19: Considerations for Youth Sports:** <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

¹ "Low touch" means only minimal, necessary contact between youth athletes is permitted. Healthy At Work . "Guidance for Youth Sports and Athletic Activities." 2020. PDF File.

² "Medium sharing" means moderate levels of sharing of youth sports and athletic activity equipment between youth athletes (e.g. limiting shared items to groups of fifty (50) or fewer). Shared equipment must be sanitized between uses to the greatest extent practicable. Healthy At Work . "Guidance for Youth Sports and Athletic Activities." 2020. PDF File.



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- **COVID-19 Symptoms:** <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- **Sample Signs with Symptoms, Stopping the Spread of Germs, etc., from the CDC website:** <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc>