



MADISON AREA YOUTH SOCCER ASSOCIATION

Updated Health Information and Guidelines

February 2021

Following the health and safety best practices outlined here will help us to prevent the spread of Coronavirus and maintain our ability to practice and play soccer this season. All Madison Area Youth Soccer Association participants and their families are expected to abide by these guidelines at all practices, games or club events.

All players are required to sign and return a copy of the guidelines to their club prior to participation in practice or competition.

Families are encouraged to review the current [Public Health order](#) and [sports requirements](#). Changes include:

- Games and competitions are allowed
- Players are required to wear approved face coverings during participation
- Outdoor groups, where social distance cannot be maintained during sport should adhere to PHDCM guidelines; generally, try to limit the number of spectators to just individuals within a player's household.

General Health - These guidelines apply to all players, coaches, volunteers and spectators.

If you are sick or have symptoms of an illness:

- Stay home.
- Stay home regardless of what is causing your illness.
- Players exhibiting symptoms of illness will be prohibited from participation.
- If you are confirmed or suspected to have COVID-19:
 - [Follow guidance from Public Health](#) and contact your physician.
 - To discontinue quarantine, obtain appropriate clearance from your medical provider.
 - Advise your coach if any possible exposures have occurred in your team, training or club environment.
- If you have been in close contact (within 6 feet for more than 15 minutes or had direct contact with respiratory secretions) with someone who is suspected or confirmed to have COVID 19:
 - [Follow guidance from Public Health](#).
 - Advise your coach if any possible exposures have occurred in your team, training or club environment.

Daily Training Medical Considerations for Players

- The participant should conduct a daily temperature check for low grade fever (>100.4.) at home before training.
- If you have a fever, do not go to training.
 - If thermometers are not available, conduct a daily health questionnaire in line with the "Coronavirus Self-Checker," made available by the CDC.
- Do not participate in activities if you have any of the symptoms listed below.
 - COVID exposure in past 14 days
 - Sore throat
 - Shortness of breath/difficulty breathing
 - Fever >100.4 F
 - Chills
 - Headache

- Sinus congestion
- Cough persistent and or productive
- Joint aches and soreness
- Vomiting or diarrhea
- Rash
- Do not attend practice or games if you have any of the above symptoms. Remotely communicate your health status to your coach within 24 hours of your training session. Parents (and not the minor player) should communicate with the club or coach, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance.
- Speak to a physician and follow CDC and Public Health guidelines on self-quarantine.
- Should a member of your household be experiencing the symptoms above, the family member should consult a physician. Follow the recommendations listed for medical clearance outlined in this document.
- Maintain all recommended hygiene habits outlined by the CDC and Public Health.

Medical Clearance for Players

- For individuals with a pre-existing medical condition, written clearance from your physician for return to full participation in sport & activity is recommended. As this phase includes increased activities and exposure risks, any individuals with a pre-existing medical condition is recommended to provide UPDATED written clearance from a physician to participate.
- For individuals who have experienced known COVID-19 exposure in the past 14 days, the following is recommended:
 - Follow your physician's recommendations for quarantine and return to physical activity
- Be prepared to report the onset of any new symptoms immediately. Contact your physician and follow the recommendations above for return to play.
- Individuals who may be at increased risk of COVID-19 (including but not limited to age >65y/o, chronic cardiac or respiratory conditions including hypertension or diabetes, or have an immunocompromised state) should seek guidance by their medical professional as to their participation.

Physical Interaction

- Six (6) feet physical distancing is required at all times between individuals not from the same household or living unit except when individuals are actively participating in the sport.
- All individuals (such as, athletes, coaching staff, referees, and spectators) that are not actively participating in the sport must maintain six (6) feet physical distancing at all times, including while on the bench or subbing.
- Avoid activities involving high levels of group interaction (ex: team huddles).
- Avoid general physical interaction including hugging, "high fives" or passing objects by hand.
- Distance yourself from anyone exhibiting signs of sickness.

General Hygiene

- Avoid touching your eyes/mouth/nose as much as possible.
- Wash or sanitize your hands often.
 - Use soap and water for a minimum of 20 seconds.
 - When soap and water is not available, use hand sanitizer.
 - Players are required to bring personal hand sanitizer to all practices and games.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
 - Follow with washing or sanitizing your hands.
 - Dispose of tissues in a sealed trash can.
- Avoid spitting and coughing.
- Follow recommendations on wearing PPE (Personal Protective Equipment – masks or face covers) outlined below.

Equipment & Training Gear

- Where possible, use individual equipment.
 - Do not share personal equipment or gear (e.g. water bottles, towels, flags, etc.).
- Sanitize sports or exercise equipment after each training session.
- Wash all training gear after each training session.

Masks / Face Covers / Personal Protective Equipment (PPE)

- Face covering means a piece of cloth or other material that is worn to cover the nose and mouth completely. A face covering must be secured to the head with ties, ear loops, or elastic bands that go behind the head and must fit snugly but comfortably against the side of the face. Cloth face coverings must be made with two or more layers of breathable fabric that is tightly woven (i.e., fabrics that do not let light pass through when held up to a light source). A face covering does not include bandanas, single layer neck gaiters, face shields, goggles, scarves, ski masks, balaclavas, shirt or sweater collars pulled up over the mouth and nose, or masks with slits, exhalation valves, or punctures.
- Face Covering Required. Every individual, age five (5) and older, shall wear a face covering when: Outdoors while actively participating in sports, including drills, practices, scrimmages, games, and competitions and outdoors while attending a gathering of more than fifty (50) individuals.
- PPE should be new or clean for each training session; and disposed or thoroughly cleaned after each training session

Travel to and Participation in Trainings Or Competitions

- Travel to training and competitions with as few people as possible. It is recommended to only travel with members of your immediate family or household.
- Due to group size limitations, families are asked to limit spectators and to limit spectators to those in their immediate household whenever possible.
- Spectators should maintain social distance from groups outside their household at all times.
- Should carpooling or ride sharing be necessary, consider the following: a. Only rideshare with a family or individual who has practiced appropriate distancing and sheltering requirements established by their local government or public health officials. b. Rideshare with the same individuals for each training or competition. c. Ensure that all passengers have passed both the preliminary and daily clearance requirements outlined in this recommendations guide. d. Maintain safe distancing during loading and unloading, and while in transit if possible. e. Limit the number of stops between departure site and training destination. f. Wear PPE in the vehicle.
- In accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance, a minor and an adult who is not the minor player's parent/legal guardian may not be alone in the vehicle together.

Communication Plan

- Team communication regarding potential COVID exposures will be made by [redacted].
- Parents or guardians are responsible for communicating any potential exposures or positive cases to your coach, including the date of exposure, date of test and onset of symptoms.

I have read and reviewed these guidelines with my child. I understand that failure to abide by the requirements outlined above could lead to my child being suspended from participation in programs affiliated with MAYSA.

Parent Signature Date

Player Signature Date