Spring 2021

Hopkinton Youth Soccer Covid-19 Policy

Version 1

Iain Martin
HOPKINTON YOUTH SOCCER

Hopkinton Youth Soccer Covid-19 Policy

Summary

The purpose of this policy is to outline the procedures and precautions that will be undertaken by Hopkinton Youth Soccer to ensure a safe return to play for players and families. Player safety is our primary concern and creating and maintaining a safe environment is essential as we return to play and approach a new normal.

The detailed policy below has been created under guidance from youth sport governing bodies and leagues such as Mass Youth Soccer Association (MYSA) and Bay Area Youth Soccer League (BAYS), the CDC and Board of Health for MA. This policy will be adhered to by all staff, coaches and participants at all times during HYS activities. If at any point there is a relaxing of these policies as approved, recommended and advised by the aforementioned parties, then these will be communicated and updated accordingly.

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Amendments from Fall 2020 Version 3

Below is a summary of items that have been added, amended or omitted since Fall 2020 Version 3 of this policy.

Section 7, Point 11 **AMMENDMENT**

Section 14, Point 2 **AMMENDMENT**

Section 15, Point 1-6 **ALL AMMENDED**

Section 1 - Preparedness and Planning

HYS will be responsible for planning and being prepared for safe return to play at its facilities by adhering to the following procedures

1) Covid-19 Policy will be created by HYS and distributed/available for public consumption where necessary and appropriate.

2) HYS will appoint a Covid-19 Safety Officer to oversee the implementation of the Covid-19 Policy, communicate and liaise with the Board of Health and the HYS Board.

3) Education will be provided to all coaches, both Revolution Academy and Volunteers in the program prior to return to play commencing.

4) The Covid-19 Policy will be editable and updated as necessary and appropriate as the regulations and guidelines surround youth sport, activities and soccer specifically change.

5) Individual teams will also be required to have/appoint a Covid-19 Team Coordinator. They are responsible for the implementation of this policy at a team level with coaches, players and parents etc.

Section 2 - Social Distancing and Personal Protective Equipment

HYS will enforce the following guidelines and restrictions for the adherence to social distancing and the use of personal protective equipment (herein referred to as 'PPE'):

1) Players must wear a mask at all times including on the field. Off field regulations are outlined below. On field regulations will be in concordance with BAYS and MYSA requirements and communicated to families, coaches and players by HYS for practices and games.

2) All visitors to HYS facilities when (except when participating on a designated playing surface) will be required to wear a mask or face covering at all times. This includes but is not limited to:

    a. Players
    b. Parents
    c. Coaches
    d. Officials
    e. Spectators
    f. Any other visitors.

3) (1) Includes all individuals aged 2 years +.

4) For clarification, a visit to a facility begins when an individual exits their own personal vehicle and concludes upon re-entry to a vehicle.

5) Visitors masks may be lowered for brief periods of time (0-30seconds) for fresh air and a break from the PPE if one or more of the additional following criteria is met:

    a. An individual is distanced more than 6ft from another
    b. Medical requirement or emergency
    c. Face required to be uncovered for speech or language aid to group or individual with special or specific communication needs (e.g. deaf, sign language etc.)
    d. Consuming food or beverages.

6) All visitors are required to remain at a social distance of at least 6ft where possible. There are instances where this may be unavoidable, in those instances HYS encourages caution to navigate the situation as safely and at as greater distance as possible. Instances where this may not be possible include:

    a. Around concessions or restrooms
    b. Entrance and exit gates
    c. Parking lots / between vehicles
    d. Sidewalks and paths surrounding the facility.

7) Gloves are not required by general visitors. They are required in some instances by staff and coaches which is covered later in this policy.

8) Failure to comply with pointes 1-5 if asked/reminded by a member of the HYS Organization may result in removal from the facility (this will extend to children/players if an adult is in breach of policy).

Section 3 - Facility Cleaning and Maintenance

HYS, in conjunction and coordination with Parks and Recreation will be responsible for the cleaning, sanitation and maintenance of facilities.

1) A facility includes all playing surfaces, buildings and structures, public areas and parking lots within the grounds of said facility.

2) Facilities will be cleaned before the start and at the end of sessions each day. In addition, commonly touched surfaces, such as cones, goals, door handles and bathroom facilities shall be cleaned in between sessions and games throughout the day.

3) Disinfecting spray will be provided for the cleaning of bathrooms and buildings.

4) Covid-19 Safety Officer to communicate/delegate cleaning responsibilities based upon who is present at beginning and end of facility use.

Section 4 - Hygiene and Healthy Habits

1) Hopkinton Youth Soccer will stock, and make accessible, a sufficient supply of items required maintaining personal hygiene for children and staff. Hand washing signs will be posted near every hand washing sink and where they can easily be seen by children and staff.

2) If water and soap is not available Hopkinton Youth Soccer will provide hand sanitizer to coaches.

3) Staff shall wash their hands with liquid soap and warm running water, or hand sanitizer if liquid soap and warm running water are not feasible, as needed and:

    a. After personal toileting
    b. After wiping a runny nose
    c. After touching any bodily fluids
    d. Before helping participants open any food containers, tie laces or open or refill water bottles.

6) Children and staff must wash their hands or use hand sanitizer often, making sure to wash all surfaces of their hands (e.g., front and back, wrists, between fingers). Reinforce to staff and children that they must be regularly washing their hands with soap and water for at least 20 seconds when the following criteria are met:

    a. Upon entry into and exit from program space
    b. When coming in to the program space from outside activities
    c. Before and after eating
    d. After sneezing, coughing or nose blowing
    e. After toileting and diapering
    f. Before handling food
    g. After touching or cleaning surfaces that may be contaminated
    h. After using any shared equipment like toys, computer keyboards, mouse, climbing walls
    i. After assisting children with hand washing
    j. Before and after administration of medication
    k. Before entering vehicles used for transportation of children
    l. After contact with facemask or cloth face covering
    m. Before and after changes of gloves.

7) Children, families, and staff must avoid touching their eyes, nose, and mouth. Cover coughs or sneezes with a tissue, then throw the tissue in the trash and clean hands with soap and water or hand sanitizer (if soap and water are not readily available and with parental permission and careful supervision as appropriate to the ages of the child).

8) Programs are encouraged to teach, model, and reinforce the following healthy habits. The Hopkinton Youth Soccer staff will read instructions and directions on Healthy Habits to all participants before the start of each day of training.

Section 5 - Practice Regulations and Guidelines

The following regulations/guidelines must be adhered to by coaching staff and HYS teams and players at all times:

1) Practices are limited to 25 participants per playing surface.

2) A playing surface is defined as a relevant size regular game field for the age group in question.

3) Participants include but is not limited to:

    a. Coaches
    b. Players
    c. Officials
    d. Managers
    e. Physio/Trainers
    f. Any other persons.

For example, a U14 11v11 team can use a half field playing surface provided the total number of participants does not exceed 25 and there is a 20yd buffer between them and the team on the other half of the field.

As another example, two 7v7 teams could share a 7v7 field if they have less than 25 total participants (i.e. two teams of 10 players plus 1 coach).

4) Groups sharing fields must have a buffer measuring a distance no less than 20yds between playing areas at the narrowest point.

5) Groups may not scrimmage or train together. Players may not fluctuate between groups or teams during a practice. Players are permitted to practice with their own assigned roster/team only.

6) Coaches may not participate in sessions at any time.

7) Coaches may not cross over into the playing area or surface of a team with whom they are not affiliated or assigned officially to their roster.

8) Parents may not enter the playing surface at any time. The only exception is in a medical emergency for their child or dependent.

9) Players must remain socially distanced with masks on at all times outside the playing surface. They must also wear masks during play in concordance with regulations set by MYSA and BAYS.

10) Coaches must wear a mask at all times in concordance with aforementioned PPE guidelines.

11) Coaches and teams must strictly adhere to practice times, not lingering at fields and facilities before or after sessions, reducing the opportunity for social distancing lapses.

12) Snacks are not permitted at any HYS organized practice. This includes Academy, Travel and all Town and Foundations programs.

Section 6 – Pick-Up and Drop Off

The time of arrival and departure for practices is a high risk time for close contact and congestion at fields and facilities. To aid this process we are asking players, parents, coaches and families to adhere to the following guidelines where possible:

1. Ideally only one (1) parent/guardian travels to the field to drop off or pick up participants.

2. Upon arrival parents stay in the vehicle or at the edge of the fields and observe as players walk to their field. For younger players parents may escort their child to the correct field

3. Parents must refrain from entering the playing surface, touching equipment and where possible coming into close contact with other families and players whilst at the facility.

4. Players will secure a bag drop for the session and remain at that cone/marker until instructed to enter the playing surface by a coach. Players should refrain from gatherings, huddles or mingling prior to the session beginning.

5. For drop off players will be asked to remain at their bag drop and a parent is encouraged to walk over and collect them from the session.

6. Coaches will require acknowledgement from both the parent and player that they are leaving with one another.

7. Players will not simply be dismissed and allowed to flock to parking areas or their vehicles.

8. Parents are asked to collect players promptly from their session and not linger or socialize with other families at the fields as much as possible.

Section 7 - Coach Role

Under the return to play and approach to new normal, coaches will be required to adopt new and additional roles and responsibilities to ensure to safety of players and the implementation of and adherence to the Covid-19 policy. These additional and new roles and responsibilities are outlined below.

1) Coaches are responsible for bringing their own equipment to sessions. Equipment may be provided at the outset of the season by HYS, but once acquired coaches are responsible for its transportation to and from sessions. Coaches may not share equipment.

2) All equipment must be cleaned with disinfectant spray or wipes at the following times:

    a. Before the session begins
    b. At snack or lunch breaks (camps and vacation programs only)
    c. Between sessions if coach has multiple teams on the same day
    d. At the end of the session/day.

3) All pinnies or individual equipment must be sufficiently washed at the end of the session. Pinnies may not be transferred from one player to another during a session or used in multiple sessions back to back. If deemed appropriate the use of pinnies will be suspended by HYS and alternatives suggested e.g. use of dark or light jerseys at practices.

4) Coaches are responsible for reinforcing the wearing of PPE and players washing hands and sanitizing in concordance with this policy.

5) Coaches are responsible for ensuring the playing surface does not have more than 25 participants and only participants affiliated with their team are present.

6) Coaches are responsible for setting up designated 'bag drops' for all participants in the session. One cone must be laid out for each player to drop their bag, drinks and any other equipment. Cones must be at least 6ft apart and cleaned between sessions if multiple sessions in a row.

7) During drink breaks players must remain socially distanced at their own bag drop cone.

8) Coaches must ensure that players, parents and families adhere to the pick-up and drop off guidelines (above) as much as possible.

9) Coaches are required to read and share the Practice Announcements (Appendix B) prior to letting players participate on the field at practice.

10) Coaches are responsible for reaching out to opposition coaches by 12pm of the Wednesday before a game. The purpose is to communicate and confirm the following:

    a. Date and time of Kick Off
    b. Field address
    c. Field number or location at the facility
    d. Parking instructions/restrictions
    e. Covid-19 guidelines and rules for HYS or opponent facility
    f. 1 Spectator Policy.

11) Only three coaches are permitted on the sideline at games. More are allowed at practice provided the total number of participants does not exceed 25.

12) All other coaches' roles and responsibilities from previous seasons are assumed and still apply for fall 2020.

Section 8 - Covid Team Coordinator and Role

All teams must have (in addition to Head/Assistant Coaches) a designated Covid Team Coordinator for the season. To be more specific:

1) Every team (Travel/Academy/Foundations) must have a Covid Team Coordinator. This person is responsible for ensuring the team, parents, coaches adhere to this policy as well as game day procedures.

2) It is strongly recommended that the Head Coach is not also the Covid Team Coordinator as they will be preoccupied with coaching at practices and games. However it is permissible.

3) During practices the role will be limited as all the players will be observed and under guidance of the Head/Assistant Coach(s).

4) Covid Team Coordinator will support the coaching staff in ensuring that self-attestation forms are completed by all participants ahead of practices and games as well as assisting in keeping track of attendance.

5) On game day the Covid Team Coordinator is responsible for ensuring that both home and visiting parents and spectators adhere to the PPE and social distancing guidelines outlined in this policy and the game day procedures presentation.

6) Covid Team Coordinators are encouraged and supported in challenging individuals or groups unwilling to comply. If they do not feel comfortable support can be provided by DOC or Covid Safety Officer.

Section 9 - Parent Role

As well as the governing bodies, leagues and organizations; parents play a key role in the safety of our players as they return to the field. Parents have a role to play in the safety of their children, our community and the wider health of the public:

1) Parents on behalf of a participant under the age of 18 must complete a self-attestation form (covered in this policy) prior to them taking part in any game or practice.

2) Ensure your child's health! Take temperature daily. A temperature over 100.4F (38C) most often means you have a fever triggered by illness or infection.

3) If your child ever has symptoms as outlined by the WHO, CDC or specifically by HYS and our self-attestation guidelines do not send them to a practice or game. Public health urges you to stay home and isolate until:

    a. You have no fever for at least 72 hours AND
    b. Other symptoms have subsided or improved AND
    c. At least 7 days have passed since your symptoms first appeared.

4) Notify HYS immediately if your child becomes sick with any of the aforementioned symptoms.

5) Adhere to physical and social distancing requirements outlined in this policy.

6) Adhere to PPE requirements and guidelines outlined in this policy.

7) Ensure your childs uniform or playing clothing is washed after every session.

8) Do not assist the coach with equipment or enter the field of play or bench areas at practice or games.

9) Ensure your child has sanitizer and their own water bottle for every practice and game.

10) Ensure your child arrives promptly at the start of sessions/games and departs immediately, reducing any socializing or gatherings at facilities.

11) Ensure your child has a face covering for all practices and games. Note that only face masks with ear loops will be permitted on the field.

Section 10 - Player Role

Whilst the majority of this policy and procedures are directed at and implemented by reliable adults, players and young participants still have a role in their own continued safety and enjoyment at HYS sessions.

1) Players (or parents on their behalf) must complete a self-attestation form (covered in this policy) prior to them taking part in any game or practice.

2) Players should take temperature daily (outlined in parent section)

3) Players should practice, encourage and share proper hygiene in their team. Wash hands frequently with soap and water and use an alcohol based sanitizer at all practices and games.

4) Have your own sanitizer and water bottle at all practices and games.

5) Wear a face covering at all times as instructed by parents and coaches.

6) Only face coverings with ear loops will be allowed on the playing field.

7) Practice physical and social distancing at all times where possible. This includes arriving and departing practices or games, in bench areas and on the field where required.

8) Bring your own equipment and do not use other participants.

9) Do not touch coaching equipment. Coaches are responsible for this!

10) No group celebrations e.g. hugs, huddles, handshakes or high fives.

11) Follow instructions from coaches and HYS staff at all times.

Section 11 - Self Attestation and Guidelines for Non-Participation

1) Players (or parents on their behalf) must complete a self-attestation questionnaire on the day of practice or games. Participants who have not completed this prior to arriving at a practice or game will not be permitted on/in to the facility and will not be allowed to participate.

2) The self-attestation questionnaire will be accessible in the following locations:

    a. On the HYS website home page
    b. On individual team pages once parents/families/players login to the website
    c. On the AdminSports app once parents/families/players login

3) Self-attestation for Town and Foundations programs can be completed once at the beginning of the season to cover the entirety of it, including games and practices. The same health questions below must be completed and answered prior to every session at home, but a form is not required to be submitted providing the seasonal self-attestation has been completed and agreed to.

4) They must not answer YES to any of the following. Today or in the past 24 hours, have you or any household members had any of the following symptoms?

    a. Fever (temperature of 100.0°F or above), felt feverish, or had chills?
    b. Cough?
    c. Sore throat?
    d. Difficulty breathing?
    e. Gastrointestinal symptoms (diarrhea, nausea, vomiting)?
    f. Abdominal pain?
    g. Unexplained Rash?
    h. Fatigue?
    i. Headache?

j. New loss of smell/taste?
k. New muscle aches?
l. Any other signs of illness?

5) In the event a player answers YES to any of the above questions, they MUST not travel to the facility, leave a vehicle or participate in a practice session or game.

6) Coaches must complete the same process above and again, MUST not travel or participate if suffering from any of the outlined symptoms.

7) Players and Coaches who answer YES may show up and participate in the next session provided all of the below are true:

   a. The session is on a different day and at least 24 hours removed from the initial session or game.
   b. The individual answers NO to all the above questions
   c. They are not tested for Covid-19
   d. They are not in close contact with an individual who has had Covid-19 or any of the outlined symptoms above in the 24 hours leading up to the next session or game.

8) In the event of a positive Covid-19 test, the individual and any and all teammates, coaches and affiliated on field individuals with that team must suspend all HYS activity for a minimum of 14 days unless advised otherwise by BOH or HYS. This will cancel/postpone all practices and games.

Section 12 - Trace and Tracking

HYS will provide the tools for the accurate tracking of attendance of participants at practices, games and any other activities run at the facilities under the HYS banner. Tracking is key as in the unfortunate event of a positive Covid-19 test in the community, communication is required to be sent to all who were in close contact with that individual. Below is an outline of the Trace and Tracking procedure for HYS.

1) HYS teams are required to collect attendance at all practices, games and organized gatherings or activities. Attendance must include:

   a. Coaches
   b. Players
   c. Any other on field participants e.g. assistants, parents etc.

2) Attendance must then be collated and presented in a user friendly and easily navigable format, for example:
   a. Google Doc
   b. Paper Folder/Binder
   c. AdminSports App

3) These attendance logs must be accessible by the Head/Assistant Coach and the Covid Team Coordinator.

4) The attendance logs must be presentable to HYS (its Board Members, Director of Coaching or Covid-19 Safety Officer), the Hopkinton Parks and Recreation Department or the Hopkinton Board of Health at a moments' notice.

5) Attendance logs must include an email and phone number for all participants listed on it for easy access and use in the event of a positive Covid-19 test.

Section 13 - Notification of Positive Tests

1) In the event that a program experiences an exposure and cancelation, HYS (Amy Mick / Iain Martin or assigned Covid-19 Safety Officer) will notify the following parties and use the guidance of the local BOH:

    a. Employees and families about exposure but maintain confidentiality, by email and phone calls.
    b. Hopkinton board of health if a child or staff is COVID-19 positive.
    c. Funding and licensing agencies if a child or staff member has tested positive.

2) In the event that a staff member or child is exposed to a sick or symptomatic person, the following protocols must be adhered to:

3) If a child or staff has been exposed to COVID-19, regardless of whether the individual has symptoms or not, the child or staff must not be permitted to enter the program space and must be sent home. Exposed individuals must be directed to stay home for at least 14 days after the last day of contact with the person who is sick. The program must consult the local board of health for guidance on quarantine for other children and staff and what additional precautions will be needed to ensure the program space is safe for continued child care services.

4) If an exposed child or staff subsequently tests positive or their doctor says they have confirmed or probable COVID-19, they must be directed to stay home for a minimum of 10 days from the 1st day of symptoms appearing AND be fever-free for 72 hours without fever reducing medications AND experience significant improvements in symptoms. Release from isolation is under the jurisdiction of the local board of health where the individual resides.

5) If a child's or staff's household member tests positive for COVID-19, the child or staff must self-quarantine for 14 days after the last time they could have been exposed.

6) If an Exposed Child or Staff Remains Asymptomatic and/or Tests Negative for COVID-19: If the exposed individual remains asymptomatic and/or tests negative for COVID-19, they must remain in quarantine and continue to monitor for the full 14 days.

7) In the event that a visiting or opponent player tests positive for Covid-19 the same above procedure will apply to any HYS participants who were in close contact of that player and their associated team.

Section 14 - Game Day Policies

HYS will follow any new changes and guidelines/restrictions introduced and implemented by Bay Area Youth Soccer League (BAYS) or the Massachusetts Youth Soccer Association (MYSA).

1) Game day policies will reflect both BAYS and MYSA with regard to

    a. Duration of games
    b. Laws of the game
    c. Number of coaches allowed on sidelines
    d. Rosters
    e. PPE and Distancing
    f. Entry procedures and pick up/leaving procedures

2) The current number of coaches permitted on a sideline at a game is three (3). The only exception that allows additional is if there is a player who requires communication or learning assistance e.g. deaf and requires sign language etc. Permission for an extra coach must be obtained from HYS Director of Coaching.

3) Other considerations that HYS will take under advisement from BAYS and MYSA include

    a. Number of parents/spectators per player
    b. Sanitizing and disinfecting of game day surfaces e.g. benches, goals etc
    c. Cancellation and postponement of games and/or seasons

4) A separate 'Game Day Procedures' document will be available for HYS and visiting coaches to refer to and will include information on:

    a. Field Map
    b. Parking zones for home and away teams
    c. Designated field entry and exit points
    d. Designated spectator areas and regulations
    e. Bench set up and substitute procedure
    f. PPE regulations
    g. Laws of the Game changes for HYS facility (or as mandated by BAYS)
    h. Equipment cleaning procedures and regulations.

Section 15 - Spectator Policy and Regulations

As part of the return to play plan MYSA and BAYS has implemented the following spectator policy and regulations this season:

1) Only two (2) spectators are allowed to attend a practice or game with a participant.

2) Attending refers to arriving at a facility with a participant.

3) For clarification, two (2) spectators are allowed at the facility. Two are not allowed on the sideline and another outside a perimeter fence or up on a nearby hill as an example.

4) If a participant's parent is the Head/Assistant Coach or an Official they do not count as their one spectator and another spouse or parent/guardian may attend as a spectator for that player.

5) In the event that there are siblings on the same team or in the same practice game then two spectators is permitted per participant as stipulated.

6) Smaller children or players siblings are allowed to attend with the spectator if absolutely necessary. Every effort should be made to make alternative arrangements for them.

Section 16 - Contact Information

If parents, players, families, coaches or any other individuals or groups have questions or concerns surrounding this policy please see key contact information below:

1) Visit our website at https://hopkintonsoccer.org

2) Contact our Covid-19 Safety Officer at president@hopkintonsoccer.org

3) Contact our Director of Coaching at IainM@revolutionsoccer.net

More information on other guidelines that HYS will be following and adhering to can be seen below:

4) Visit https://mayouthsoccer.com

5) Visit https://bays.org

A full list of HYS contact information can be found at https://hopkintonsoccer.org/management

Appendix A - Self-Attestation Form

Participant Name:_____ **Date:**_____

Today or in the past 24 hours, have you or any household members had any of the following symptoms?

	YES	NO
✓ **Fever (temperature of 100.4°F or above), felt feverish, or had chills?**		
✓ **Cough?**		
✓ **Sore throat?**		
✓ **Difficulty breathing? Gastrointestinal symptoms (diarrhea, nausea, vomiting)?**		
✓ **Abdominal pain?**		
✓ **Unexplained Rash?**		
✓ **Fatigue?**		
✓ **Headache?**		
✓ **New loss of smell/taste?**		
✓ **New muscle aches?**		
✓ **Any other signs of illness?** Fatigue alone will not exclude a child from participating at camp.		

✓ **In the past 14 days, have you had close contact with a person known to be infected with the novel coronavirus (COVID-19)?**

YES	NO

(Close contact is defined as being within 6 feet of an individual who has tested positive for COVID-19 for more than 10 minutes while that person was symptomatic, starting 48 hours before their symptoms began until their isolation period ends)

Staff Signature:_____ **Date:**_____

If the participant has answered yes to any of the above they participant will not be allowed into the facility for training.

Appendix B - Practice Announcements

To be read before commencement of session

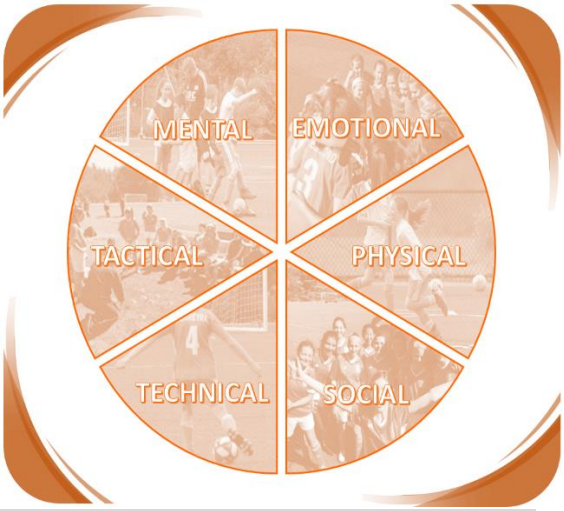
1. **Equipment - Participants should only use their own ball during the session, all other equipment will be handled by coaches only. All players will keep their bags at the designated spot in the bag zone and not congregate in areas.**

2. **Masks - Participants are required to wear a mask at all times in concordance with MYSA and BAYS regulations. They may remove them briefly on the field when socially distanced from other players (predominantly restarts or breaks in play).**

3. **Handwashing - Participants will use hand sanitizer before entering bathroom facilities and after exiting bathroom facilities. Hands should also be washed before snack & lunch breaks, after sneezing, coughing or blowing your nose.**

4. **Health - If any participants feels ill or has injured themselves, they should let their coach know immediately.**

5. **Physical Distancing – Participants should remain 6ft + apart during all breaks, walking to bathroom, in lines and during training sessions when not participating directly in a drill/game**

Core Values:

- **S** **SUCCESS** *Of Individuals, Teams and Club*
- **O** **ORGANIZATION** *On and Off the Field*
- **C** **COMMITMENT** *To and From Players, Families and Customers*
- **C** **COMMUNICATION** *Quality of, to Players, Families and Customers*
- **E** **ENCOMPASSMENT** *Available to All*
- **R** **RESPECT** *To All at All Times*