



# AYSO United Davis COVID-19 Health and Safety Protocols



(Guidance for Winter Skills Sessions – Feb-Mar 2021) Updated 2/26/2021

## Introduction

The following protocols aim to safeguard and promote the health and well-being of players, coaches, other needed volunteers and families as much as possible in relation to COVID-19. They seek to follow AYSO National policies, regulations established by public health authorities, guidance from medical professionals and best practices being followed by other youth sports organizations. Protocols will be updated on a periodic basis to maintain compliance with AYSO and local health guidance. This guidance takes into consideration the guidance provided by the California Department of Public Health on February 19, 2021 (<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>) and is subject to change as conditions and local and state regulations change. *These protocols assume that Yolo County is in “purple or red tier with an adjusted case rate equal to or less than 14 per 100,000.”*

## General Protocols for In-Person Training Sessions

### Authorized Participants

- (1) Only players registered with AYSO and approved to train as part of a team pod for the AYSO United Davis Winter Skills Sessions (“Winter Skills Sessions”) may participate in the training session. Players should participate in training sessions with only one team throughout the Winter Skills Sessions.
- (2) Only coaches registered with AYSO and approved to coach in the Winter Skills Sessions may participate in the training sessions. Coaches should participate in training sessions with only team throughout the sessions.
- (3) The COVID-19 Safety Monitor (a volunteer position) assigned to each training session for each team. [This volunteer will be responsible for monitoring and supporting coaches in implementing the specific protocols for health and safety for players, coaches and parents listed below. Specific duties are included in the Appendix A.]

### Approving Authorized Participants to Participate in Trainings

Authorized Participants (i.e., players, coaches and the COVID-19 Safety Monitor as described above) must be approved to participate **prior to each training session**. Participants are authorized to participate only if (a) they are free of COVID-19 symptoms and (b) they have had no known “close contact”<sup>1</sup> with a person who has experienced COVID-19 symptoms or had a positive COVID-19 test. Authorized Participants should complete both an “at-home assessment” and an “on-field assessment” prior to being authorized to participate in trainings:

*At-Home Assessment:* If any participant is experiencing COVID-19 symptoms (see Appendix B for a list of typical COVID-19 symptoms) at home or has had known “close contact” with a person who has experienced COVID-19 symptoms or had a positive COVID-19 test, she or he should not

---

<sup>1</sup> CDC defines “close contact” as less than six feet for 15 minutes or more: <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>



## AYSO United Davis COVID-19 Health and Safety Protocols



(Guidance for Winter Skills Sessions – Feb-Mar 2021) Updated 2/26/2021

come to the training session and should inform the coach prior to the session. The coach will provide the player and parents with guidance for their return-to-play.

*On-Field Assessment:* If any participant is identified as experiencing COVID-19 symptoms based on temperature checks and screening questions (included in “Guidance for COVID-19 Safety Monitor” document) conducted by the COVID-19 Safety Monitor at check-in, the COVID-19 Safety Monitor should inform the player and the coach. The coach will instruct the player and parents that they will not be able to participate in the training session and provide the player and parents, in coordination with the Safety Director, with guidance for next steps and their return-to-play.

*In addition, AYSO United Davis highly encourages all players and families to participate in the free COVID testing of asymptomatic individuals now being offered through Healthy Davis Together (<https://healthydavistogether.org/testing/>). We will encourage players to be tested at least once and preferably twice a week. We will ask players if they have been tested in the past week at check-in. Please share this information with others and encourage your friends and family to participate.*

### Standard Protocols for Training Sessions

- **Check-in:** As noted above, all participants involved in the training session will check-in with the COVID-19 Safety Monitor to complete necessary no-contact temperature checks and screening questions prior to participating in the training session. A coach will check-in the COVID-19 Safety Monitor with the same process.
- **Masks:** All participants will wear face coverings during practice, during conditioning and during competition, even during heavy exertion as tolerated. See the [American Academy of Pediatrics Interim Guidance on Return to Sports](#) for specific exceptions where the face covering may become a hazard.
- **Physical Distancing:** Participants should generally maintain a physical distance of six feet or greater “to the maximum extent possible.”
  - All participants should maintain physical distancing when arriving at the field for check-in.
  - Participants should place their equipment at least ten feet away from the equipment of other participants.
  - Participants should not physically touch (e.g., high 5s, fist bumps) others at the training session or game.
  - Players should maintain a physical distance of at least six feet when participating in drills that do not require contact.
  - Players can be at a distance of less than six feet when participating in game-like activities as defined by the coach. These games or game-like activities should encourage physical distancing as much as possible.
- **Sanitation:** All participants should use hand sanitizer that contains at least 60% alcohol before, during (midpoint) and at the conclusion of each session.



## AYSO United Davis COVID-19 Health and Safety Protocols



(Guidance for Winter Skills Sessions – Feb-Mar 2021) Updated 2/26/2021

- **Equipment:** Only coaches and the session's COVID-19 Safety Monitor will handle training equipment. Coaches can request parent volunteers who have signed the AYSO COVID-19 waiver to move goals if they wear masks and sanitize their hands before and after moving the goals. All equipment, including soccer balls, will be cleaned and disinfected by the coaches and/or the session's COVID-19 Safety Monitor at the end of each session. No bathrooms will be available at the fields. Participants will need to use the bathroom prior to the training sessions.



# AYSO United Davis COVID-19 Health and Safety Protocols



(Guidance for Winter Skills Sessions – Feb-Mar 2021) Updated 2/26/2021

## Specific Responsibilities of Coaches Related to Health and Safety Protocols

- Coaches will follow guidance provided by the COVID-19 Safety Monitor at the session. Coaches will instruct players to respect and follow guidance provided by the COVID-19 Safety Monitor.
- Coaches will print out and bring in a folder to each session the documents listed in Appendix A and Appendix B. After each session, coaches will put the updated COVID-19 Check-in Sheet back in the folder -- and have it available for the AYSO United Davis Program Director upon request.
- Coaches will ensure that a check-in and hand sanitizing station is set up at each session.
- Coaches will provide any equipment that may need to be shared during each session (e.g., soccer balls, cones, individual bibs). Coaches are responsible for ensuring this equipment has been cleaned between each session.
- Coaches and the session’s COVID-19 Safety Monitor will set up the field and handle coaching equipment (e.g., cones) during the session. Coaches can request parent volunteers who have signed the AYSO COVID-19 waiver to move goals if they wear masks and sanitize their hands before and after moving the goals.
- Coaches will have available single-use bottled water for players that did not bring sufficient quantities of water to stay hydrated.
- Coaches will ensure that if ice packs or other first aid are needed, they will not be shared and, if reusable, will be disinfected between uses.
- If a player is injured during a session, coaches will use their best judgment to decide if physical distancing requirements need to be breached to assess the injured player. If a player’s family member is available to come onto the field, the coach will attempt to coordinate an assessment of the player’s fitness and injury with the family member.
- Coaches will submit a standard AYSO incident report<sup>2</sup> to the AYSO United Davis Club Administrator ([AYSOUnitedDavis@AYSOUnited.org](mailto:AYSOUnitedDavis@AYSOUnited.org)) and to the AYSO Region 218 Safety Director ([safety@davisayso.org](mailto:safety@davisayso.org)) of “any participant who reports symptoms of COVID19, tests positive for COVID19 or who is exposed to someone with COVID19.”<sup>3</sup> The AYSO United Davis Club Administrator and the AYSO Region 218 Safety Director will provide guidance to the coach and families of the affected team on how to proceed.

**\*\*\* Important\*\*\***  
 Anyone receiving report of COVID19, must protect the privacy and confidentiality of the parties involved except as required to report to the Health Department.

<sup>2</sup> Click here to access the standard AYSO Incident Report form: [https://www.aysovolunteers.org/wp-content/uploads/2020/06/Incident\\_Report\\_Form\\_with\\_Instr\\_rev07012020-v2.pdf](https://www.aysovolunteers.org/wp-content/uploads/2020/06/Incident_Report_Form_with_Instr_rev07012020-v2.pdf)

<sup>3</sup> <https://www.aysovolunteers.org/wp-content/uploads/2020/07/AYSO-Guidance-Safety-Director-2020-0721-v2.pdf>



## AYSO United Davis COVID-19 Health and Safety Protocols



(Guidance for Winter Skills Sessions – Feb-Mar 2021) Updated 2/26/2021

### Specific Responsibilities of Parents Related to Health and Safety Protocols

- Parents will respect and follow guidance provided by the COVID-19 Safety Monitor. Parents should feel comfortable contacting the COVID-19 Safety Monitor with any questions or suggestions about the health and safety protocols being followed at the session.
- Parents, except for the COVID-19 Safety Monitor and parents helping to move goals (following guidelines above), are not permitted to be on the field or on the sidelines (including inside the fence at Playfields) during training sessions. Parents will wear face masks and abide by physical distancing requirements when dropping off or picking up their player.
- Parents will ensure their players are healthy and are requested to take player temperatures before each session. If players have a fever (e.g., a temperature over 100.4°F), players should not attend the session, and parents should notify coaches immediately.
- Consistent with applicable law and privacy policies, parents should notify coaches immediately if their player has COVID-19 symptoms, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.
- Parents, other than the COVID-19 Safety Monitor, will not assist coaches with equipment before or after training sessions. Coaches can request parent volunteers who have signed the AYSO COVID-19 waiver to move goals if they wear masks and sanitize their hands before and after moving the goals.
- Recommended that player's clothing is washed after every session, and all equipment they bring (ball, cleats, shin guards, etc.) are sanitized before and after every session.
- Recommended that each player brings water and their own hand sanitizing products to every session.
- Recommended that all families to participate in the free COVID testing of asymptomatic individuals now being offered through Healthy Davis Together (<https://healthydavistogether.org/testing/>). We will encourage families to be tested at least once and preferably twice a week.

### Specific Responsibilities of Players Related to Health and Safety Protocols

- Players will respect and follow guidance provided by the COVID-19 Safety Monitor. Players should feel comfortable contacting the COVID-19 Safety Monitor with any questions or suggestions about the health and safety protocols being followed at the session.
- Players will wash hands before and after each session.
- Players will be responsible for bringing their own equipment including cleats, shin guards, water, a ball and gloves (for keepers).
- Players will bring their own water and not share or touch any other players' equipment or possessions (gloves, water bottles, phones, etc.)
- Players will practice social distancing, and place bags and personal equipment at least 10 feet apart from other players' bags and personal equipment.
- Players will not share drinks or use water fountains at the training facility.
- Players will observe social distancing requirements and will not have physical contact with other players, coaches or volunteers, including when greeting teammates and at the conclusion of each session.



## AYSO United Davis COVID-19 Health and Safety Protocols



(Guidance for Winter Skills Sessions – Feb-Mar 2021) Updated 2/26/2021

- Players will wear masks throughout the training session with the exception that coaches can allow players to take off masks only during individual conditioning drills that ensure players are more than ten feet away from each other at all times.
- Players will label all equipment they bring to training sessions (ball, water bottle, etc.).
- Recommend that each player brings their own labeled hand sanitizer at every session.
- Players should inform parent or coach if they feel unwell for any reason.
- Recommended that each player brings water and own hand sanitizing products to every session.
- Recommended that all players to participate in the free COVID testing of asymptomatic individuals now being offered through Healthy Davis Together (<https://healthydavistogether.org/testing/>). We encourage players to be tested at least once and preferably twice a week.



# AYSO United Davis COVID-19 Health and Safety Protocols

(Guidance for Winter Skills Sessions – Feb-Mar 2021) Updated 2/26/2021



## Appendix A: Responsibilities of COVID-19 Safety Monitor

### GENERAL

Thank you for your time today! We appreciate your help. Please wear a face mask throughout the training session and maintain a distance of six feet from all participants and parents.

You are responsible for helping AYSO United Davis and the coaches maintain a training environment that follows the COVID-19 Health and Safety Protocols.

Your assistance in observing the training session and intervening in the training session to ensure compliance is needed, expected and supported.

Please contact the AYSO United Davis Club Administrator ([AYSOUnitedDavis@AYSOUnited.org](mailto:AYSOUnitedDavis@AYSOUnited.org)) and/or the AYSO Region 218 Safety Director ([safety@davisayso.org](mailto:safety@davisayso.org)) with any questions, suggestions, issues or recommendations related to the COVID-19 Health and Safety Protocols.

\*\*\* Important\*\*\*  
Anyone receiving report of COVID19, must protect the privacy and confidentiality of the parties involved except as required to report to the Health Department.

### BEFORE STARTING CHECK-IN PROCESS

1. Please provide the coach with a signed COVID-19 waiver <https://www.aysovolunteers.org/wp-content/uploads/2020/09/ayso-covid-19-waiver-9.1.20201.pdf> for your participation as an AYSO volunteer. The coach will maintain a list of volunteers who have already submitted COVID-19. Volunteers only need to submit the signed COVID-19 waiver once.

### COVID-19 SAFETY MONITOR CHECK-IN

2. Please ask a coach to complete a temperature check and screening questions for yourself before conducting the check-in of coaches and players. Please record your name and check the boxes related to the temperature check and screening questions on the check-in form.
3. Sanitize your hands and the thermometers.
4. Display the “Symptoms of Coronavirus (COVID-19)” documents (in English and Spanish) in a location that parents and players can see. Display the document with screening questions (in English and Spanish) in a location that parents and players can see.
5. Fill out the top section of the AYSO United Davis Check-in Sheet (provided by the coach).

### PARTICIPANT ARRIVAL

6. Please ensure all players, coaches and parents wear face masks when arriving. Please remind everyone to keep masks on when arriving.
7. Please ensure players and coaches place their bags, water and other equipment about 10 feet apart.
8. Players and coaches can chat and warm-up as they wait for check-in, as long as they stay about six to ten feet apart and wear masks.



## AYSO United Davis COVID-19 Health and Safety Protocols



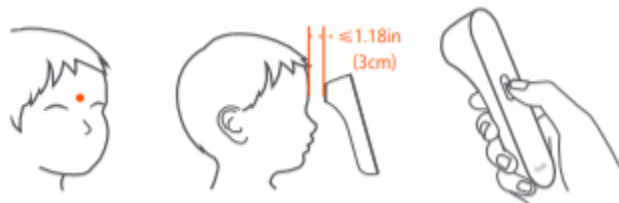
(Guidance for Winter Skills Sessions – Feb-Mar 2021) Updated 2/26/2021

### PARTICIPANT CHECK-IN

9. Squirt hand sanitizer on the participant being screened.
10. Ask the participant the following screening questions:
  - a. Do you have any of the following symptoms: Fever or chills? Cough? Shortness of breath or difficulty breathing? Fatigue? Muscle or body aches? Headache? New loss of taste or smell? Sore throat? Congestion or runny nose? Nausea or vomiting? Diarrhea?
  - b. Have you been in close contact with someone diagnosed with COVID-19 in the past 14 days?

Notify the coach if a participant responds in the affirmative to either of the above questions. The coach should (i) ask the participant to go home, (ii) provide the individual with instructions on managing COVID-19 symptoms at home, and (iii) submit an incident report to AYSO.

11. Complete the temperature check:
  - a. Concussion bands should be removed 30 minutes before temperature check. Sweat or sunblock should be wiped off before screening. Do not take temperature reading over a scar or scab. Only screen a person who is not facing into the sun. Shade should be on their skin for the check.
  - b. Take the temperature reading at the center of the forehead about one inch away from the skin. Do not take a temperature reading from any other area. If the thermometer touches the skin, disinfect the thermometer and ask the player to put sanitizer on their forehead.



**Hold the button until you feel a vibration.**

- a. If the reading is at or lower than 96°F, please recheck the player’s temperature or ask a coach for assistance. If the reading continues to be below 96°F, ask the coach to use a different thermometer.
- b. If the reading is between 96F and 100.4°F, please put a check mark next to the players’ name for the date of the training session. Please do not record a temperature number. The player is cleared for practice.
- c. If the reading is at or higher than 100.4°F, please have the player or coach rest in the shade and hydrate for 10-15 minutes. Recheck the temperature. If there is a second temperature reading over 100.4°F, notify the coach. Coach should (i) ask the participant to go home, (ii) provide the individual with instructions on managing COVID-19 symptoms at home, and (iii) submit an incident report to AYSO.

**Using and Storing Thermometers**

Thermometer readings will be inaccurate if the weather outside is colder than 59 ° F or hotter than 104 ° F. Thermometer needs 30 minutes in the environment to calibrate itself to the outside temperature before screening. This Thermometer is a precision instrument. Please store it in the container it came in at an environment between 60° F to 104° F.

12. Ask the player if they have participated in a Healthy Davis Together COVID test in the past week and record the response.





## AYSO United Davis COVID-19 Health and Safety Protocols

(Guidance for Winter Skills Sessions – Feb-Mar 2021) Updated 2/26/2021



### **DURING TRAINING SESSION**

13. Squirt hand sanitizer on each participant at least once during the middle of the practice.
14. During practice, watch and remind players and coaches of six feet physical distancing during breaks. Coordinate with coaches on intervening during the training session or game, as needed..

### **AFTER TRAINING SESSION**

15. Give participants one last squirt of sanitizer.
16. Assist with cleaning balls/cones/goals/sanitation table and any other cleaning that needs to be done after practice.
17. Chat with coaches after practice about any recommendations for future training sessions.
18. As appropriate, contact the AYSO United Davis Club Administrator ([AYSOUnitedDavis@AYSOUnited.org](mailto:AYSOUnitedDavis@AYSOUnited.org)) with any observations or suggestions.



## AYSO United Davis COVID-19 Health and Safety Protocols

(Guidance for Winter Skills Sessions – Feb-Mar 2021) Updated 2/26/2021



### **Appendix B: Materials for COVID-19 Monitor to Have Available**

Coaches should ensure the COVID-19 Monitor has the following documents to display and provide to players and families as needed:

#### **COVID-19 Monitor's Check-in Sheet**

[https://docs.google.com/spreadsheets/d/1LWMDqgUEFnuNdYd8pWE1tWIJYWDMR9j694c\\_b7ZTm0Y/e/dit?usp=sharing](https://docs.google.com/spreadsheets/d/1LWMDqgUEFnuNdYd8pWE1tWIJYWDMR9j694c_b7ZTm0Y/e/dit?usp=sharing)

#### **Symptoms of Coronavirus (COVID-19) - CDC, English version**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>

#### **Symptoms of Coronavirus (COVID-19) - CDC, Spanish version**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms-sp.pdf>

#### **Managing COVID-19 Symptoms at Home - CDC, English version**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>

#### **Managing COVID-19 Symptoms at Home - CDC, Spanish version**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things-spanish.pdf>

#### **AYSO Incident Report**

[https://www.aysovolunteers.org/wp-content/uploads/2020/06/Incident\\_Report\\_Form\\_with\\_Instr\\_rev07012020-v2.pdf](https://www.aysovolunteers.org/wp-content/uploads/2020/06/Incident_Report_Form_with_Instr_rev07012020-v2.pdf)

#### **AYSO COVID-19 Waiver**

<https://www.aysovolunteers.org/wp-content/uploads/2020/09/ayso-covid-19-waiver-9.1.20201.pdf>

#### **Healthy Davis Together Information**

English: <https://healthydavistgether.org>

Spanish: <https://healthydavistgether.org/es/>