

**EASTERN NEW YORK YOUTH SOCCER ASSOCIATION
and Its Participating Leagues**

RETURN TO SOCCER ACTIVITY GUIDELINES



While we are all anxious to resume play, we need to be cognizant of our State’s rules and requirements, and more important, the health and well-being of our children. Eastern New York Youth Soccer Association (ENYYSA) and its participating leagues are governed by two bodies. One is the New York state and local government and the second is US Soccer.

ENYYSA places our players, coaches and parent’s health and security as our primary concern. All leagues, clubs and teams are to follow US Soccer phases when New York State reaches Phase 3. US Soccer Phase 1 should be how the start of practices should look. The table below clearly shows the path we believe secures a safe return to game play.

The following are projected dates for soccer activities to begin (see Chart below). These dates are subject to change:

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NEW YORK STATE – PHASE 3 – RECREATIONAL ACTIVITIES RESUME				
US SOCCER PLAY-ON PHASES				
NYS REGION - PHASE 3 PROJECTED START DATE	US SOCCER PHASE I START DATE as per NY State Guidelines	US SOCCER PHASE II EARLIEST START DATE	US SOCCER PHASE III EARLIEST START DATE	US SOCCER PHASE IV EARLIEST START DATE
NEW YORK CITY - JULY 6	JULY 6	JULY 27	AUGUST 17	TBD
LONG ISLAND - JULY 6	JULY 6	JULY 27	AUGUST 17	TBD
MID HUDSON - JULY 6	JULY 6	JULY 27	AUGUST 17	TBD
*CAPITAL DISTRICT – JUNE 17	JULY 6	JULY 27	AUGUST 17	TBD
*MOHAWK - JUNE 12	JULY 6	JULY 27	AUGUST 17	TBD
*NORTH COUNTRIES - JUNE 12	JULY 6	JULY 27	AUGUST 17	TBD
*SOUTHERN TIER – JUNE 12	JULY 6	JULY 27	AUGUST 17	TBD
US SOCCER PLAY-ON Structure for a gradual approach to return to play	<ul style="list-style-type: none"> ✓ State/Local Regulations Lifted ✓ Small Group Training ✓ Max of 9 Players/1 Coach ✓ Maintain Social Distancing ✓ COVID-19 Prevention Protocols in place 	<ul style="list-style-type: none"> ✓ Full Team Training Allowed ✓ Continue Social Distancing ✓ COVID-19 Prevention Protocols in place ✓ Allow 3 weeks for COVID-19 Tracking Purposes 	<ul style="list-style-type: none"> ✓ Full Team Competitions ✓ Continue COVID Mitigation Strategies ✓ Consider only local and single day competitions ✓ Large events guided by local government 	<ul style="list-style-type: none"> ✓ <i>NO restrictions – COVID-19 is no longer a public health concern and there are no restrictions issued by State/Local Government</i>
<p>*Effective July 6, 2020 in Regions that have reached or surpassed Phase 3 of the State’s reopening and in accordance with this Guidance, participants in lower and moderate risk sports and recreation activities, may partake in play.</p> <p>All dates are based on the most current NY State Reopening Guidelines and are subject to change in accordance with government regulations. If you are not sure which region your club resides in, please reach out to your League for clarification.</p>				



CRITERIA FOR RETURN-TO-PLAY

ENYSA is recommending the following criteria to educate its members on CDC guidelines, New York State Department of Health, and US Youth Soccer Guidelines to maintain a healthy environment once players, coaches, volunteers, and spectators return to the field:

- ❖ Participants should have no sign or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has been ill in 14 days.
- ❖ Common Symptoms:
 - Trouble breathing
 - Pain or pressure in the chest that persists
 - Experience confusion or trouble waking up
 - Bluish lips or face
- ❖ Live in a general location for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone traveling from a different region.
- ❖ Take temperature at home before going to training.
- ❖ Upon arriving to training, coaches or staff should ask each athlete if they are experiencing any signs or symptom of COVID-19. If the athlete has any signs or symptoms of COVID-19 they should be sent home and instructed to contact their health provider. Players will not be allowed to return to training until they are cleared by a healthcare provider. A doctor's note must be provided to return to training.
- ❖ Participants, organizers, spectators, volunteers and facility employees in high risk categories should not participate or attend organized sport activities. List of high risk categories can be [Found Here](#).
- ❖ Small group training should take place in an area where physical distancing (6 ft. apart) can be maintained.
- ❖ Spectators, nonessential visitors, staff, volunteers and activities involving external groups or organizations should be limited as much as possible. Clearly designate and mark spectator viewing sites to allow for social distancing. All must practice social distancing including wearing face coverings.



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- ❖ Be sure appropriate infection prevention supplies (i.e. hand sanitizer, facial tissues, facial coverings) are present in multiple targeted areas.
- ❖ Each participant will be required to have their own water bottle, towel, and personal hygiene products:
 - Hand sanitizer should be readily available and must contain at least 60% alcohol
 - Face coverings can include masks, scarfs, and bandanas over nose and mouth
- ❖ Players are not required to wear face coverings during physical activities but must wear them when arriving and leaving training.
- ❖ No sharing personal items. Participants should use their own equipment and instructed to sanitize their equipment after each training session.
- ❖ Coaches and spectators will be required to wear face coverings when within 6 feet of others.
- ❖ Practice respiratory etiquette by covering coughs and sneezes with tissue or inside elbow.
- ❖ Tissues, wipes or disposable gloves must be properly disposed in the appropriate receptacles.
- ❖ Follow cleaning schedule protocol of equipment (cones, goals, etc.) with disinfectant before, during and after use.

Club Responsibilities

- ❖ Create and distribute protocols to its members.
- ❖ Contact any additional insurers if your club holds any policies outside of what is included in your Eastern New York Youth Soccer Association's membership to ensure all coverages.
- ❖ Post signs in highly visible locations (i.e., 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](#)



Return-to-Play Guidelines

- ❖ 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.
- ❖ 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.
- ❖ 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 local health officials. (Identify Risk Tolerance)

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Coach Responsibilities

- ❖ Ensure the health and safety of all players.
- ❖ 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.)
- ❖ All training should be outdoors and ensure social distancing per state or local health guidelines.
- ❖ Always wear a face mask, when not actively coaching, maintain social distance requirements from players based on state and local health requirements.
- ❖ Have fun, stay positive – players and parents are looking to you to stay calm, supportive and caring during this time.
- ❖ The use of scrimmage vests or pinnies is not recommended at this time.

Parent Responsibilities

- ❖ Ensure child is healthy and check your child's temperature daily.
- ❖ Limited or no carpooling with other players.
- ❖ Stay in car or adhere to social distance requirements, based on state and local health requirements.
- ❖ When at practice wear 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 always has sanitizer with them.

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Player Responsibilities

- ❖ Take temperature daily.
- ❖ Wash hands thoroughly before and after training.
- ❖ Bring and use, hand sanitizer with you to every training.
- ❖ Wear mask before and immediately after all 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.

Additional Resources:

[CDC Considerations for Youth Sports](#)

[CDC and New York State Department of Health assemblage and distance guidelines.](#)

[CDC COVID-19 New York State](#)

[CDC COVID-19 Symptoms](#)

[CDC: Sample Signs with Symptoms, Stopping the Spread of Germs, etc., from the CDC website](#)

[CDC: How to Protect Yourself and Others](#)

[NYS: Re-Opening Phases & Updates](#)

[US Soccer Return-to-Play: 5 Phases Overview](#)

[US Soccer Play-On Guide](#)