



Winter 2020-2021 Training, Risk-Assessment and Mitigation Steps

Indoor training/playing facilities require a different level of assessment than outdoor fields. In coordination with Dr. Klutts and a team of experts, Iowa Soccer has developed this resource guide to help you assess the safety of an indoor space. It relies on assessing three primary factors:

1. air change rate of the facility
2. size of the playing area and facility
3. mask usage

Iowa Soccer currently has no mandates for selection/use of indoor facilities as most are private and we cannot control their policies regarding Covid-19 mitigation. Therefore, we are providing this resource designed to help your ability to assess a facility and determine how (if) to proceed, and with how many players/coaches, in a training/playing space. *Bear in mind, the number of players/coaches allowed in any size space could be changed at any time should local or state governments issue restrictions, or as Iowa Soccer makes modifications.* The calculations and tables below are not perfect, but rather are realistic benchmarks designed to serve as a guide in your decision-making.

- *Before you proceed, please be clear: any combination of players/coaches training/playing indoors is more of a risk than outdoors, with studies showing transmission of the virus as much as 18-20 times more likely indoors. However, we also know that it can be done more safely in some facilities than in others (based on a combination of factors in the tables below) and we strongly encourage using only the spaces that provide a lower risk option.*

TOOLS TO HELP ASSESS

Below are three tables you can use to help assess indoor space. Each table will provide a risk number for a specific factor based on the facility. You add those numbers together to get your total risk profile. You can then compare that to Table 4 to get recommendations on a given facility. Again, Iowa Soccer is not mandating a facility come in at or below a particular score, but we are asking for those making indoor training/playing decisions to assess where it is safer to conduct soccer activity and to make decisions accordingly.

Table 1 – Air Change Rate

Information about this can be found on the CDC website [here](#). This is not a new concept, but a well-studied one used in building assessments. If this number cannot be found, you should use 5 as it is a fairly common value in non-specialized buildings.

TABLE 1: AIR EXCHANGE RISK STRATIFICATION FOR TRANSMISSION OF RESPIRATORY VIRUS		
	Air Exchange Rate (Air Changes/Hour, or ACH)*	Risk Score
Highest Risk	Less than 2	7
Higher Risk	2-3	6
Higher to Moderate Risk	4-5	5
Moderate Risk	6-7	4
Moderate to Lower Risk	8-9	3
Lower Risk	10-11	2
Lowest Risk	12+	1

****If ACH of facility cannot be obtained from facility or is unknown, assume Moderate to High Risk (score of 5)***

Table 2 – Square Footage

Below are some general examples should you not be able to identify the square footage of a facility.

TABLE 2: FACILITY SIZE RISK STRATIFICATION FOR TRANSMISSION OF RESPIRATORY VIRUS			
	Playing/Practice Surface Area	Risk Score	Example
Highest Risk	Less than 2	7	Elementary school/church gym
Higher Risk	2-3	6	Junior High gym with 2 basketball courts
Higher to Moderate Risk	4-5	5	High School gym with 3 basketball courts
Moderate Risk	6-7	4	Small-sized field in a medium-sized sports facility
Moderate to Lower Risk	8-9	3	½ sized field or smaller in large indoor sports complex
Lower Risk	10-11	2	½ to full field in a large indoor sports facility
Lowest Risk	12+	1	More than full field in large indoor sports complexes

Table 3 – Masks (Whether there exists a mandate to wear, or not)

These guidelines help assess the impact of mask wearing, as well as parent/spectator attendance. In general, not allowing parents/spectators helps reduce the risk score. The risk score is also further reduced if players are required to wear masks at all times (including while training/playing). Carrying over from fall Return to Play Protocols, coaches must wear masks at all times.

>>> As of November 10, 2020, Iowa Soccer implemented the following requirements:

- Parents/spectators are not allowed to stay inside the training/playing facility
- Players/coaches are required to wear masks at all times
 - To/from vehicle to facility
 - 100% of the time spent training/playing
 - Mask MUST cover nose and mouth

Using masks is a significant risk reduction strategy and we know from other states where masks were required to play during the fall outdoor season that there has been little indication that wearing masks while exercising has caused significant problems.

TABLE 3: MASK STRATIFICATION FOR TRANSMISSION OF RESPIRATORY VIRUS				
	Players wearing mask?*	Coaches wearing mask?*	Spectators wearing mask?*	Risk Score
Highest Risk	No	No	No	7
Higher Risk	No	No	None Allowed	6
Higher to Moderate Risk	No	Yes	Yes	5
Moderate Risk	No	Yes	None Allowed	4
Moderate to Lower Risk	Yes	No	Yes, or None Allowed	3
Lower Risk	Yes	Yes	Yes	2
Lowest Risk	Yes	Yes	None Allowed	1

***Wearing masks at all times, including during play**

TABLE 4: OVERALL RISK INTERPRETATION AND RECOMMENDATIONS		
Cumulative Risk Score from Tables 1-3*	Overall Risk	Square Foot Soccer Area per Person Recommendation (Practice)**
<6	Very Low	Use outdoor protocols
7-8	Low	Use outdoor protocols
9-10	Moderate-Low	300
11-12	Moderate	600
13-15	Moderate-High	1000
16-18	High	2000/Consider not using
>18	Very High	Use not recommended

Sample facility scenario and calculation:

A facility has an Air Change rate of 5, yielding a risk score of 5, and is a HS gym with about 15,000 square feet giving it a size risk score of 5. If spectators are not allowed and coaches are required to wear masks, the mask risk score is 4. This yields a cumulative risk score of 14 meaning each participant (coach and player) should have 1,000 sq. ft. of space so 15 total participants. If players wear masks also, that reduces the cumulative risk score to 11 meaning 600 sq. ft. per participant or 25 total participants.