Supporting a Safe Return to Play
May 28, 2020

This presentation will start soon. It will be recorded and all information will be posted online and shared via social media.

The Q&A feature is available to all attendees and will be monitored by panelists.
To view the full video Webinar from 5/28/20, please visit our YouTube recording version found [HERE](#).
OBJECTIVES

- Updates on expected return to play for Texas based on Governor Abbott's recommendations
- Share recommendations and guidance from the CDC
- Review South Texas Youth Soccer Return to Play recommendations
- Provide technical recommendations for Return to Play with players and teams
As some communities in South Texas begin to start youth soccer activities again, South Texas Youth Soccer offers the following considerations for ways in which organizations can protect players, families, and communities and slow the spread of the Coronavirus Disease 2019 (COVID-19).

Administrators of youth soccer organizations in South Texas should consult with state and local officials as well as South Texas Youth Soccer to determine if and how to utilize these considerations.
Information provided in this presentation are meant to supplement – not replace – any state or local laws, rules, and regulations.

There are a number of actions youth sports organizations and leaders can take to help lower the risk of COVID-19 exposure and reduce the spread during competition and practice.
ORGANIZATIONAL CONSIDERATIONS
Texas Gov. Greg Abbott issued a new Executive Order (GA-23) on May 18 to expand openings of more businesses and activities as part of the Open Texas plan. The following services and activities may open under Phase II:

- Youth Sports (May 31)
- Certain professional sports without in-person spectators (May 31)

On May 31, 2020 youth sports may begin holding practices without spectators other than one parent or guardian per participant. Youth sports competition has been cleared to resume beginning June 15, 2020 with social distancing measures recommended.
“The more people a child/coach interact with, the physical closeness of the interactions and the length of interaction, the more sharing of equipment the higher the risk of transmission spread.”

CDC Presentation to Youth Sports NGB
May 22, 2020
CDC RECOMMENDATIONS FOR YOUTH SPORTS ORGANIZATIONS

1. Promote behaviors that reduce spread
2. Promote healthy environments for participants, facilitators and spectators
3. Provide alternative models for participation
4. Prepare for if, and when, someone get sick
1. Promote behaviors that reduce spread

- Educate staff and families about when individuals should stay home
- Promote proper handwashing
- Cover mouth or use elbow when coughing or sneezing
- Use of cloth face masks/covers among coaches, staff, and officials
- Support healthy hygiene by providing soap, hand sanitizer, and tissues
- Post information and/or use signage about how to maintain healthy behaviors
2. Promote healthy environments for participants, facilitators and spectators

- Limit sharing of equipment
- No sharing of water/gatorade or towels
- Clean objects regularly and disinfect common surfaces and equipment
- Use well ventilated areas
- Clearly marked entrances and exits
- Modify layouts of used spaces to promote social and/physical distancing
- Close communal use spaces (i.e. locker rooms)
- Provide supplies individually where possible or only for 1 group at a time then disinfect
- Post information and/or use signage about how to maintain healthy behaviors
3. Provide alternative models for participation

- Offer virtual training or coaching options for those who do not feel comfortable returning to activity or who need to remain distant
- Create small groups (i.e. cohorts) and keep them together with the same staff member or coach
- Avoid events where physical distancing cannot be easily maintained
- Designate a staff person who is responsible for your organization’s COVID-19 response plan and monitors this during all events
- Conduct COVID-19 response training for all staff and coaches.
- Conduct daily health checks in accordance with privacy laws and regulations
4. Prepare for if, and when, someone get sick

- Anyone that is sick should not attend
- Establish transportation procedures for anyone who gets ill
- Establish a plan for notifying local health officials, staff, and families while maintaining confidentiality
- If 3 or more cohorts in an organization have individuals test positive for COVID-19, work with state and local public health authorities about continued operations
- Advise those who have had close contact with someone who is ill to stay home and monitor for symptoms
- Close off areas used by a sick person and do not use them again before disinfect them
SOUTH TEXAS YOUTH SOCCER
RECOMMENDATIONS
WHAT TO CONSIDER WHEN RETURNING TO PLAY

DISTANCING

STX Soccer recommends Local Government practices when it comes to the ability for large gatherings in parks or training spaces. Please reference these distancing practices initially before expanding group sizes, training, games & contact.

Discourage mixing players between each team

Avoid contact with high fives, hugs & handshakes in group celebrations

Group excursions related to youth sports are discouraged and should be limited
SAFETY PROTOCOLS

- Have parents remain in cars during training sessions
- Maintain CDC recommendations of 6' for Social Distancing outside training areas and a maximum of 10 individuals in a group
- Ease training into 15 min. intervals as players re-adapt
- Reduce number of players handling training equipment

FYI'S

- No one should attend practice or games if NOT feeling well
- Advise at-risk spectators to stay home
- Sanitize training equipment after each use
- Avoid large gatherings or incorporate social distancing in all activities
- Communicate with parents & players before and after each training for updates to future protocols

VIRTUAL

Official Group training sessions done in a virtual environment under a coach's live direction and with a parent present will be covered through insurance!

(On your own training or emails with training materials may be performed at players own risk!)
South Texas Youth Soccer encourages following practices recommended by the CDC, State & Local Government and will continue to monitor and communicate the best practices in regard to member safety and returning to play.
TRAINING AND PRACTICE CONSIDERATIONS
**Physical Distancing**
- One team = one cohort
- Discourage mixing players and coaches among cohorts
- Avoid unnecessary contact
- Discourage group excursions/travel
- Ride to training only with members from your household if possible
- Face masks if ride sharing is only option

**Safety Protocols**
- Parents remain cars
- 6' for Social Distancing
- 15 minute intervals as players re-adapt
- Avoid having players handle training equipment

**Hygiene Practices**
- Coaches, referees and staff wear face coverings where possible
- Provide hand sanitizer stations
- Avoid sharing drinks, training equipment and hygiene products
- Promote hand washing
- Create a plan for physical distancing of subs, group huddles
- Avoid high fives or close celebrations

**FYI’s**
- Nobody should attend training or games if not feeling well or they don’t feel safe
- At-risk individuals should stay at home
- Disinfect all equipment after each use
- Constant communication
- Have a plan
WHAT OUR PLAYERS NEED NOW

CONSIDER: What have your players been doing?
Physically? Mentally? Socially?

All players are dealing with a sense of loss. Losing their sense of belonging and connection to sports has increased isolation.

All children will need a sense of normalcy and this requires coaches, teams, administrators and leagues who can help the players process their social, emotional, and physical health. This requires new ways of leading and relating to each other and our youth players.
WHEN PLANNING FOR PRACTICES

- Age of the players
- Maturity level
- Roster / training cohort size
- Re-acclimating to the summer weather
- Periodization (work to rest ratio and recovery time for activities)
- Developmental level
- Field space
- Buffer Time Zones between sessions
- Management and organization of available space
- Physical distancing during explanation of activities and drills
- Distance between players, coaches, and spectators
- Specific spaced locations for players, equipment (bags, water, etc)
- Use of parent volunteers or staff
A standard progressive or “phased” return to play model may not apply to all players, teams, or clubs across the State. It is contingent on the health status of participants, positive cases, outbreaks, and local/state restrictions.

It is very likely that many sports programs will need to remain in or return to the first or second phase for prolonged periods of time. However, following a progressive model will help your players, coaches and community RTP as safely as possible.
<table>
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<tr>
<th>Phase 1</th>
<th>Phase 2</th>
<th>Phase 3</th>
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| Individual skill training and individual physical conditioning with a ball  
- One player per ball  
- Distances between players | Slow introduction to defensive pressure and contact  
- 3v1/4v2/5v2  
- Rondos  
- 3v3 to small goals  
- 3v3+3  
- Games to targets  
- Games to endzones | No restrictions on training activities  
- Full return to play |
| Small Group training  
- Passing patterns  
- No contact  
- Avoid lines (use markers)  
- No catching or use of hands | Building up to shorter small-sided games (ex. 5v5) with mini goals. Intrasquad scrimmages. | Travel and scrimmages or games with outside teams considered safe during this phase |
PHASE 1 EXAMPLES
PHASE 2 EXAMPLES
FURTHER TECHNICAL CONSIDERATIONS

- Clearly communicate with your members, local health officials when needed and South Texas Youth Soccer
- How and when to safely re-introduce goalkeepers to practices
- When to play games? When to play tournaments?
- Local vs. Regional travel
- Use cohorts/固定 teams and coaches
  - Using the groups or cohort strategy, contact tracing can be initiated promptly, and isolation and surveillance can be implemented in short order
- Use field markings and signage
- Limit the use of shared equipment
- Provide virtual or at-home methods of training for those who are unable to attend
- Summer camps or clinics (follow CDC recommendations for summer camps)
- Be prepared to return to social distancing protocols
ADDITIONAL RESOURCES
RESOURCES

SOUTH TEXAS YOUTH SOCCER UPDATES  http://www.stxsoccer.org

CDC CONSIDERATIONS FOR YOUTH SPORTS ORGANIZATIONS

STATE OF TEXAS GUIDELINES

U.S. SOCCER PLAY ON RECOMMENDATIONS & GUIDE  https://www.ussoccer.com/playon

U.S. SOCCER RECOGNIZE TO RECOVER  http://www.recognizetorecover.org/mental-health

NATIONAL FEDERATION OF HIGH SCHOOL COACHES GUIDELINES

USYS RETURN TO ACTIVITY RESOURCES
https://www.usyouthsoccer.org/resources/return-to-activity-resources/

ASPEN INSTITUTE’S PROJECT PLAY- CORONAVIRUS AND YOUTH SPORTS
https://www.aspenprojectplay.org/coronavirus-and-youth-sports

FIFA COVID-19 RESOURCES  https://www.fifa.com/what-we-do/covid-19/
SOUTH TEXAS YOUTH SOCCER PROGRAMS

- Coaching Education
- State Clinics
- Member Services
- E-Sports
- USYS Resources
- ODP
- TOPSoccer