

# DUBLIN UNITED SOCCER LEAGUE

## “SAFE TRANSITION TO SOCCER ACTIVITIES GUIDELINE”

This guideline document is intended to assist in the restart of youth soccer at Dublin United Soccer League. The guideline outlines a no contact, no shared equipment model for the “FIRST” of several phases. Each phase will comply with CDC, State and Federal guidelines to help ensure a “Safe Return to Soccer Activities”.

### PARENTS

The following action items are specifically intended for parents, grandparents, step parents or any adult responsible for the supervision of a DUSL player. The action items are intended to assist in the safety of DUSL players, they do not remove the primary responsibility of player safety from the parents. These action items are for “Phase 1” in the transition to soccer activities. Action items may change as we move to “Phase 2” in coming months. The action items are divided into two sections “Mandatory” and “Recommended”.

#### **Mandatory**

- Responsible for managing the health condition on players.
- Parents will educate their player/s of all DUSL soccer safety guidelines.
- Parents are REQUIRED to report confirmed COVID-19 cases
  - To report any confirmed positive COVID-19 test, send an email to the Executive Director of DUSL at [gm@dublinsoccer.org](mailto:gm@dublinsoccer.org)
  - Positive test results of any player or any household member, requires reporting to the DUSL executive director. DUSL in turn must report the results to the City of Dublin and Alameda County.
  - DUSL will maintain confidentiality of the player’s information but we must notify any DUSL member that may be impacted by potential contact. DUSL is required to report the results to the City of Dublin and Alameda County.
- In the event of a player exhibiting any symptoms of the COVID-19 virus, the parent is required to keep the player away from all DUSL activities and events until the symptoms clear and a certified physician clears the player to resume soccer activities.
  - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Parents are restricted from participating or assisting in any soccer activities, unless that parent is officially appointed as a volunteer coach or assistant coach.
- Parents must stay off of all turf and sidewalk surfaces at Fallon sports park and all soccer fields at Dublin Sports grounds.
- To prevent gatherings and maintain social distancing, Parents will be required to stay in their vehicles while waiting for players during all soccer activities. Absolutely no parent access to any part of the soccer fields, sidewalks, or park area is permitted for parents.
- Responsible for cleaning and sanitizing all player equipment after each soccer activity.
- Responsible for cleaning and sanitizing all player apparel after each soccer activity.
- Do not verbally interact with the coaching staff. If communication is needed DUSL recommends that you use email, cell phones, or text messages.

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## Recommended

- Do not participate in carpools for soccer activities.
- Do not participate in team gathers such as parties, dinners, or social events.

## PLAYERS

The following action items are specifically intended for all DUSL players. The action items are intended to assist in the safety of DUSL players, coaches' officials, and club members. These action items are for "Phase 1" in the transition to soccer activities. Action items may change as we move to "Phase 2" in coming months

The action items are divided onto two sections "Mandatory" and "Recommended"

### Mandatory

- Parents will educate their player/s of all DUSL soccer safety guidelines.
- Any player that exhibits symptoms of the COVID-19 must not participate in any DUSL soccer activity until medically cleared by a licensed medical professional.
  - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Face masks will be **REQUIRED FOR ALL PLAYERS OVER THE AGE OF 12** during the "Phase 1" transition to soccer activities. This includes all practice sessions. Masks, gaiters, and mouth covers are all acceptable.
- Back packs are NOT allowed at any DUSL soccer activity. Players should bring a water bottle and one ball to DUSL activity or event.
- Players are restricted from sharing water bottles or soccer equipment of any kind.
- Players must not wear the same soccer apparel to consecutive soccer activities without washing and sanitizing the apparel.

### Recommended

- Face masks for all players **under the age of 12, is recommended** during the "Phase 1" transition to soccer activities. This includes all practice sessions. Masks, gaiters, and mouth covers are all acceptable.
- All players should use soccer or athletic gloves during all soccer activities.
- All player apparel should be washed and sanitized after every DUSL soccer activity.
- After each soccer activity, players should wash and sanitize their hands and face.

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## COACHES

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The action items are divided into two sections "Mandatory" and "Recommended"

### Mandatory

- Coaches' will attend the "**Safe Transition to Soccer Activities**" workshop administered by DUSL prior to any interaction with DUSL players.
- Coaches' will clean and sanitize all soccer equipment at the conclusion of any soccer activity.
- Coaches' will sign a Health Waiver outlining DUSL expectations that coaches must not exhibit any COVID-19 symptoms when interacting with DUSL players. In the event a coach exhibits any COVID-19 symptom, coaches will be required to seek medical clearance prior to the return to soccer activities.
  - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Coaches will be issued "Face Gaiters" and will be required to wear them at any DUSL activity.
- Wear soccer or athletic gloves during each soccer activity. Gloves should be washed after every DUSL soccer activity.
- Will utilize their own personal gear and not use shared equipment.
- Execute non-contact and conditioning based single player drills during phase 1 of the **Safe Transition to Soccer Activities**.
- Ensure no more than 14 players plus 2 coaches are included in each training group (COHORT). Players are NOT to be rotated from (COHORT) groups.

### Recommended

- Wash and sanitize hands after each soccer activity. DUSL will provide coaches with hand sanitizers.
- Coaches should not touch any players apparel, or gear.

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## TRAINING

The following action items are specifically intended for all DUSL coaches. The action items are intended to assist in the safe planning and execution of soccer training sessions. These action items are for “Phase 1” in the transition to soccer activities. Action items may change as we move to “Phase 2” in coming months  
The action items are all considered “Mandatory”

### Mandatory

- Training sessions will allow a maximum of 14 players plus 2 coaches in each (COHORT).
  - In the event a team has more than 14 players, the team shall be split into 2 even numbered groups with the head coach training one group and the assistant coach training the other group.
  - Players will not be allowed to switch from one group to a different group.
  - Groups shall be separated by a minimum of 10 yards when training.
- All players are expected to maintain social distance protocol during Phase 1 of the transition to soccer activities. Specifically, players and coaches should maintain at least 6 feet of separation.
- Coaches will arrive early to practice sessions to set cones and equipment prior to player arrival. All cones and equipment should reflect 6 feet separation guidelines.
- Coaches will establish a break area for players using cones.
  - Each cone will be separated by 6 feet.
  - Each player will be assigned a cone to place their water and ball
  - Each player will go to that specific cone when taking a break
- Coaches will use “Distance Embedded” warm ups, drills, and discussions
- There will be no matches or scrimmages during Phase 1 of the transition to soccer activities.
- No shared personal equipment during Phase 1. This includes keeper gloves, bibs, apparel, water bottles and shin guards.
- DUSL will be sharing cones and goals for practice activities, and balls may be used among multiple players.
- Coaches will ensure players enter the field in one designated area and exit the field in one designated area to ensure minimal player interaction.
- Coaches will ensure players do NOT assist in any field or equipment set up or tear down.
- No direct interaction with player’s equipment
- 90-minute field reservations will allow for a 75-minute training session, and 15 minutes to completely clear the field, prior to the arrival of new players.
- Coaches will ensure NO parents are allowed on the turf/field at any location. The only exception, are parent assistant coaches that have registered with DUSL as an assistant coach.
- Inclement weather that may cause players to huddle together must be canceled. No practices during forecasted rain.
- Coaches will not register teams in any tournament during Phase 1 of the transition to soccer activities.

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## FIELDS

The following action items are specifically intended for all DUSL coaches. The action items are intended to assist in the safe planning and execution of soccer training sessions. These action items are for “Phase 1” in the transition to soccer activities. Action items may change as we move to “Phase 2” in coming months

The action items are all considered “Mandatory”

### **Mandatory**

- To help minimize player interaction, coaches will establish a single entrance and exit area for each field.
- To maintain social distancing protocol, Coaches will not allow a player bench to be set up on fields.
- Coaches will not allow players to open or use the DUSL equipment container, Lockbox or corner. Flag storage area.
- Players are not allowed to set up fields.
- Coaches must keep all parents off the DUSL fields.
- Coaches’ must establish a gear area for players to set their water bottles and ball. The area must maintain 6 feet of separation for each player.

## EQUIPMENT

The following action items are specifically intended for all DUSL coaches. The action items are intended to assist in the safe planning and execution of soccer training sessions. These action items are for “Phase 1” in the transition to soccer activities. Action items may change as we move to “Phase 2” in coming months

The action items are all considered “Mandatory”

### **Mandatory**

- DUSL coaches will clean and sanitize all training equipment after each session.
- DUSL coaches will minimize the movement of goals for training sessions.
- DUSL coaches will ensure goals are wiped/sanitized prior to each training session.