



MADISON AREA YOUTH SOCCER ASSOCIATION

TECHNICAL SPORTSMENSHIP. LOVE OF THE GAME.

Safety and Field Use Plan

Spring 2021

Dane County Public Health [Order 13](#) aligns with US Soccer [Grassroots Phase 3](#), both allowing for full team competition with appropriate safety precautions.

Required Staff and Volunteer Trainings

[Protective Measure Policy](#)

[Hygiene and Employee Illness](#)

[Cleaning Policy](#)

[Coach Training Tracker](#)

[Cleaning Log](#)

[Action Plan Information for Coaches](#) ([Action Plan](#) Template)

Information for Participants and Families

[Health Information and Guidelines](#)

[Drop-Off and Pick-Up Information](#)

PROTECTIVE MEASURE POLICY



MADISON AREA YOUTH SOCCER ASSOCIATION

TECHNICAL SPORTS PERSONNEL: LOVE OF THE GAME



Madison Area Youth Soccer Association (MAYSA) and participating clubs are fully committed to safeguarding the health and safety of all staff, volunteers, participants and spectators. For this reason, effective immediately, MAYSA enacts the following policy applicable to all staff and volunteers, regardless of position or authority:

Staff and volunteers shall:

- Model the guidelines outlined in [MAYSA's Return to Play Health Information and Guidelines](#) for participants and enforce all guidelines for participants
- Maintain six feet physical distancing and minimize contact from others whenever possible
- Be required to wear a face covering as outlined in [public health orders](#)
- Demonstrate proper use of all personal protective equipment or PPE prior to performing work duties at worksite
- Not have any direct person to person contact (i.e., no hand shaking, no high fives, no hugs)

MAYSA and participating clubs shall:

- Require all staff, volunteers and participants to wear face covering as outlined in [public health orders](#) and [MAYSA's Return to Play Health Information and Guidelines](#).
- Limit in-person meetings and use other means of communications such as Zoom, Skype and email, that are not in person
- Limit number of staff, volunteers, participants and spectators present on the premises at any given time to [current order limits](#)
- Spread out stations so staff, volunteers and participants can remain six feet apart at all times when not participating in sport
- Provide guidelines for drop off and dismissal to limit contact between parties
- Provide physical guides and signage, as necessary, to participants to minimize physical proximity
- Post [physical distancing signage](#) throughout the premises reminding everyone to practice physical distancing
- Provide special accommodations for vulnerable workers or those unable to wear face covering

Training Resources

- [Physical Distancing Guidance for Workers](#)
 - Six (6) feet physical distancing is required at all times between individuals not from the same household or living unit except when individuals are actively participating in the sport. All individuals (such as, athletes, coaching staff, referees, and spectators) that are not actively participating in the sport must maintain six (6) feet physical distancing at all times.
- [Using Cloth Face Coverings in the Workplace](#)

- Face covering means a piece of cloth or other material that is worn to cover the nose and mouth completely. A face covering must be secured to the head with ties, ear loops, or elastic bands that go behind the head and must fit snugly but comfortably against the side of the face. Cloth face coverings must be made with two or more layers of breathable fabric that is tightly woven (i.e., fabrics that do not let light pass through when held up to a light source). A face covering does not include bandanas, single layer neck gaiters, face shields, goggles, scarves, ski masks, balaclavas, shirt or sweater collars pulled up over the mouth and nose, or masks with slits, exhalation valves, or punctures.
- Face Covering Required. Every individual, age five (5) and older, shall wear a face covering when: Outdoors while actively participating in sports, including drills, practices, scrimmages, games, and competitions. vi. Outdoors while attending a Gathering of more than fifty (50) individuals.
- PPE should be new or clean for each training session; and disposed or thoroughly cleaned after each training session.



MADISON AREA YOUTH SOCCER ASSOCIATION

TEAMWORK SPORTSMANSHIP LOVE OF THE GAME

HYGIENE POLICY

Handwashing, Cough, & Sneeze Etiquette

Madison Area Youth Soccer Association (MAYSA) is fully committed to safeguarding the health and safety of all participants, staff, volunteers and spectators. For this reason, effective immediately, all MAYSA participants, volunteers and staff, regardless of position or authority, must comply with the following personal hygiene policy:

- All participants, volunteers and staff will be required to frequently wash hands with soap and warm water.
- All participants, volunteers and staff shall follow proper cough and sneeze etiquette.

Handwashing Policy

MAYSA clubs are responsible for explaining to all participants, volunteers and staff how to hand wash: Wash hands with soap and water for at least 20 seconds as frequently as possible, or use hand sanitizer. Participants, volunteers and staff are responsible for washing their hands before practice, as outlined in [MAYSA's Return to Play Health Information and Guidelines](#). Participants, volunteers and staff are asked to provide personal hand sanitizer to each practice for use.

MAYSA clubs are responsible for explaining to all participants, volunteers and staff when to hand wash. Participants, volunteers and staff must wash hands, at a minimum:

- At the beginning of each activity,
- Before interacting with others,
- After touching mask,
- After using the restroom,
- After sneezing, coughing, or blowing nose,
- When hands are visibly soiled, and
- Prior to leaving.

Participants, volunteers and staff are responsible for replenishing personal hand sanitizers. Additional supplies will be provided by MAYSA clubs.

Cough & Sneeze Etiquette

MAYSA clubs are responsible for explaining cough and sneeze etiquette to all participants, volunteers and staff. To help stop the spread of germ participants and staff should:

- Cover mouth and nose with a tissue when coughing or sneezing
- Throw used tissues in the trash
- If don't have a tissue, cough or sneeze into elbow, not hand

STAFF AND VOLUNTEER ILLNESS POLICY

MAYSA clubs are fully committed to safeguarding the health and safety of all participants, staff and spectators. For this reason, effective immediately, MAYSA enacts the following policy applicable to all staff and volunteers, regardless of position or authority:

- All staff and volunteers will self-monitor for symptoms of illness prior to work arrival.
- All staff and volunteers who have any symptoms of fever OR respiratory illness will not be allowed to work as reinforced by the Employee Illness Reporting Agreement for COVID-19.
- All staff and volunteers living in a household where a member(s) or another close contact tested positive for COVID-19 will not be permitted in the workplace.
- All staff and volunteers are required to sign an employee illness agreement indicating they understand the policy and agree to follow the guidelines.

Participants of MAYSA are asked to follow the self-reporting guidelines outlined in [MAYSA's Return to Play Health Information and Guidelines](#).

STAFF AND VOLUNTEER HEALTH REPORTING AGREEMENT

For COVID-19 Response

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

Employees should self-monitor daily for these COVID-19 symptoms:	
	<ol style="list-style-type: none"> 1. Cough 2. Shortness of breath or difficulty breathing 3. Fever $\geq 100.4^{\circ}\text{F}$ 4. Chills 5. Muscle pain 6. Sore throat 7. New loss of taste or smell
This list is not all inclusive. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.	

Employees must report if they are diagnosed with COVID-19:

- by a positive lab test, or

- diagnosis from a health care provider (without lab testing)

Employees must also report COVID-19 Exposures:

- Living with a person that has been diagnosed with COVID-19, or
- Having close contact with a person that has been diagnosed with COVID-19

I understand the Employee Health Reporting Agreement for COVID-19 and agree to:

1. Self-monitor prior to reporting to work each day.
2. Report symptoms, positive diagnosis or exposure to COVID-19 to the Person-in-Charge.
3. Follow the exclusions and/or restrictions that may be required of me.

I understand and agree to follow all best practices adopted by my business to prevent the spread of COVID-19 including but not limited to:

1. Communicate virtually whenever possible.
2. Limit in-person meetings and gatherings.
3. Practice frequent hand hygiene.
4. Wear PPE (cloth face coverings, masks, gloves, eye protection, etc) required by my employer.
5. Maintain social distancing with other employees, customers, and clients.
6. Follow heightened cleaning and sanitizing of workspace and equipment.

Employee Name (please print) _____

Employee Signature _____ Date _____

Person in Charge Signature _____ Date _____

WORK RULES FOR ILL STAFF AND VOLUNTEERS

MAYSA must help prevent the spread of COVID-19 by teaching staff and volunteers the importance of not working when sick.

Exclusions and Restrictions

Staff or volunteer is not allowed to work in the establishment.

	What should the employee do?	When can the employee return to work?
If you have been diagnosed and are symptomatic	<ul style="list-style-type: none"> • If you have symptoms of COVID-19, call your healthcare provider for advice and to discuss testing. • Isolate yourself in your home, and do not go out when you are sick. Practice excellent hygiene and if you have others in your home, isolate yourself in one room (if possible). 	Stay home and avoid others until you have been: <ul style="list-style-type: none"> • 72 hours without a fever (without fever-reducing medicine), • your symptoms improve, • AND it has been 10 days since the first day you had symptoms.

	<ul style="list-style-type: none"> Cover coughs and sneezes. Do not share personal household items. Clean your hands often. Clean all "high-touch" surfaces like doorknobs often. Monitor your symptoms and call your health care provider if symptoms worsen. 	Employers should screen employees before allowing return to work.
If you have a positive COVID-19 viral test and are asymptomatic	Monitor your health for fever, cough, and shortness of breath for 10 days.	<p>Asymptomatic individuals with lab-confirmed COVID-19 should remain in isolation until:</p> <ul style="list-style-type: none"> At least 10 days have passed since the collection date of their first positive COVID-19 diagnostic test, assuming they have not subsequently developed symptoms. <p>NOTE: patients who develop COVID-19 symptoms during this period should extend isolation precautions for at least 10 days from the date of symptom onset (see above).</p>
If you may have been exposed to a person with COVID-19 but are not sick	<p>Monitor your health for fever, cough, and shortness of breath for 14 days after your last contact with the sick person.</p> <p>NOTE: If exposure occurred at work, you may be able to continue working based on exposure assessment. Please discuss with your employer.</p>	<p>Stay home; do not go to work. Avoid public places for 14 days.</p> <p>NOTE: patients who develop COVID-19 symptoms or test positive during this period should extend isolation precautions for at least 10 days from the date of symptom onset (see above).</p>

Employees with no known exposure to COVID-19, are not exhibiting symptoms of COVID-19, and have not tested positive for COVID-19 may work unrestricted as long as all business best practices are followed.



MADISON AREA YOUTH SOCCER ASSOCIATION

TECHNOLOGY SPORTSWEAR PEOPLE OF THE GAME

CLEANING AND HYGIENE POLICY

Madison Area Youth Soccer Association (MAYSA) is fully committed to safeguarding the health and safety of all participants, volunteers and staff. For this reason, effective immediately, all MAYSA club staff and volunteers, regardless of position or authority, must comply with the following facility cleaning and hygiene policy:

MAYSA clubs are responsible for explaining to all staff and volunteers the cleaning protocols and frequency of all common areas and equipment.

MAYSA clubs are responsible for explaining to all staff and volunteers the proper use of cleaning supplies and safety concerns of products used.

MAYSA clubs are responsible for explaining to all staff and volunteers how to clean and disinfect after persons suspected/confirmed to have COVID-19 have been in the facility.

MAYSA clubs are responsible for providing a cleaning schedule to all staff and volunteers.

In addition, MAYSA has attached cleaning a schedule/log, procedures, and chemical safety concerns specific for this facility to this policy for review.

MAYSA Club Staff must ensure:

- All staff and volunteers understand facility cleaning and hygiene procedures;
- Staff, volunteers and participants do not share equipment, when possible. High-touch surfaces and equipment are disinfected between users;
- Equipment is disinfected after use, as outlined in [MAYSA's Return to Play Health Information and Guidelines](#)
- All equipment and high touch surfaces are disinfected following any reports of a COVID-19 exposure on site.
- Only [EPA approved disinfectants](#) effective against COVID-19 are used;
- Staff, volunteers and participants follow [MAYSA's Return to Play Health Information and Guidelines](#) and provide hand sanitizer for use during programming.

Staff and volunteers are responsible for:

- Replenishing or letting the person-in-charge know when cleaning supplies are low;
- Performing cleaning as scheduled;
- Using proper disinfecting supplies.

Resources for Cleaning

- [Cleaning Log](#) (Required for all staff and volunteers responsible for cleaning.)
- [EPA-approved disinfectants](#)
- [CDC Cleaning and Disinfecting Your Facility](#)
- [EPA's Safe Disinfectant Use](#)



MADISON AREA YOUTH SOCCER ASSOCIATION

TECHNOLOGY SPORTS & PLOVE OF THE GAME

COVID-19 SPORTS ACTION PLAN

Information for Coaches

MAYSA will provide primary contact information for all participating clubs to facilitate communication about potential exposures.

For contract tracing purposes, all coaches are required to maintain up to date player attendance following all practices and games using the SPSC Attendance Log (Google Sheet).

If a player reports a COVID exposure or positive test:

- Maintain the confidentiality of the player with teammates and families.
- Gather information about the exposure date, positive test date, or onset of symptoms from the family. Report this information to:

Tony Markell, SPSC Executive Director (tony.markell@sunprairiesoccer.com)

MAYSA clubs will assist coaches to:

- Determine a plan of action, including excluding positive or exposed players from practice, cancelling practice, and communicating with players and families.
- Use email to communicate with families, maintaining the confidentiality of the exposed or positive player.
- Work with coaches and families to gather information related to the case. a. Determine whether the individual participated in the sport during their infectious period. b. Identify individuals who had close contact with the person who tested positive, both during the sporting activity and on sports-related transportation.
- Complete a Public Health close contact form and coordinate with the Public Health case investigator.
- Communicate with opposing team's coaches or COVID point of contact that a player tested positive and participated in a sporting activity during their infectious period and provide the name of the opposing team's coach or point of contact to the PHMDC case investigator.

Information to Assist with Implementing Action Plan

When is someone infectious? Someone who tested positive is considered to be infectious from two days before symptom onset until they meet all of the following criteria: 24 hours fever free without fever-reducing medication, other symptoms are improving (but may still be present), and at least 10 days after symptom onset. If the individual who tested positive does not have symptoms, they are considered to be infectious from two days before the test date until ten days after the test was collected. Individuals who test positive should isolate while they are infectious and not participate in sports-related activities. Teams should not require a negative test for these individuals to return.

How do I determine who is a close contact? An individual is considered a close contact if any of the following is true: Were within 6 feet of a positive person for more than 15 minutes total in a day Had direct contact with the respiratory secretions of the person who tested positive (i.e., from coughing, sneezing, contact with

dirty tissue, shared drinking glass, food, or other personal items) This definition applies even if any or all parties were wearing face coverings or if physical barriers were used. These measures reduce the risk of spread but do not eliminate it.

I'm having trouble identifying close contacts? If the infected player did not play for at least 15 minutes, the members of the opposing team do not need to be quarantined. The opposing team should be informed of the potential exposure and watch for symptoms. If it's not possible to determine which individuals had close contact and the infected player played 15 minutes or more, anyone who played in the game for 15 minutes or more would be considered a close contact and should quarantine. Players who played less than 15 minutes should be informed of the potential exposure and watch for symptoms.

How long do close contacts need to quarantine? Close contacts now have options for how long they need to quarantine. Please see our webpage, [What to Do if You are Sick or Possibly Exposed](#), for details and options. The CDC provides three quarantine options (outlined in link above as 7, 10, or 14 days). It is safest if the individual quarantines for 14 days after their last exposure. The individual is allowed to determine which quarantine option they choose. A team may impose a longer quarantine option for return to play.

When does a close contact not need to quarantine? If an individual who is a close contact had a positive viral test (PCR) for COVID in the 90 days before the exposure, they do not need to quarantine (the 90 days should be calculated using their first positive test). If someone had a positive test more than 90 days before the exposure, they do need to quarantine.



MADISON AREA YOUTH SOCCER ASSOCIATION

TEAMWORK SPORTSMANSHIP LOVE OF THE GAME

Updated Health Information and Guidelines

February 2021

Following the health and safety best practices outlined here will help us to prevent the spread of Coronavirus and maintain our ability to practice and play soccer this season. All Madison Area Youth Soccer Association participants and their families are expected to abide by these guidelines at all practices, games or club events.

All players are required to sign and return a copy of the guidelines to their club prior to participation in practice or competition.

Families are encouraged to review the current [Public Health order](#) and [sports requirements](#). Changes include:

- Games and competitions are allowed
- Players are required to wear approved face coverings during participation
- Outdoor groups, where social distance cannot be maintained during sport, must not exceed 100 participants

General Health - These guidelines apply to all players, coaches, volunteers and spectators.

If you are sick or have symptoms of an illness:

- Stay home.
- Stay home regardless of what is causing your illness.
- Players exhibiting symptoms of illness will be prohibited from participation.
- If you are confirmed or suspected to have COVID-19:
 - [Follow guidance from Public Health](#) and contact your physician.
 - To discontinue quarantine, obtain appropriate clearance from your medical provider.
 - Advise your coach if any possible exposures have occurred in your team, training or club environment.
- If you have been in close contact (within 6 feet for more than 15 minutes or had direct contact with respiratory secretions) with someone who is suspected or confirmed to have COVID 19:
 - [Follow guidance from Public Health](#).
 - Advise your coach if any possible exposures have occurred in your team, training or club environment.

Daily Training Medical Considerations for Players

- The participant should conduct a daily temperature check for low grade fever (>100.4.) at home before training.
- If you have a fever, do not go to training.
 - If thermometers are not available, conduct a daily health questionnaire in line with the "Coronavirus Self-Checker," made available by the CDC.
- Do not participate in activities if you have any of the symptoms listed below.
 - COVID exposure in past 14 days
 - Sore throat
 - Shortness of breath/difficulty breathing
 - Fever >100.4 F
 - Chills
 - Headache
 - Sinus congestion
 - Cough persistent and or productive
 - Joint aches and soreness

- Vomiting or diarrhea
 - Rash
- Do not attend practice or games if you have any of the above symptoms. Remotely communicate your health status to your coach within 24 hours of your training session. Parents (and not the minor player) should communicate with the club or coach, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance.
- Speak to a physician and follow CDC and Public Health guidelines on self-quarantine.
- Should a member of your household be experiencing the symptoms above, the family member should consult a physician. Follow the recommendations listed for medical clearance outlined in this document.
- Maintain all recommended hygiene habits outlined by the CDC and Public Health.

Medical Clearance for Players

- For individuals with a pre-existing medical condition, written clearance from your physician for return to full participation in sport & activity is recommended. As this phase includes increased activities and exposure risks, any individuals with a pre-existing medical condition is recommended to provide UPDATED written clearance from a physician to participate.
- For individuals who have experienced known COVID-19 exposure in the past 14 days, the following is recommended:
 - Follow your physician's recommendations for quarantine and return to physical activity
- Be prepared to report the onset of any new symptoms immediately. Contact your physician and follow the recommendations above for return to play.
- Individuals who may be at increased risk of COVID-19 (including but not limited to age >65y/o, chronic cardiac or respiratory conditions including hypertension or diabetes, or have an immunocompromised state) should seek guidance by their medical professional as to their participation.

Physical Interaction

- Six (6) feet physical distancing is required at all times between individuals not from the same household or living unit except when individuals are actively participating in the sport.
- All individuals (such as, athletes, coaching staff, referees, and spectators) that are not actively participating in the sport must maintain six (6) feet physical distancing at all times, including while on the bench or subbing.
- Avoid activities involving high levels of group interaction (ex: team huddles).
- Avoid general physical interaction including hugging, "high fives" or passing objects by hand.
- Distance yourself from anyone exhibiting signs of sickness.

General Hygiene

- Avoid touching your eyes/mouth/nose as much as possible.
- Wash or sanitize your hands often.
 - Use soap and water for a minimum of 20 seconds.
 - When soap and water is not available, use hand sanitizer.
 - Players are required to bring personal hand sanitizer to all practices and games.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
 - Follow with washing or sanitizing your hands.
 - Dispose of tissues in a sealed trash can.
- Avoid spitting and coughing.
- Follow recommendations on wearing PPE (Personal Protective Equipment – masks or face covers) outlined below.

Equipment & Training Gear

- Where possible, use individual equipment.
 - Do not share personal equipment or gear (e.g. water bottles, towels, flags, etc.).
- Sanitize sports or exercise equipment after each training session.
- Wash all training gear after each training session.

Masks / Face Covers / Personal Protective Equipment (PPE)

- Face covering means a piece of cloth or other material that is worn to cover the nose and mouth completely. A face covering must be secured to the head with ties, ear loops, or elastic bands that go behind the head and must fit

snuggly but comfortably against the side of the face. Cloth face coverings must be made with two or more layers of breathable fabric that is tightly woven (i.e., fabrics that do not let light pass through when held up to a light source). A face covering does not include bandanas, single layer neck gaiters, face shields, goggles, scarves, ski masks, balaclavas, shirt or sweater collars pulled up over the mouth and nose, or masks with slits, exhalation valves, or punctures.

- Face Covering Required. Every individual, age five (5) and older, shall wear a face covering when: Outdoors while actively participating in sports, including drills, practices, scrimmages, games, and competitions and outdoors while attending a gathering of more than fifty (50) individuals.
- PPE should be new or clean for each training session; and disposed or thoroughly cleaned after each training session

Travel to and Participation in Trainings Or Competitions

- Travel to training and competitions with as few people as possible. It is recommended to only travel with members of your immediate family or household.
- Due to group size limitations, families are asked to limit spectators and to limit spectators to those in their immediate household whenever possible.
- Spectators should maintain social distance from groups outside their household at all times.
- Should carpooling or ride sharing be necessary, consider the following: a. Only rideshare with a family or individual who has practiced appropriate distancing and sheltering requirements established by their local government or public health officials. b. Rideshare with the same individuals for each training or competition. c. Ensure that all passengers have passed both the preliminary and daily clearance requirements outlined in this recommendations guide. d. Maintain safe distancing during loading and unloading, and while in transit if possible. e. Limit the number of stops between departure site and training destination. f. Wear PPE in the vehicle.
- In accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance, a minor and an adult who is not the minor player's parent/legal guardian may not be alone in the vehicle together.

Communication Plan

- Team communication regarding potential COVID exposures will be made by email.
- Parents or guardians are responsible for communicating any potential exposures or positive cases to your coach, including the date of exposure, date of test and onset of symptoms.

I have read and reviewed these guidelines with my child. I understand that failure to abide by the requirements outlined above could lead to my child being suspended from participation in programs affiliated with MAYSA.

Parent Signature

Date

Player Signature

Date



MADISON AREA YOUTH SOCCER ASSOCIATION

TECHNICAL SPORTS MEDICINE • P. LOVE OF THE GAME

Drop-Off and Pick-Up Procedures

Recommended Kit/Gym Bag Items for Players

- Shin guards
- Cleats
- Clean Mask
- Hand Sanitizer
- 2 Labeled Water Bottles
- Personal, Labeled Soccer Ball

Preparing for Participation

- Prepare and pack your water bottle for training.
 - Each player is recommended to bring at least two bottles of water to training.
 - You should not share water bottles and are not recommended to use public water fountains.
 - Clearly mark your name on your water bottle.
- Get dressed at home in your training gear so that you can arrive at the training site ready to play.
- Participants are recommended to pack and bring to training personal sanitizing supplies, including hand sanitizers. Sanitizing materials should be clearly marked and not shared.
- Follow PPE (face mask) procedures. Masks are required at all times for participants, coaches and spectators.
- Wash your hands before departing for training.
- Conduct a daily temperature check for low grade fever (>100.4 .) at home before training. If you have a fever, do not go to training. Consult your physician.
- Travel with as few people as possible to training (ex: one parent and one child).

Arrival

- Arrive at your designated time.
- Participants should report to their designated space. Each participant will have a marked space for arrival, storing belongings and departure.
- Participants should use hand sanitizer to sanitize hands upon arrival.
- Participants will check in with their coach and answer the CDC's "Coronavirus Self-Checker" screening questions to affirm medical clearance to participate.
- Families are asked to remain in their vehicles or off-site during practice and follow MAYSA's guidelines for limiting spectators, to maintain attendance of less than 100 people.

Pick Up

- Participants will follow PPE procedures and sanitize hands following practice.
- Players will be dismissed individually to limit crowding in shared spaces.