U-M School of Public Health (COVID) FAQs

These are your questions answered by the U-M School of Public Health. If you have any additional questions, please submit those questions to stateoffice@michiganyouthsoccer.org and reference U-M.

Training/Activities

1) When are players allowed to throw the ball in during training?
   - At this point, MSYSA does not allow throw-ins for any players. Even with gloves, throw-ins are not allowed due to the possibility of close contact between a player’s face and the soccer ball.

2) When can players ‘head’ the ball during training?
   - At this point, MSYSA does not allow heading of the ball for any players. This is to reduce the proximity of the soccer ball to the face, where players may be able to spread COVID-19 to the surface of the soccer ball.

3) Can clubs conduct small group scrimmages during practices?
   - By order of the governor’s office, individuals leaving their homes are required to physically distance themselves 6 feet away from others. Because scrimmages cannot reasonably be performed under these circumstances, they are currently not allowed by MSYSA. This position will be carefully monitored in accordance with state and federal mandates.

4) What specific questions should coaches ask players during ‘screening’ of players before training?
   The following screening questions should be administered to players before training sessions:

   A. Have you had close contact (within 6 feet for at least 15 minutes) in the last 14 days with someone diagnosed with COVID-19 or COVID-19-like symptoms, or has any health department or health care provider been in contact with you and advised you to quarantine?

   If Yes ➔ The player/coach should not participate. The individual can return 14 days after the last time they had close contact with someone with COVID-19, or as listed below.
   If No ➔ The player/coach can participate if they are not experiencing symptoms.
B. Have you had any one or more of these symptoms today or within the past 24 hours, which is new or not explained by another reason?

- Fever or chills
- Shortness of breath or difficulty breathing
- Cough
- Loss of taste or smell
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If a player has any of these symptoms, they should go home, stay away from other people, and have a parent/guardian call their health care provider.

C. Over the past 10 days, have you had a positive COVID-19 test for active virus?

- Yes
- No

If a player/coach is diagnosed with COVID-19 based on a test or their symptoms, or does not get a COVID-19 test but has had symptoms, they should not play, stay at home, and contact their health care provider.

5) If a young player cannot answer the health screening questions before training, what should be done? Should the health screening questions be asked to the parents/guardians?

- Yes. Ask the parents/guardians the screening questions. Have parents/guardians and the player remain physically distanced from the coach while answering screening questions. For example, this could be performed while the family is still in the car upon arrival to training.

6) Temperature Checks – Should coaches perform player temp checks at the field as well?

- It is not necessary. All participants should conduct a daily temperature check for a fever of below 100.4°F at home before training.
7) Some fields are only open with MHSAA sports rules. One of these rules requires coaches to take temperatures upon entry to training. Can coaches (masked and gloved) take temperatures (with non-touch thermometers) on those fields requiring it for MHSAA?
   - It is MSYSA’s position that all participants should conduct a daily temperature check for a fever of below 100.4°F at home before training. If a field requires it because of MHSAA requirements, coaches may take a player’s temperature given that they are masked and gloved, players are masked, and non-touch thermometers are used.

8) Scenario: We were trying to get clarification for the 100 person rule (small gatherings). A particular location has almost 30 fields at one location. If we have a coach (masked) for 25 kids, with social distancing and the 25 kids are put into small groups with social distancing, is this OK?
   - Yes, having one coach for 25 kids with proper physical distancing would be appropriate for training. If multiple fields are being used simultaneously, clubs should spread out as much as possible by using non-adjacent fields when possible.

9) What temperature does MSYSA consider as “having a fever”? Does it depend on the normal body temperature of the individual being tested?
   - Any individual with a measured body temperature of at least 100.4°F, or 38°C, is considered to have a fever. This temperature is used in standard medical decision-making.

10) Can clubs start running soccer camps now?
    - Yes, as long as all participants travel to and from training grounds each day. Camps must adhere to all other MSYSA COVID-19 guidelines, including proper physical distancing, equipment management, play restrictions, and hygiene, as well as state and local regulations on large gatherings.

   **Equipment Management**

1) Are clubs allowed to distribute training bibs/pennies to players/coaches for training purposes? If so, what protocols should be followed in order to keep all participants safe?
   - Yes, clubs are allowed to distribute training bibs/pennies to participants. A healthy coach may lay out clean bibs/pennies for each player, making sure to maintain physical distancing. That player may then keep that bib/pennie for the remainder of the season, making sure to wash it after every practice session and prior to returning to the coach.

2) What type of disinfectant should we use to clean soccer balls and other equipment? (DH)
   - A full list of EPA-approved disinfectants for preventing the spread of COVID-19 can be found [here](#).
3) Is Lysol spray an acceptable disinfectant for shared equipment such as soccer balls, goals, etc?
   - Many Lysol products have been approved by the EPA to prevent the spread of COVID-19. You can find a link to all Lysol products that have been approved by the EPA here.

Risk Mitigation

1) Do coaches have to wear masks during training?
   - All participants, including coaches, should wear a mask upon arrival, departure, and when not physically active during activities. Masks are not mandatory for coaches and players during exertional moments of training (i.e. when physically active). Masks are mandatory at any point where social distancing cannot be adhered to, such as a coach attending to an injured player.

2) What is the protocol if someone contracts COVID; who specifically should clubs contact?
   - Each club should designate a COVID-19 Point of Contact
     - Designate a program staff person to respond to COVID-19 concerns, such as a coach or other staff member. All coaches, staff, officials, and families should know who this person is and how to contact them.
     - Parents should notify the coach and the Point of Contact if their child has a documented case of COVID-19, becomes sick with COVID-19 symptoms, or has been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
     - In the case of a positive COVID-19 case, the local health department should be contacted by the Point of Contact for further direction. They will likely look to initiate contact tracing for individuals who may have been in close contact with the positive case (within 6 feet for at least 15 minutes from two days before he/she first showed symptoms to the time when he/she was last in contact). Close contacts should be quarantined at home for 14 days after last contact with the positive case. Local health officials may identify other contacts who should quarantine.
     - Coaches, players, parents, officials, or anyone else in attendance should be notified of the presence of a positive COVID-19 case so that they can monitor themselves for any symptoms. However, the individual with COVID-19 should not be identified by name to non-family or non-health department officials.
     - Areas that were used by the sick person should be closed off and should not be used until they have been properly cleaned and disinfected. Ideally at least 24 hours should pass before the area can be cleaned.
     - The Point of Contact, guardians, players, and other club members should be prepared to answer questions from their local health department regarding a positive COVID-19 test.
3) Scenario: A club has a player that had a relatively high temp during practice yesterday. Coach was made aware, and the club shut the team down for 14 days starting the last time the players were together. Assuming that the player has no temp today is the club alright to resume team activity?

- Any player exhibiting symptoms or feeling sick should remain away from all team activities and contact their health care provider. However, MSYSA does not require clubs to cancel activities unless there is a confirmed COVID-19 case. If the participant tested positive in this scenario, all other exposed participants should quarantine at home for 14 days from last contact. The COVID-19 Point of Contact should contact their local health department for more direction.

4) What should be done if a player was exposed to someone who has been diagnosed with COVID-19, such as a parent, sibling, coach, etc.?

- Any participant who is in close contact (within 6 feet for at least 15 minutes from two days before he/she first showed symptoms to the time when he/she was last in contact) to an individual with a confirmed COVID-19 case should remain quarantined in their home for at least 14 days since their last known exposure to that individual. If the exposed individual begins feeling sick or exhibiting symptoms consistent with COVID-19, they should speak with their healthcare provider and are urged to get a COVID-19 test. Participants must be symptom-free and be removed from quarantine in order to return to training. Any individual exposed to a confirmed COVID-19 case should be prepared to answer questions from their local health department and follow all guidelines set by them. Teams may consider requiring clearance from local health departments or primary care providers prior to participant returning to practice.

5) If a participant has been recently exposed to an individual with a confirmed COVID-19 infection, may the participant rejoin activities after showing a negative COVID-19 test result?

- Individuals exposed to a confirmed COVID-19 infection should not return to any activities for at least 14 days since the last known exposure to the confirmed COVID-19 case, regardless of a negative test result. After an exposure to a confirmed case, it may take a number of days or even longer than a week before an individual starts to show symptoms or begin to feel sick. Many COVID-19 tests immediately after exposure falsely show negative test results, so a full quarantine is required even with a negative test result.

6) What precautions must players take when coming back in-state in order to return to play?

- When returning from out of state travel, all participants must monitor their symptoms and avoid participation if feeling sick or if they have a laboratory confirmed case of COVID-19. If any individual is exhibiting symptoms consistent with COVID-19 or is feeling sick, they should not return to practice and should contact their health care provider.
7) Does MSYSA recommend athletes participate in another sport at the same time they are participating in MSYSA during the COVID-19 pandemic?
   ● Participating in multiple sports is acceptable so long as athletes follow all public health guidelines for their respective teams. It is important to understand that being exposed to many different groups of people may increase someone’s risk of developing or spreading COVID-19, but proper steps can be taken to minimize these risks.

Return to Games/Competition

1) When can clubs begin team scrimmages?
   ● At this point, MSYSA does not allow team scrimmages due to executive order by the governor’s office. When the executive order requiring 6 feet physical distancing is lifted, MSYSA will reevaluate this stance.

2) When can clubs begin participating in in-state matches?
   ● At this point, MSYSA does not allow team scrimmages due to executive order by the governor’s office. When the executive order requiring 6 feet physical distancing is lifted, MSYSA will reevaluate this stance.