



## MSYSA RTP Phased Activities Chart

MSYSA's RTP Phased Activities Chart below was constructed in collaboration between Michigan State Youth Soccer Association (MSYSA) and a team at the University of Michigan School of Public Health. The purpose of the chart is to provide guidance on how MSYSA can safely return to playing soccer and soccer-related activities using a phased approach. The guidance is based on recommendations from the *MI Safe Start Plan*, Centers for Disease Control and Prevention, and U.S. Soccer, and takes into account the MDHHS Emergency Orders. Any MDHHS Emergency Order(s) will supersede these recommendations, and MSYSA must comply at all times. These guidelines are subject to change, with or without notice, and in the case of any new federal, state, or local guidelines related to COVID-19.

RTP = Return to play

LHD = Local Health Department

PPE = Personal Protective Equipment (e.g., gloves, facial coverings, etc.)

Facial Coverings = a clean cloth, fabric, or other soft or permeable material, without holes, that covers both the mouth and nose, including, but not limited to surgical masks, handmade or homemade. Note: The use of plastic 'face shields' is not permissible as a substitute for facial coverings. Bandanas and gaiters are not recommended.

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<b>Applicable Orders from State</b>	Emergency Order under MCL 333.2253 – December 18, 2020	Emergency Order under MCL 333.2253 – January 13, 2021		Emergency Order under MCL 333.2253 – February 4, 2021	TBD
<b>U.S. Soccer PLAY ON Phase</b>	U.S. Soccer Phase I		U.S. Soccer Phase II	U.S. Soccer Phase III	U.S. Soccer Phase IV

<b>RISK MITIGATION</b>	
<b>COVID 'Point of Contact'<sup>1</sup></b>	<p>Each club/league should designate a COVID 'Point of Contact' to respond to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.</p> <p>Each club/league must share their COVID Point of Contact with MSYSA using this <a href="#">online form</a>.</p> <p>Point of Contact should maintain a list of each participant's parent/guardian and/or emergency contact information.</p> <p>Parents should notify the coach and 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. Point of Contact should maintain confidentiality regarding any player, coach, or staff member's health status.</p>

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<b>Develop and communicate COVID-19 protocols</b>	<p>Clubs/leagues must create and distribute protocols to members and have an effective communication plan in place. For example, placing visual aids in highly trafficked and visible areas, using social media, and sending emails can all work to stay in contact with affiliated members and provide valuable health-related information.</p> <p>Clubs/leagues must identify strategies for working with public health officials to notify adult leaders, youth, and their families if the organization becomes aware that a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity. Consider using CDC's <a href="#">Health Department Directories resource</a> to find contact information for local health departments.</p> <p>Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.</p>				
<b>Confirmed case of COVID-19</b>	<p>Have an action plan in place, in case of notification of a positive COVID-19 case. Follow guidance from the local health department (LHD).</p> <p>In the instance of a positive COVID-19 case, the LHD should be contacted by the club's COVID Point of Contact for further direction. The LHD will likely initiate contact tracing for individuals who may have been in close contact with the positive case. All team training and activities should be postponed until the local health department can make a final determination of individuals who need to quarantine due to being close contacts with the positive case. Close contacts should be quarantined at home for 10 days after last contact with the positive case and should not return to soccer activities during that time. Local health officials may identify other contacts who should quarantine.</p> <p>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, <b>the individual with COVID-19 should not be identified by name to non-family or non-health department officials.</b></p> <p>Be prepared to shut down and stop operations. 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.</p> <p>The club's COVID Point of Contact, parents/guardians, players, and other club members should be prepared to answer questions from their LHD regarding a positive COVID-19 test.</p>				
<b>When/how can participant return to activity after a confirmed case</b>	<p>10 days after onset of symptoms, <b>after symptoms are resolved</b>, based on LHD guidance.</p> <p>Clubs/teams may consider requiring clearance from local health departments or primary care providers prior to participants returning to practice.</p>				
<b>Possible Exposure to COVID-19</b>	<p>Participants should self-quarantine for 10 days; follow LHD guidance.</p>				
<b>Presence of any illness</b>	<p>Participants should stay home until improved and/or cleared by a medical provider.</p>				

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<b>High-risk individuals</b>	Seek guidance from a medical professional regarding participation. CDC notes that individuals with pre-existing medical conditions, including asthma, diabetes, or other health problems, might be at an increased risk for severe illness from COVID-19.				
<b>Health Screening</b>	<p>All participants take temperatures independently (at home) before attending activities.</p> <p>Upon arrival, the participant should be asked a series of health screening questions, aligned with the CDC's "Coronavirus Self-Checker", to affirm medical clearance to participate. Refer to FAQs document for additional information on health screening questions.</p> <p>If the individual has any <a href="#">COVID-19 symptoms</a> (including a temperature of 100.4°F or greater), or any known exposure to COVID-19, they should be sent home and instructed to contact their healthcare provider as soon as possible.</p> <p>It is recommended by the State of Michigan, and MSYSA, that all clubs/teams utilize the <a href="#">MI Symptoms Tool</a> to help screen participants for COVID-19 symptoms.</p>				
<b>Communicable Disease Waiver</b>	Required for all MSYSA-specific programs, activities, events; strongly recommended for other affiliated activities.				
<b>Personal Protective Equipment (PPE)</b>	<p>Participants should have appropriate infection prevention supplies such as (but not limited to) hand sanitizer, facial tissues, and facial coverings. Participants should bring and use hand sanitizer before and after every training/activity.</p> <p>All players, team officials, referees and spectators must wear facial coverings at all times upon arrival to, departure from, and during MSYSA activities.</p> <p>Team Officials may consider "PPE breaks" for participants.</p> <p>Clubs, leagues, and/or facilities should provide hand sanitizing stations that use at least 60% alcohol and waste receptacles at fields for individual participant use.</p>				
<b>Hygiene</b>	<p>Maintain proper hygiene habits. Avoid touching eyes/nose/mouth. Cover coughs and sneezes. Spitting is not permitted.</p> <p>Wash/sanitize hands often. Wash hands thoroughly before and after training with soap and water for at least 20 seconds, or with hand sanitizer</p> <p>Mouth guards should never be taken out by players during practice or play.</p>				
<b>Social Distancing</b>	Keep 6 ft between all persons and belongings.	Team officials and spectators must maintain social distancing at all times. Players must practice social distancing at all times, except when they are in active participation during a training or competition.			
<b>Gathering Size</b>	Subject to MDHHS and LHD Order(s)  See February 4, 2021 MDHHS Gatherings and Face Mask Order, effective February 8, 2021.				

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<b>Common Areas / high-touch surfaces</b>	<p>Develop a schedule for increased, routine cleaning and disinfection.</p> <p>Clean and disinfect facilities, including restrooms, according to CDC hygiene standards, paying particular care to high-traffic areas.</p>				
<b>Soccer equipment</b>	<p>Disinfect all equipment before and after every training with anti-bacterial of at least 60% ethanol or 70% isopropanol. Wear appropriate PPE (face covering and disposable gloves) while disinfecting equipment and use a disposable towel that can be disposed of immediately afterward.</p> <p>Where able, clubs are encouraged to provide soccer balls for training to ensure that balls are properly sanitized and stored before and after each training.</p> <p>Players should not handle shared soccer equipment (e.g., cones).</p>				
<b>Uniform, Gear, Clothing</b>	<p>Each individual should use their own water bottle, towel, and any other personal hygiene products.</p> <p>Participants' clothing/gear should be washed before, and immediately after use, on the warmest setting possible.</p> <p>Participants should report in proper gear before attending training or activities.</p>				
<b>SOCCER-SPECIFIC ACTIVITIES</b>					
<b>Player contact</b>	No contact (direct or indirect) between participants; at least 6 sq. ft. of space should be designated per player.	Small-sided, intra-team scrimmages & set-play activities are permitted.	Full Team competitions are permitted.		
<b>Handshakes, hugs, fist bumps, high-fives or contact celebrations</b>	Not permitted				
<b>Passing ball</b>	The use of shared balls between players is allowed during foot drills with the avoidance of hands by field players.			Passing the ball is permitted.	
<b>Shooting on goalie</b>	For goalkeeper training, soccer balls should not be shared. Plan for at least one sanitized soccer ball per goalkeeper during shooting on goalie drill.	Shooting on the goalie is permitted. Balls must be cleaned and sanitized before and after each activity.			
<b>Headers</b>	Not permitted		Headers are permitted but should not take place for U11 and below. Balls must be cleaned and sanitized before and after each activity.		
<b>Throw-ins</b>	Not permitted		Permitted. Balls must be cleaned and sanitized before and after each activity.		

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<b>Scrimmages</b>	Not permitted		Small-sided (intra-team) scrimmages & set-play activities are permitted.  Except for these activities, social distancing should still be observed.	Full scrimmages (inter-squad, across the club or outside the club) are not recommended unless all mitigation measures are and can be implemented.	
<b>Bibs/Pennies</b>	<p>Where possible, general bibs / pennies should not be used.</p> <p>If bibs / pennies are used, clubs may temporarily issue bibs / pennies to players. Bibs / pennies should be placed at a station ahead of player arrival, instead of handed out by coaches and staff. Players would be responsible for bringing these bibs to training and washing them after training.</p> <p>Issued items should be clearly labeled and not shared or rotated amongst players during training.</p>				
<b>Small group training (cohorts)</b>	<p>Recommended maximum of nine (9) players and one (1) coach (or less, based on state/local social distancing guidelines).</p> <p>Whenever possible, limit mixing of different groups of players and coaches.</p>		Permitted.		
<b>GAMES AND COMPETITION</b>					
<b>Referees</b>	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			<p>Permitted if referees are using their own equipment (whistles, flags, etc.) and equipment is not shared.</p> <p>Referees must wear facial coverings at all times upon arrival to, departure from, and during MSYSA activities.</p>	
<b>Game Schedules</b>	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			Consider staggered game and team arrival times to maintain social distancing and limit exposure.	
<b>Passcards, Rosters, Game cards/reports</b>	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			<p>Ensure appropriate social distancing and proper hygiene.</p> <p>Consider using electronic passcards, rosters, game cards/reports.</p>	

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<b>Team Benches</b>	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			Players spread out 6 feet while on the sidelines/team bench. Teams will be placed on opposite sides of the field, when possible.	
<b>Pre-Game Walkout</b>	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			Not permitted.	
<b>Team Huddles</b>	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			Team meetings should be kept brief.  All participants should wear proper PPE and maintain space between themselves and others. Prolonged proximity, even with facial coverings, should be avoided.  Huddles should be avoided.	
<b>Equipment disinfection during or between games</b>	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			Soccer balls should be cleaned and sanitized before and after each game. Sanitized back up ball(s) should be available.	
<b>TRAVEL SOCCER</b>					
<b>Within the State of Michigan</b>	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			Permitted, but with consideration to possible exposure.	
<b>Outside the State of Michigan</b>	Permitted, but with consideration to possible exposure and as approved by MSYSA. MSYSA Approved Teams must follow the Out-of-State protocols related to exposure mitigation.				
<b>International</b>	US-Canada border is currently closed to all non-essential travel.				
<b>OTHER</b>					
<b>Spectators</b>	Discourage extended family, nonessential visitors, spectators, and volunteers from attending training activities. Spectators that are most 'at-risk' should be encouraged to stay home.  Spectators should check their temperature before arrival to activities. Spectators displaying COVID-19 symptoms, including a temperature of				

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	<p>100.4°F or greater, should stay home and contact their healthcare provider.</p> <p>Spectators that are on-site must follow social distancing and facial covering use guidelines.</p> <p>No chewing tobacco or spitting.</p> <p>Spectator attendance restrictions may be in effect, and are subject to gathering size limits for indoor and outdoor organized sports gatherings, based on MDHHS and LHD Order(s)</p>				
<b>Athletic Trainers (ATCs)</b>	<p>ATCs should wear a facial covering and gloves when working with athletes.</p> <p>ATCs should check their temperature before arrival to activities. If displaying any COVID-19 symptoms, including a temperature of 100.4°F or greater, ATCs should stay home and contact their healthcare provider.</p>				
<b>Food - team snacks</b>	<p>Team/shared snacks not permitted. Participants may bring their own snacks.</p>				
<b>Carpooling</b>	<p>Refrain from carpooling with those outside of the family household.</p>				
<b>Team/club meetings; board meetings</b>	<p>Continue to conduct meetings virtually whenever possible.</p> <p>If meetings are held in-person, conduct the meeting at a social distance &amp; with proper PPE. Whenever possible, avoid holding team meetings in confined spaces and/or closed environments. Keep in-person meetings brief.</p>				
<b>List of participants and/or spectators at an activity or event</b>	<p>For contact tracing purposes, the COVID Point of Contact should consider maintaining a list of participants and/or spectators in attendance at each training activity (or competition/event, once permitted). In the event that someone participating or in attendance at an activity/event becomes ill, work with the LHD and refer to this list for “tracking or tracing” purposes. The following information may be collected: date, facility/venue, name, phone, email address, specific activity or event information (e.g., field #, coach, team, etc.). For privacy purposes, the list should be securely stored and not shared publicly. For minors, use contact information for a parent/guardian.</p>				
<b>Gyms/strength workouts (indoors)</b>	Not permitted.	<p>The use of gyms and confined indoor training spaces is not encouraged or recommended.</p> <p>Social Distancing guidelines must be in effect</p>			
<b>Insurance Considerations</b>	<p>Clubs should contact, and seek guidance, from their insurance carrier(s) if not secured or provided by MSYSA's insurance carrier and communicate that information to participants prior to initial training.</p>				

<sup>1</sup>For additional information regarding the COVID 'Point of Contact' as defined by the Michigan Department of Licensing and Regulatory Affairs (LARA), view the [LARA Guidelines for Camp Operations During COVID-19](#)

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### Sources and References

Michigan.Gov – COVID-19 – <https://www.michigan.gov/coronavirus>

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Michigan Department of Health & Human Services - <https://www.michigan.gov/mdhhs/>

United States Youth Soccer: Return to Activity Resources - <https://www.usyouthsoccer.org/resources/return-to-activity-resources/>

The Aspen Institute – Health & Sport - <https://www.aspeninstitute.org/issues/health-sport/>

Centers for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

U.S. Soccer 'PLAY ON' - <https://www.ussoccer.com/playon>