



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 MDHHS Emergency Orders, if any. 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 tightly woven cloth or other multi-layer absorbent material that closely covers an individual's mouth and nose. Medical or surgical grade masks are included within this definition.

Note: The use of plastic ‘face shields’ is not permissible as a substitute for facial coverings. Bandanas and gaiters are not recommended as they do not provide adequate protection for the wearer or others.

MSYSA RTP Phase	<u>MSYSA RTP Phase 4.0</u>	<u>MSYSA RTP Phase 4.5</u>	<u>MSYSA RTP Phase 5.0</u>	<u>MSYSA RTP Phase 5.5</u>	<u>MSYSA RTP Phase 6.0</u>
U.S. Soccer PLAY ON Phase	U.S. Soccer Phase I		U.S. Soccer Phase II	U.S. Soccer Phase III	U.S. Soccer Phase IV

RISK MITIGATION	
COVID ‘Point of Contact’¹	<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 online form.</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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Develop and communicate COVID-19 protocols	<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 Health Department Directories resource 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>				
Confirmed case of COVID-19	<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) and CDC.</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. Quarantine periods for close contacts are determined by, and at the discretion of, the local health department (LHD). Close contacts should continue to monitor for symptoms daily until at least 10 days after their last known close contact with the infected person. 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. 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, the individual with COVID-19 should not be identified by name to non-family or non-health department officials.</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>				
When/how can participant return to activity after a confirmed case	<p>Follow guidance from the local health department (LHD) and CDC on isolation periods.</p> <p>Clubs/teams may consider requiring clearance from local health departments or primary care providers prior to participants returning to practice.</p>				
Possible Exposure to COVID-19	<p>Follow guidance from the local health department (LHD) and CDC on quarantine periods. Participants with confirmed exposure to COVID-19 must be symptom-free and be removed from quarantine in order to return to soccer activities. The CDC recommends that fully vaccinated people who have a known exposure to someone with COVID-19 get tested at least five days after exposure and wear a well-fitting mask when around others at home and in public until 10 days after last close contact with someone with COVID-19.</p> <p>In areas with substantial or high community transmission, the CDC recommends that everyone (including fully vaccinated individuals) wear a mask in public indoor settings. In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.</p>				

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Presence of any illness	Participants should stay home until improved and/or cleared by a medical provider.				
High-risk individuals	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. Fully vaccinated people might choose to wear a mask regardless of the level of transmission, particularly if they are immunocompromised, or at increased risk of severe disease from COVID-19, or if they have someone in their household who is immunocompromised, at increased risk of severe disease, or not fully vaccinated.				
Health Screening	<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.</p> <p>If the individual has any COVID-19 symptoms (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>				
Communicable Disease Waiver	Required for all MSYSA-specific programs, activities, events; strongly recommended for other affiliated activities.				
Hygiene	<p>Maintain proper hygiene habits. Avoid touching eyes/nose/mouth. Cover coughs and sneezes.</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>				
Common Areas / high-touch surfaces	<p>It is recommended that a schedule for increased, routine cleaning and disinfection is created.</p> <p>MSYSA recommends cleaning and disinfecting facilities, including restrooms, according to CDC hygiene standards, paying particular care to high-traffic areas.</p>				
Soccer equipment	<p>MSYSA recommends disinfecting 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>				

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Uniform, Gear, Clothing	<p>Each individual should use their own water bottle, towel, and any other personal hygiene products.</p> <p>Participants are encouraged to wash their clothing/gear before, and immediately after use, on the warmest setting possible.</p> <p>Participants should report in proper gear before attending training or activities.</p>				
GAMES AND COMPETITION					
Referees	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			Permitted if referees are using their own equipment (whistles, flags, etc.) and equipment is not shared.	
Game Schedules	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.	
Passcards, Rosters, Game cards/reports	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>	
Team Benches	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.	
Pre-Game Walkout	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			Not recommended.	
Team Huddles	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			Not recommended.	
Equipment disinfection during or between games	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			<p>MSYSA recommends cleaning and sanitizing soccer balls before and after each game.</p> <p>Sanitized back up ball(s) should be available.</p>	
TRAVEL SOCCER					
Within the State of Michigan	No competitions are allowed during MSYSA Phases 4.0 - 5.0.			Permitted, but with consideration to possible exposure.	

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Outside the State of Michigan	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.				
International	International travel is not currently permitted by US Soccer				
OTHER					
Athletic Trainers (ATCs)	ATCs are encouraged to wear a facial covering and gloves when working with athletes. 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.				
Food - team snacks	Team/shared snacks not permitted. Participants may bring their own snacks.				
Carpooling	MSYSA recommends refraining from carpooling with those outside of the family household.				
List of participants and/or spectators at an activity or event	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.				
Gyms/strength workouts (indoors)	Not permitted.	The use of gyms and confined indoor training spaces is not encouraged or recommended.		Permitted	
Insurance Considerations	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.				

¹For 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](#)

Sources and References

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

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>

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

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