

AYSA Return-to-Play Plan

Phase III implemented 8/28/20

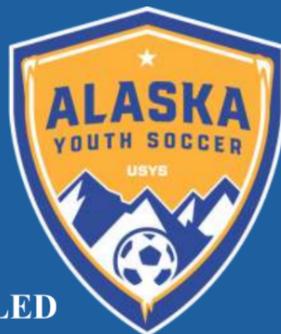


Effective Date 8/28/2020
Anchorage District
Modified Version II

Phase III

INTRODUCTION OF CONTROLLED PRACTICES AND SCRIMMAGES

Modified Version II- Updates



CLUB TRAINING SESSION MANAGEMENT

- Team training allowed with increased activities and exposure risks
- Trainings should maintain the same intra club groupings/ teams for activities to limit unnecessary exposure. limit mixing separate teams or age groups.
- Controlled scrimmages intra-squad within the club is allowed (inter-squad outside the club is not allowed)
- Small-sided games and set-play activities may be slowly and carefully incorporated to increase intensity and sharpen game-play skills. Excepting these select training activities, social distancing should be observed, and participants should be vigilant about following the general hygiene code of conduct to promote the safety of all involved in the activity.
- Social distancing should be maintained, with limited exceptions as part of training activities.
- Field set-up should aim to use minimal equipment to limit exposure and transmission of COVID19.

Alaska Youth Soccer Association



Review the AYSA Return-To-Play Phases Overview.
Trainings should comply with local and regional guidelines for the appropriate number of people in one group and the size of the group.

All participants (coaches, players, administrators) are to wear new or clean PPE upon arrival, departure and when not physically active during activities.

No contact e.g. hugs, high-fives and handshakes.



Adhere to all Training Session Management Guidelines.

Day camps allowed within guidelines.

No travel to activities outside of your district or that would require overnight lodging.



Avoid sharing equipment, snacks, and water bottles.

Field players should not handle soccer balls with their hands unless wearing gloves.

Players should not pick up field equipment, move goals, or handle training equipment.



Upon arrival coaches ask athletes if they are experiencing signs/symptoms of COVID-19.

Team meetings and tactical discussions to be provided in digital format, if possible. Follow AYSA Code of Conduct-Social Media Guidelines.

* Clubs, teams, and players will continue to follow COVID-19 prevention protocols and health and safety guidelines while maintaining vigilant regarding the promotion of safety of all those involved in the program.



AYSC Roles/Responsibilities for AYSA Phase III include:

Club	Coach	Parent	Player
<ul style="list-style-type: none"> • Distribute and post Return-to-play recommendations. • Have all players read and sign the State Association COVID-19 Health Screening & Release form. • Be sensitive and accommodating to parents that may be uncomfortable with returning to play. • Train and educate all staff on Return-to-Play recommendations. • Keep members up to date when recommendations change. • Provide coaches with supplies needed for sanitization & hygiene. 	<ul style="list-style-type: none"> • Follow all Return-to-Play recommendations. • If you are experiencing any symptoms of COVID-19 or have been exposed to someone testing positive, stay home. • Take attendance at every activity. • Ensure all athletes follow Return-to-Play recommendations and have their own equipment. • Coach is the only one to handle equipment. • Ensure activities provide for adequate social distancing recommendations. • Be sensitive to players & families that may not be comfortable with returning. 	<ul style="list-style-type: none"> • If you are not comfortable with returning to play, DON'T. You are the only one who will make the decision when your child returns to play. • Ensure your child is feeling well and not showing any signs or symptoms prior to attending an activity. • Wash child's clothing and equipment after each activity. • Notify Club immediately if your child becomes ill for any reason. • Supply your child with their own sanitizer and/or wipes. • Adhere to social distancing recommendations and/or stay in car. • Ensure your child has plenty of water. 	<ul style="list-style-type: none"> • If you are experiencing any symptoms of COVID-19 or have been exposed to someone testing positive, stay home. • Follow all Return-to-Play recommendations. • If you are not comfortable with returning to play, DON'T. • Bring your own ball & equipment. • Wash hands before and after training. • Bring a towel to place all personal belongs on towel 6ft away from others. • Do not share water, food, or equipment. • No high 5's, handshakes, knuckles, or group celebrations.



Updated 9/24/20

AYSA Return-to-Play

The Indoor Plan for the Dome



The following rules will be enforced by all coaches to ensure the health and safety of everyone as we move indoors for practices this fall/winter.

- All coaches and players will wear masks while in the dome facility, including entering and exiting, traveling to the activity location, and visiting the bathroom or water bottle filler. Masks will only be removed while actively exercising. Generally, coaching is not considered actively exercising unless the coach is exerting themselves by participating in a drill or activity. Coaches must not remove their masks to shout.
- All Coaches & players will always carry masks on them so they will be able to quickly put on if leaving the practice area etc.
- Teams will limit amount of people in an area in accordance these occupancy limits, which have been set to enable safe social distancing:
 - Each end zone can hold a maximum of 25 people.
 - Each 1/3 field can hold a maximum of 60 people.
 - The track can hold a maximum of 100 people.
 - The spectator area can hold a maximum of 70 people.
- To access the turf, users will ascend the stairs closest to the main entrance, cross the landing, and descend the stairs onto the turf. To exit the turf, users will ascend the stairs from the turf, cross the landing, and descend the stairs closest to the spectator area. User Group leaders are responsible for ensuring their group adheres to proper traffic flow.

- Teams will be off the turf 10 minutes prior to our stated end time and not enter before another user group has exited.
- Teams entering or exiting Dome will safely transition between areas during our time.
- Mouth-blown whistles may not be used; electronic whistles or similar devices are required. The Dome has handheld electronic whistles available for use.
- If utilizing the track, we will ensure players and coaches maintain a minimum of 10 feet distance between individuals while actively exercising. We will keep at least 10 feet apart in all directions while passing.
- If Team Officials are notified that a player or a household member of a participant has a confirmed case of COVID-19 we will notify AYSC's point of contact, Jo Reid, and she will notify the Dome management immediately.
- All Coaches share the responsibility of enforcing sanitation protocols and traffic patterns while at the Dome and will make sure they are followed.
- Club will be flexible to add or enforce any new rules as the situation on the ground changes to help slow the spread of Covid-19.



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