

ARROWHEAD YOUTH SOCCER ASSOCIATION

COVID-19 GUIDELINES AND RESPONSIBILITIES

UPDATED 7/23/2021

Arrowhead Youth Soccer Association is committed to providing a safe and healthy environment for all members. To ensure health and safety, AYSA relies on guidance from the CDC, Minnesota Department of Health as well as best practices from US Youth Soccer, Minnesota Youth Soccer Association in response to the COVID-19 pandemic.

Our goal is to mitigate the potential for transmission of COVID-19 in our communities, and that requires the full cooperation of everyone involved with AYSA. Only through this cooperative effort can we establish and maintain the safety and health of our players, parents and coaches. This document also describes protocols for COVID-19 exposures, as well as Minnesota testing recommendations.

AYSA COVID-19 GUIDELINES

Masks

- Currently players, coaches, referees, and fans are not required to wear a mask. If anyone feels more comfortable wearing a mask, they are encouraged to do so.

Practices

- Attempt to maintain at least 6 feet between participants when they are not playing (when on the bench or sideline before, during, and after the game/practice).
- Keep practices small in size when possible. The smaller the group, the more the team can minimize broader transmission of COVID-19 among teammates.
- Players should not share water bottles or other personal equipment (pinnies, towels, etc.)
- Families should limit carpooling to and from practices and games. Only carpool if necessary.
- Coaches and clubs should keep practice attendance rosters to help facilitate effective contact tracing.
- All participants should also follow any additional COVID-19 protocols required by the facility.

Games/Scrimmages

- AYSA strongly encourages only one or two spectators per participant to limit the total number of people at league games.
- Players, coaches, and fans should leave the premises as soon as possible after their game and are strongly discouraged from remaining at the facility to watch other games.

Spectators

- Spectators should attempt to remain at least 12 feet from the field to keep an appropriate distance between themselves and any participant.

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COVID-19 RESPONSIBILITIES

Clubs

- Communicate all COVID-19 guidelines and procedures to coaches, players, and families.
- Have a club contact for COVID-19 questions and contact tracing contact.

Coaches

- It is important to keep rosters of who was at practices and, when allowed, games each day so contact tracing can be done quickly.
- Send athletes home if they are not feeling well.
- Ensure all athletes have their own equipment (ball, water, shin guards, pinnie, etc.).
- Respect players, parents and families by accommodating those that may not yet be comfortable returning.

Parents

- If you are not comfortable having your child return to play, DON'T.
- Check the child's temperature and utilize the MN Symptom Screener tool prior to attending any activities.
- Ensure child's clothing is washed after every activity.
- Ensure all equipment (cleats, ball, shin guards, pinnie) is sanitized prior to any activity.
- Notify the club/coach if your child becomes ill for any reason.
- Supply your child with individual sanitizer.
- Adhere to all social distancing expectations.
- Ensure your child has plenty of water.

Players

- If you are not comfortable with returning to play, DON'T.
- Wash hands thoroughly before and after all activities.
- Do not share water, food, or equipment.
- Respect and practice social distancing, as required in these guidelines.
- Place equipment, bags, etc. at least 6 feet apart.
- No high 5's, handshakes, knuckles, or group celebrations.

You can view this information in a PDF at the MYSA website [here](#).

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COVID-19 EXPOSURE

If a player has been exposed to or tests positive for COVID-19, notify your team's coach, your COVID-19 club contact, and AYSA staff immediately and remove your child from all AYSA activities. Please email

info@arrowheadsoccer.com with the following information:

- Name, Team, Date of Exposure

Per privacy laws, AYSA will not share the name of persons who are being held out due to COVID-19.

RETURNING TO PLAY FOLLOWING COVID-19 EXPOSURE

The Minnesota Department of Health has a great document that lays out all quarantine situations for a COVID-19 exposure. If your player or a family member living in the same household is exposed to or becomes Covid-19 positive, please review the following two document from the Minnesota Department of Health for guidance on who should get tested, and when, AND how long they should quarantine.

What to Do if You Have Had Close Contact With a Person With COVID-19

<https://www.health.state.mn.us/diseases/coronavirus/contact.pdf>

Quarantine Guidance for Covid-19:

<https://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf>

COVID-19 TESTING RECOMMENDATIONS FROM THE MINNESOTA DEPARTMENT OF HEALTH

The Minnesota Department of Health recommends that all school-age youth returning to school, sports, or extracurricular activities, and their families, get tested for COVID-19 every other week.

Testing, plus wearing masks and taking other precautions, such as social distancing and staying home (quarantining) when needed, are some of the best tools we have to prevent the spread of COVID-19. Getting tested regularly is the best way to know you are still healthy.

It has never been easier to get tested. There are COVID-19 community testing sites across Minnesota, in addition to local hospitals and clinics. You can make an appointment ahead of time or walk in. For more information, please visit <https://mn.gov/covid19/get-tested/testing-locations/community-testing.jsp>.

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DISCLAIMER FROM THE MINNESOTA DEPARTMENT OF HEALTH

The decision to participate in sports does not mean engaging in sports is without risk. Any time you gather with other people, you are putting yourself and others at risk of exposure to SARS-CoV-2, the virus that causes COVID-19. COVID-19 can lead to serious medical conditions and even death for people of all ages. We cannot predict who will become severely ill, although we know that older people and people with underlying health conditions are at higher risk. We do not yet know what the long-term effects of COVID-19 are; even youth and adults with mild cases may experience long-term complications. People with symptoms and without symptoms can spread COVID-19. The masking, distancing, and other guidance provided here is intended to reduce the risk of transmission but does not eliminate it.

- A sport or training that takes place indoors is riskier than if the activity is done outdoors.
- The more physical or face-to-face contact that occurs, the greater the risk in spreading illness.
- Players, parents, and coaches should understand that social activities and gatherings outside of practices and games are sources of transmission among teams. Social activities indoors should be discouraged.

Resources:

Minnesota Department of Health

COVID-19 Sports Practice and Games Guidance for Youth and Adults:

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

COVID-19 Organized Sports Practice and Games Guidance for Youth and Adults

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

Situation Update for COVID-19:

<https://www.health.state.mn.us/diseases/coronavirus/situation.html>

Stay Safe Plan:

<https://mn.gov/covid19/stay-safe/stay-safe-plan/index.jsp>

Minnesota Youth Soccer Association

[COVID-19 Updates](#)

[Return to Play Responsibilities](#)

US Youth Soccer

<https://www.usyouthsoccer.org/resources/return-to-activity-resources/>

Additional Resources:

American Academy of Pediatrics

[Covid-19 Interim Guidance: Return to Sports and Physical Activity](#)