

WYOMING

Return to Play Guidelines



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S O C C E R



Return to Play Guidelines

Wyoming Soccer Association (WSA) is dedicated to protecting the health and safety of everyone.

The purpose of this document is to provide athletes, parents, coaches, and our affiliated clubs with information they can use to assist them with developing their return to training programs in the context of COVID-19.

As a guideline meant to be used by athletes and clubs with vastly different resources, this document should spark thoughtful deliberation among athletes, coaches and staff, who will use this information to create their own unique return to play plan that is specific to their situation, but must meet the criteria outlined in this document at a minimum.

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content is provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Wyoming Soccer Association makes no representation and assumes no responsibility for the completeness of this information.

Given the changing pandemic environment, these guidelines may change at any time. These guidelines address early phases of return to play. Additional guidelines will follow as the COVID-19 pandemic continues to evolve.

Before beginning to play games, clubs need to introduce training/practices in a manner that provides a safe environment, not only relative to COVID-19 but also to the prolonged layoff that athletes have had. The following pages contain the current recommended guidelines for early phase Return to Play.



Return to Play Guidelines

The following guidelines should be followed regardless of the Return to Play phase for every WSA Affiliated Club:

- If you are sick or feel sick, STAY HOME.
- At risk individuals, youth or adult, STAY HOME.
- If possible, temperature of participants, including coaches should be taken. *Anyone with a temperature of 100 or more should be sent home and not allowed to participate for a minimum of 14 days.*
- Assign a “station” for each player to place their equipment, and that they should return to during breaks.
- Each player must have their own ball and equipment.
- No one is to share water or any equipment. This includes, but not limited to:
 - Balls
 - Shoes, Socks, or Shin Guards
 - Jersey/Uniform
 - Practice Vest/Pinnies
 - Recommendation is to issue each player their individual practice vest/pinnie if possible
 - At minimum these must be washed after each use.
- Spectators should be limited and must maintain maximum recommended social distancing.
- If possible, recommendation is to have sanitizing options available. This may include:
 - Hand sanitizer
 - Disinfectant wipes to be used to wipe down all equipment.
- Respect for each individual’s choices must be the top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed.



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CLUB RESPONSIBILITIES

- Communicate club return to play protocols to members.
- Have an effective communication plan in place, that includes strategies for working with public health to notify adult leaders, youth and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.
 - Have an action plan in place, in case of a positive test.
 - Train and educate all staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information.
 - Be prepared to shut down and stop operations. Develop plans for temporary closure of indoor facilities and cancel outdoor activities or camps to properly disinfect and ensure other adult leaders or youth are not infected.
 - Develop a relationship and a dialog with health local officials (Identify risk tolerance).
- Be sensitive and accommodating to parents that may be uncomfortable with returning to play too quickly.
- Provide adequate field space for recommended social distancing.
- Have sanitizing options (liquid sanitizer or sanitizing wipes) available at facilities.



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COACH RESPONSIBILITIES

- Ensure the health and safety of the athletes.
- Have the right to send any player home should you believe they act or appear to be ill.
- Follow all state and local health protocols.
- Ensure all athletes have their individual equipment (ball, water, bag etc.)
- Coach is the only person to handle cones, disks etc.
- Conduct all training outdoors and ensure social distancing per State of Wyoming and county health guidelines.
- Maintain social distance requirements from players based on State of Wyoming and county health requirements.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive and caring during this time.



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PARENT RESPONSIBILITIES

- Ensure child is healthy before coming to fields; check your child's temperature before leaving home.
 - Notify club immediately if your child becomes ill for any reason.
- Limited or no carpooling.
- Stay in car or adhere to social distance requirements, based on State of Wyoming and local county health requirements.
- Ensure child's clothing is washed after every training session.
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized before and after every training.
- Do not assist coach with equipment before or after training.
- Be sure your child has necessary sanitizer with them at every training.



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PLAYER RESPONSIBILITIES

- Take temperature before coming to practice/training.
- Wash hands thoroughly before and after practice/training.
- Bring and use, hand sanitizer with you to every practice/training.
- Bring your own labeled water bottle filled from home.
- Do not touch or share anyone else's or coaches' equipment, water, snack or bag.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, no high 5's, Hugs, handshakes etc.
- If you need to talk with a coach, please maintain appropriate Wyoming or local county social distancing guidelines. We ask that you do not linger at the fields.



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BEST PRACTICES FOR TOPSOCCER

Players and Volunteers (including TOPSoccer Buddies):

- Greet players/parents at the beginning and administer screening questions about player illnesses and those within their household members.
- Check temperatures.
- Make masks and gloves available to those who want to wear them.
- Utilize hand sanitizer prior to, during, and after participation.
- Participants and attendees should use their own water bottle and personal hygiene products.



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BEST PRACTICES FOR TOPSOCCER (Continued)

Equipment

Prior to each session:

- All equipment that is touched during play should be disinfected with spray/wipes.
- If possible, only staff should touch equipment.
- All pinnies (vests) should be washed prior to each session.
- If using another facility's equipment (e.g. goals, benches), they should be sanitized/cleaned before and after sessions.

Exercises

- Emphasis should be placed on exercises that allow players and buddies to practice skills with 6' of distance from each other, if possible.
- Exercises should avoid transitions that involve "physically tagging a teammate" such as relay races or tag. Use alternative visual cues.



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BEST PRACTICES FOR TOPSOCCER (Continued)

Small-sided games

- Reduce the amount of time (and total number of players).

Closing rituals

- No handshakes, high-5s or group celebrations
- Consider alternatives that avoid contact – e.g. New Zealand Haka Dance, hand waves, etc.

After the session

- Have a wastebasket available for masks and gloves.
- Require everyone to use hand sanitizer before leaving sessions.
- Use disinfectant spray/wipes on high traffic areas, especially gates or door handles, water fountains.



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ADDITIONAL RESOURCES

State of Wyoming COVID-19 Information

- <https://covid19.wyo.gov/>

Wyoming Department of Health

- <https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/>

Centers for Disease Control and Prevention

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>