



WORCESTER YOUTH SOCCER LEAGUE, INC

SPRING 2021 COVID-19 Safety Plan

Mission

The Worcester Youth Soccer League is a non-profit, **all volunteer**, organization established to serve soccer players at a youth level in the City of Worcester. We, as a league, are committed to promoting soccer skills, sportsmanship, and team play in a safe and fun environment. The league is operated following the guidance of US Youth Soccer and the Massachusetts Youth Soccer Association. Our teams compete in both competitive travel leagues as well as an in-house developmental league with opportunities for players of all skill levels. Our goal is to provide an experience that young soccer players will carry forward with them and to help them understand and appreciate the experience of working with other individuals as a unit.

Lyne` McDonagh
President@WYSL.Org
April 1, 2021



Worcester Youth Soccer League, Inc. is dedicated to protecting the health of all people in and outside of our community. In a combined effort with Massachusetts Youth Soccer Association to assist our players, coaches, and parents with required changes to soccer activities due to COVID-19, the following protocols for our membership to use. Given the nature of this pandemic, this framework may change at any time based on the most recent CDC and or Massachusetts Department of Public Health (DPH) guidelines.

The information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only.

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SPRING 2021 COVID-19 SOCCER PROTOCOLS

Governor Baker has provided a 4-phase guideline to reopen the state. Each phase of return has specific guidelines that must be followed by the Worcester Youth Soccer League, Inc.

Below is a list of the phases and an explanation as to how it applies to youth sports.

NOTE: The information provided below is based on the most recent guidelines provided by the Commonwealth of Massachusetts for the return to Phase IV step 1 as of March 22, 2021.

PHASE I (COMPLETED)

PHASE II (COMPLETED)

PHASE III (COMPLETED)

PHASE IV Step I

In accordance with COVID-19 order no.66 issued by the Commonwealth of Massachusetts and effective March 22, 2021 by the Executive Office of Energy and Environmental Affairs (EEA), soccer remains classified as a Moderate risk sport. Moderate risk is defined as a sport or activities that involve intermittent close proximity or limited incidental physical contact between participants. Sports in this category are permitted to participate in Level 1, 2, and 3 training activities.

- Level 1 activities are defined as individual or socially distanced group activities (no-contact workouts, aerobic conditioning, individual skill work and drills.)
- Level 2 activities allow for Competitive Practices (Intra-team/group games, contact drills and scrimmages)
- Level 3 - Competitions (Inter-team games, meets, matches, races, etc.)

The Commonwealth of Massachusetts has stated that the ability to participate in sports and recreational activities is determined by a combination of:

(1) risk of transmission of COVID-19 inherent in the sport or recreational activity itself as traditionally played; (2) level of risk associated with the Type of Play” without modifications to play; and (3) whether a sport or activity can “Modify Play” to reduce risk.



COOPERATION WITH HEALTH OFFICIALS

Facility Operators and Activity Organizers as well as coaches, participants and others engaging in sports activities are required to cooperate with state health officials and local boards of health and their authorized agents. WYSL Activity Organizers will keep rosters of all participants with appropriate contact information and make that information available upon request by state officials, local boards of health and their authorized agents.

Should WYSL Activity Organizer fail to comply completely and promptly with health officials, operators and organizers risk closure or suspension of a league's practices or games.

REQUIRED SAFETY PROTOCOLS

All WYSL Activity Organizers will incorporate the following standards for social distancing, hygiene, staffing and operations, cleaning, and disinfecting.

FIELD FACILITY

- Outdoor Facilities: Spectators must maintain distance of at least 6 feet between spectator groups. A spectator group is defined as a family unit.

All spectators must be kept at least 8 feet away from the playing surface.

Spectators must wear facial coverings.

- Indoor Facilities: WYSL will not utilize indoor facilities during the 2021 Spring Season.

- Limit any nonessential visitors, spectators, staff, volunteers, and activities involving external groups or organizations as much as possible. **Visitors, spectators, volunteers, and staff must wear face coverings.**

PROTECTIVE EQUIPMENT AND FACIAL COVERINGS

Massachusetts Youth Soccer is requiring all players to wear a face covering in accordance with the EEA Safety standards for Youth and Adult Amateur Sports activities, Phase IV Step 1 effective March 22, 2021 Facial Coverings must be worn by all participants during active play except:

- During swimming, water polo, water aerobics or other sports where individuals are in the water or,
- For individuals with a Documented medical condition or disability that makes them unable to wear a face covering.

For the purpose of this guidance a facial covering means a face mask that completely covers the nose and mouth. Only face coverings that secure with loops around a player's ears are acceptable. Masks with exhalation valves or vents (including mesh masks) are not acceptable and should NOT be worn by anybody.

Face coverings must be a separate accessory.

Participants can take mask breaks when they are out of proximity of other players (at least 6') using caution to avoid touching the front or inside of the face covering by using the ear loops to remove and replace.

Participants must wear facial covering while on the bench at all times and in any huddles.



Coaches, staff referees, umpires, and other officials are required to wear facial coverings and maintain a social distance of 6 feet from players, coaches, spectators, and other persons at all times. Unless otherwise specified by the league or facility any CDC recommended facial covering may be worn.

If conditions are so severe as to warrant masks too dangerous to wear, the competition must be delayed, postponed, or cancelled.

WYSL ACTIVITY ORGANIZER

The spectator area must allow for at least of 6' feet of social distancing between all family units.

- Sportsmanship should continue in a touchless manner- no handshakes/slaps/fist bumps.
- If social distancing is not possible in an athletic facility, spectators may be asked to wait outside the facility until an activity is completed.
- If benches and bleachers are utilized six feet of distance must be maintained between each participant at all times and they should be thoroughly cleaned using CDC recommended cleaning protocols between uses.

The following procedures should remain in place for all participants and spectators:

- No signs or symptoms of COVID-19 in the past 14 days and you have not been exposed to someone who has been ill in 14 days.
- Check for normal temperature before going to training - (temperature 100.4 or higher please stay home).
- Upon arrival to training, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If the athlete has any signs or symptoms of COVID-19 they should be sent home and instructed to contact their healthcare provider. They will not be allowed to return to training until they are cleared by a healthcare provider. A doctor's note must be provided.
- Participants, organizers, spectators, volunteers, and facility employees in high-risk categories should not participate or attend organized sport activities.
- WYSL coaches will have on site, infection prevention supplies (e.g. hand sanitizer, facial tissues, facial coverings). Players and parents must utilize on their own, Coaches will not apply.
- Small group training should take place in an area where physical distancing (6' apart) can be maintained.
- All spectators must adhere to CDC and DPH assemblage and distance guidelines. Spectators, nonessential visitors, staff, volunteers, and activities involving external groups or organizations should be limited as much as possible. WYSL is asking that 1 immediate family member only attend training practices and games.
- Spectators must practice social distancing including wearing face coverings.

Participants/players should use their own equipment and be instructed to sanitize their equipment after every training session.

- Each participant/player will be required to have their own water bottle, towel, and personal hygiene products (hand sanitizer, facial tissues, face coverings). Players are required to wear face coverings during all soccer activities,

Coaches and spectators will be required to wear face coverings and always maintain a social distance of 6 feet. Tissues, wipes, or disposable gloves must be properly disposed in the appropriate receptacles or taken out with the user.



- Cleaning schedule/protocol of equipment (cones, goals etc.) with disinfectant before, during, and after training.
- Appropriate personal protective equipment (gloves, face coverings/masks) must be worn as required per DPH guidelines.
- Wear a face covering, when not actively playing and when a player cannot abide by the physical/social distance requirements from coaches, other players, and parents.
- Soccer will be permitted to be played by the players under the rules/laws of the sport with modifications as noted by Worcester Youth Soccer League or Mass Youth Soccer Association.

COACHING A TRAINING SESSION and GAME DAY

Step 1: Player Contact - Every Practice/Game:

- Send an email regarding the date time and location of the practice session.
- Understand that there may be parents/guardians who may not be ready to have their child return to activities at this time.
- Request that each player bring a dark and light shirt to eliminate the need of shared scrimmage vests.
- Create a list of expected attendees to keep track of attendance. (Use of Apps such as TeamSnap or Team-App is encouraged to assist with Contact Tracing if required) **Keep ALL copies of Rosters and Attendance Logs. At the end of the season, rosters and logs will be handed over to the WYSL Safety Coordinator.**

Step 2: Prior to arrival at the practice location:

- Obtain necessary cleaning, disinfecting and personal protective equipment supplies.
- Players are required to wear face coverings per *the most recent EEA Guidelines. Players must properly wear their face covering at all times when on the sidelines and in any huddles except when 6 or more feet from another player for a “mask break” to catch their breath, drink or eat. If conditions are so severe as to warrant masks too dangerous to wear, the competition must be delayed, postponed, or cancelled.
- Only face coverings that secure with loops around a player’s ears are acceptable. Face coverings must be worn at all times. The default expectation is that face coverings will be worn.
- Select, read, and understand the age-appropriate Training Session Plan that you are going to use.
- Take inventory, clean, and disinfect all coaching equipment to be used.

Step 3: Upon arrival at the practice location:

- If possible, set up the field to deliver the practice session. (Start with the end in mind.)
- As Players arrive, inquire how athletes are feeling, send them home if you believe they are acting or look ill.
- Assign each player to a designated “waiting area”.
- Create a designated “Player Equipment Area”.
- Remind the players regarding - No handshakes, fist or elbow bumps or any other physical contact.



Step 4: During the practice activity:

- Throughout the practice, during breaks for water encourage proper hygiene, washing hands frequently with soap and water or hand sanitizer, for at least 20 seconds at a time. Use alcohol-based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands). Follow all state and local health protocols.
- Ensure the health and safety of all athletes.
- Coach is to be the only one to handle cones, discs, goals etc.
- Ensure all athletes have their individual equipment. (Ball, water bottle, GK Glove etc.)
- Ensure player's personal belongings (bags, coats, sweatshirts) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items.
- Do not allow shared team snacks.
- Coaches wear a face covering, always and abide by the physical/social distance requirements from players and parents.
- STAY POSITIVE – Players and parents will be looking to you to remain calm and supportive during this transition time.

Step 5: At the Conclusion of the Practice/Game Session:

- Monitor Players as they exit the playing area.
- Ensure Social Distancing is adhered to and that PPE is being worn.
- Ensure that each player is picked up by their parents or guardian.
- Ensure that all social distancing is maintained for players waiting for their ride to arrive.
- Remind the players to clean and disinfect their individual equipment when they arrive home.

Step 6: Post Practice /Game Session:

- Clean and disinfect all equipment.
- Launder any and all clothing worn during the practice session.
- Communicate with Parents and request that you are alerted if any players may have been in contact with COVID-19.
- Reflect on the Players Performance.
- Reflect on your Performance.
- Plan for the next practice session/game.

Scheduling of Practice/Games:

- Schedule groups/teams with a recommended minimum of 20 minutes in between the time one team concludes and the other arrives. Players must leave immediately after their session. Players should not arrive at their field earlier than 5 minutes prior to their scheduled start time. Some facilities may require longer periods of time between games based on field proximity to parking areas.
- As much as possible keep groups to 4 teams for a 6-game schedule or to 6 teams max for an 8-game schedule. Dependent on facility field.



The Playing Surface: The previous limit of 25 participants per playing surface has been removed.

COACH

- Understand that there may be parents/guardians who may not be ready to have their child return to activities at this time.
- For the purpose of this guidance a facial covering means a face mask that completely covers the nose and mouth. Only face coverings that secure with loops around a player's ears are acceptable, so as not to cause injury if accidentally tugged or pulled on. No around the head or neck face coverings (gaiters) will be permitted during contact play. No face coverings with air valves, or mesh masks will be allowed.
- Ensure the health and safety of all athletes.
- Ensure athletes arrive dressed for practice and leave immediately after game/practice. No recreational play, or loitering is allowed.
- Upon arrival, inquire how athletes are feeling, send them home if you believe they are acting or look ill.
- Take accurate attendance use of Apps such as TeamSnap or Team-App is encouraged to assist with Contact Tracing if required) WYSL is currently looking into this for all teams.
- No handshakes, fist or elbow bumps, or any other physical contact.
- Practice and encourage proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Use alcohol-based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands). Launder clothing after training session.
- Follow all state and local health protocols.
- Coach is to be the only one to handle cones, discs, goals etc.
- Ensure all athletes have their individual equipment. (Ball, water bottle, GK Gloves etc.)
- Ensure player's personal belongings (bags, coats, sweatshirts) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items.
- Ask players to bring their own personal practice vest (a.k.a. pinnie) or a dark and light shirt to eliminate the need of shared scrimmage vests.
- Do not allow shared team snacks. Participants and spectators should only drink from their own containers.
- Wear a face covering at all times and you must maintain social distancing of 6 feet from players, coaches, spectators, and other persons at all times. Only CDC recommended face coverings will be allowed, unless otherwise specified by league or facility.
- **STAY POSITIVE** – Players and parents will be looking to you to remain calm and supportive during this transition time.



PARENTS

- Ensure your child's health. Take temperature daily. The average normal body temperature is generally accepted as 98.6°F (37°C). Some studies have shown that the "normal" body temperature can have a wide range, from 97°F (36.1°C) to 99°F (37.2°C). A temperature over 100.4°F (38°C) most often means you have a fever caused by an infection or illness.
 - If your child has any symptoms, even mild ones, do not send them to practice or a game. Public health urges you to stay home and isolate until:
 - You have had no fever for at least 72 hours (without the use of medicine) AND
 - Other symptoms (cough, shortness of breath) have improved AND
 - At least 7 days have passed since your symptoms first appeared.
 - Anyone in your household or that you have had close contact with (within six feet for approximately 15 minutes over a 24-hour period) should self-quarantine based on current CDC guidelines, The Commonwealth of MA and direction from your local Board of Health.
 - Notify the club immediately if your child has become sick.
 - Notify your soccer organization immediately if your child has been identified as a close contact by a school or public health authority.
- Adhere to physical/social distance requirements posted by the organization. These are based on state and local requirements. When at training, wear a face covering if you are outside of your car.
- Ensure that your child has a water bottle, equipment (ball and GK Gloves if necessary), light and dark shirt (no shared scrimmage vests will be provided).
- Ensure your child's personal equipment, cleats, balls, shin guards etc. are cleaned and sanitized before and after every training.
- Ensure your child's clothing is washed after every session.
- Do not assist the coach with equipment before or after a training session.
- No carpooling with other members of the team is recommended. In the event that transportation of a nonfamily member becomes necessary, all parties in the vehicle must wear cloth face coverings or face masks and to the extent possible have external air circulating in the vehicle such as opening a window.
- Be sure your child has necessary sanitizer with them at every session.
- Ensure athletes arrive dressed for practice and leave immediately after practice. No recreational play, or loitering is allowed.
- A face covering will be required per the most recent EEA guidelines while actively playing and while on the sidelines. A face covering should be worn during arrival and departure from the field. Only a face covering that loops around a player's ears will be considered acceptable. See PROTECTIVE EQUIPMENT AND FACIAL COVERINGS section for full description.
- Facial Coverings must be worn by all participants during active play.



PLAYERS

- Take temperature daily (see information outlining this in the parent's section).
- Practice and encourage proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Use alcohol- based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth) with unwashed hands.
- Have your own hand sanitizer with you.
- Facial Coverings must be worn by all participants during active play. See PROTECTIVE EQUIPMENT AND FACIAL COVERINGS section for full description.
- Only a face covering which attaches around the ears will be allowed, so as not to cause any injury if accidentally tugged or pulled on. No around the head or neck face coverings will be permitted during contact play. No masks with air valves or mesh masks will be allowed.
- Practice physical distancing on the sidelines. When sitting on the sidelines you should be 6' from the next player and wear a mask as much as possible. Your belongings should remain in your space when not in use.
- Bring your own equipment (Ball, GK Gloves (if required), shin guards, jacket etc.) Do not touch anyone else's equipment.
- Bring your own water bottle and snack. Do not touch anyone else's belongings as sharing will not be permitted.
- Wash and sanitize your equipment before and after each training practice/game.
 - No group celebrations, hugs, handshakes, fist bumps, etc.
 - WYSL coaches have been issues extra face masks, and hand sanitizer and sanitizing wipes, they will allow your child to use these items; however, we will not apply them to the players.



REQUIREMENTS WHILE CONDUCTING SOCCER ACTIVITIES

- Team COVID-19 Coordinator will communicate with the coach to ensure all required policies and procedures are in place during the training session.
- Designated player equipment area is set up next to the playing area you are assigned to. The area should be away from the sideline and the spectator area.
- Adhere to guidelines regarding proper use of face coverings and masks.
- The Coach is the only person who can touch any cones or equipment. Coaches should not handle a player's soccer ball with their hands at any time.
- Throughout practice, during breaks for water, encourage proper hygiene as provided in the guidelines.
- The Coach shall take proper attendance for each session, recording on paper/rosters and securing these rosters through the end of the season, plus 3 weeks.

In the event that a member test positive for COVID-19

1. The affected party (parent/guardian for player) should notify the COVID-19 Safety Officer and or President Lyne McDonagh President@WYSL.org for the organization.

2. Upon notification the COVID-19 Safety officer and or President Lyne McDonagh President@WYSL.Org will obtain details regarding the exposure timeline. Details should include, when the person was exposed, when they first exhibited symptoms, and their last contact with the team.

3. COVID-19 Safety Officer and or President Lyne McDonagh will notify the local Department of Public Health or Department official. Based on the information provided the Department of Public Health will provide guidance in regard to next steps.

4. If directed to, WYSL will notify the local Department of Public Health, notify those who would be considered close contacts of the affected party.

This is done using the Worcester Youth Soccer League, Inc notification link: [COVID-19 Notification Letter](#) **It is important to keep rosters of who was at practices and games each day to aid in the contact tracing process. Do not release the name of the affected person. Be prepared to stop all activities with the affected team/teams in accordance with current CDC guidelines and Public Health department recommendations.**



GLODIS FIELD

Worcester Youth Soccer League-Home Field

2021 Spring Season

GLODIS FIELD – Turf Field 211 Providence Street Worcester, MA 01607
Worcester Youth Soccer League-Home Field

Worcester Youth Soccer League welcomes you and all team scheduled to play here at Glodis Field. We request that all teams and visiting teams abide by the COVID-19 Protocol's listed below. Each phase of return has specific guidelines for sports that must be followed by the Worcester Youth Soccer League, Inc., and Guests. If you have specific questions or concerns, please reach out to Lyne McDonagh or Jim Soto, contact information is listed below.

PHASE IV Step I

Governor Baker has provided a 4-phase guideline to reopen the state.

- Capacity Limits • Outdoor facilities with a permitted capacity must limit capacity to no more than 50% of the facility's maximum permitted occupancy.
- Glodis Field; an athletic field with small viewing stands.
- Spectators; One (1) immediate family member/with siblings.
- Spectators must always wear facial coverings and maintain 6' feet of social distance between all family units.
- Players should not arrive at their field earlier than 5 minutes prior to their scheduled arrival time. Players and spectators must leave immediately after their session.
- Please ensure accurate attendance for all game sessions. This is necessary for contact tracing if this should become necessary.
- Warm-ups will not be permitted adjacent to the assigned field prior to the scheduled start time for a team.
- Do not congregating in the parking lot, common areas, entrances, and exits before and after games/practice. Tailgating and other social gatherings are strictly prohibited in common areas.
- Provide adequate space at the field to allow for proper physical/social distancing (6').
- All waste should be placed by the respective parent, player, coach, or spectator in the trash receptacle, or take out with you.
- No Food or Drinks other than water may be on the turf field.

In case of an emergency please contact:

President	Lyne McDonagh	President@WYSL.org	508-277-9033
Vice President	Jim Soto	VicePres@WYSL.org	774-578-5963



DISCLAIMER

Participants, parents, family, and spectators taking part in soccer and soccer related activities do so with the knowledge of risk and potential exposure involved. In doing so they agree to accept any and all inherent risks to their personal health.

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