



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 the MDHHS Emergency Orders. 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>
Applicable Orders from State				Current MDHHS Emergency Order under MCL 333.2253	TBD
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	
<p>COVID 'Point of Contact'¹</p>	<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>				
Testing for athletes between the ages of 13-19	<p>Weekly testing (SARS-CoV-2) of all unvaccinated athletes (ages 13-19) is required for participation in organized sports, including youth (club) soccer. Unvaccinated participants (ages 13-19) can only participate in organized sports with proof of a negative diagnostic test (antigen or RT-PCR) on at least a weekly basis. Fully vaccinated persons are not subject to the weekly testing requirements set forth in section 5(d) of the Emergency Order, unless they have COVID-19-like symptoms. "Fully vaccinated persons" means persons for whom at least two weeks has passed after receiving the final dose of an FDA-approved or authorized COVID-19 vaccine. Participants who have recovered from confirmed COVID-19 in the past three months (and who remain symptom-free) are also not subject to these weekly testing requirements, if they can provide the appropriate "proof" or doctor's letter as described in the MDHHS Interim Guidance for Athletics.</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).</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. All team training and activities should be postponed until the local health department can make a final determination of individuals who need to quarantine due to being close contacts 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 14 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>				



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When/how can participant return to activity after a confirmed case	<p>At least 10 days after onset of symptoms, 24 hours with no fever (without the use of fever-reducing medications), and improvement of other COVID-19 symptoms. Follow guidance from LHD.</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>Quarantine periods for close contacts are determined by, and at the discretion of, the local health department (LHD). Participants with confirmed exposure to COVID-19 must be symptom-free and be removed from quarantine in order to return to soccer activities.</p>				
Presence of any illness	<p>Participants should stay home until improved and/or cleared by a medical provider.</p>				
High-risk individuals	<p>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.</p>				
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> <p>It is recommended by the State of Michigan, and MSYSA, that all clubs/teams utilize the MI Symptoms Tool to help screen participants for COVID-19 symptoms.</p>				
Communicable Disease Waiver	<p>Required for all MSYSA-specific programs, activities, events; strongly recommended for other affiliated activities.</p>				
Personal Protective Equipment (PPE)	<p>Participants should have appropriate infection prevention supplies such as (but not limited to) hand sanitizer, facial tissues, and facial coverings. Participants should bring and use hand sanitizer before and after every training/activity.</p> <p>While facial coverings are not required outdoors, MDHHS strongly recommends that all individuals (i.e., athletes, coaches, team officials, spectators, parents/guardians, etc.) who are not fully vaccinated remain masked during outdoor gatherings. While indoors, fully vaccinated individuals are no longer required to wear facial coverings, but those that are not fully vaccinated must continue to wear facial coverings.</p> <p>Clubs, leagues, and/or facilities should provide hand sanitizing stations that use at least 60% alcohol and waste receptacles at fields for individual participant use.</p>				



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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>				
Social Distancing	Team officials and spectators must maintain social distancing at all times. Players must practice social distancing at all times, except when they are in active participation during a training or competition.			Subject to MDHHS Emergency Order under MCL 333.2253	
Gathering Size	<p>Subject to MDHHS and LHD Order(s) See current MDHHS Gatherings and Face Mask Order.</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>				
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>				
SOCCER-SPECIFIC ACTIVITIES					
Player contact	No contact (direct or indirect) between participants; at least 6 sq. ft. of space should be designated per player.	Small-sided, intra-team scrimmages & set-play activities are permitted. Except for these activities, social distancing should still be observed	Full Team competitions are permitted.		

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Handshakes, hugs, fist bumps, high-fives or contact celebrations	Not permitted			Not Recommended	
Passing ball	The use of shared balls between players is allowed during foot drills with the avoidance of hands by field players.			Passing the ball is permitted.	
Shooting on goalie	For goalkeeper training, soccer balls should not be shared. Plan for at least one sanitized soccer ball per goalkeeper during shooting on goalie drill.		Shooting on the goalie is permitted.		
Headers	Not permitted		Headers are permitted but should not take place for U11 and below. Balls must be cleaned and sanitized before and after each activity.		
Throw-ins	Not permitted		Throw-ins are Permitted.		
Scrimmages	Not permitted		Small-sided (intra-team) scrimmages & set-play activities are permitted. Except for these activities, social distancing should still be observed.	Full scrimmages (inter-squad, across the club or outside the club) are not recommended unless all mitigation measures are and can be implemented.	
Bibs/Pennies	Where possible, general bibs / pennies should not be used. If bibs / pennies are used, clubs may temporarily issue bibs / pennies to players. Bibs / pennies should be placed at a station ahead of player arrival, instead of handed out by coaches and staff. Players would be responsible for bringing these bibs to training and washing them after training. Issued items should be clearly labeled and not shared or rotated amongst players during training.				
Small group training (cohorts)	Recommended maximum of nine (9) players and one (1) coach (or less, based on state/local social distancing guidelines). Whenever possible, limit mixing of different groups of players and coaches.		Permitted.		

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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.			Ensure appropriate social distancing and proper hygiene. Consider using electronic passcards, rosters, game cards/reports.	
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.			MSYSA recommends cleaning and sanitizing soccer balls before and after each game. Sanitized back up ball(s) should be available.	
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.	
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	US-Canada border is currently closed to all non-essential travel.				

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OTHER					
Spectators	Spectators are no longer required to wear facial coverings during outdoor activities regardless of their vaccination status. While facial coverings are not required outdoors, MDHHS strongly recommends that individuals who are not fully vaccinated remain masked during outdoor gatherings. While indoors, fully vaccinated spectators are no longer required to wear facial coverings, but those who are not fully vaccinated, must continue to wear facial coverings.				
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.				
Team/club meetings; board meetings	Continue to conduct meetings virtually whenever possible. If meetings are held in-person, conduct the meeting at a social distance & with proper PPE. Whenever possible, avoid holding team meetings in confined spaces and/or closed environments. Keep in-person meetings brief.				
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. Social Distancing guidelines must be in effect			
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>

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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>

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