



COVID-19 Action Plan

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Safely Returning to Soccer Activities

The Victoria Youth Soccer Organization Board of Directors recognizes that many in our community are ready to resume youth sports. The Board feels that by implementing appropriate modifications we can safely resume soccer activities. Everyone will need to work together to create a safe environment for our youth to play soccer. The Board has established these guidelines that everyone involved will need to follow.

These guidelines are not intended to replace professional medical advice. All involved are strongly encouraged to read and follow the most recent CDC recommendations or speak with their healthcare provider.

Important Risk Considerations

Before starting training sessions, practices, games or other soccer activities, all participants should [consider the risk](#) associated with COVID-19 being spread between all players, team officials, spectators, referees, board members, facility monitors, employees, and other volunteers.

The more physical or close contact that occurs, the higher risk there is in spreading illness. The more interactions, the physical closeness of the interactions and the length of interactions, the higher the risk of transmission spread. Therefore, [risk will depend on the type of activity](#). Activities that require close interaction, indoor spaces, and the sharing of equipment or contact points will make it more difficult to maintain social distancing. These interactions will increase risk of transmission.

There may also be an increased risk of COVID-19 when participating in a game or tournament. COVID-19 activity may be different in different regions of the state, and this contributes to a possible increase in risk. If teams are considering traveling to other regions of the state for games or tournaments, they should be aware of COVID-19 activity and travel restrictions from local, state, regional and federal policies to inform their decisions.

Children participating in youth sporting events or practice should minimize in-person contact with any person 65 years of age or older, especially those with pre-existing health conditions, for a period of 14 days. This includes maintaining social distancing of at least 6 feet of separation from those individuals, wearing a face covering or mask, and avoiding sharing utensils or other common objects with those individuals.

Resources Used to Make Decisions

The Victoria Youth Soccer Organization Board of Directors uses the following resources when determining the level and type of activities allowed and the guidelines necessary to maintain a safe soccer environment. These guidelines may change at any time depending on recommendations from these resources and governing bodies.

- Centers for Disease Control and Prevention (CDC) Information ([Considerations for Youth Sports](#))
- State of Texas Executive Orders and/or Mandates ([Executive Order GA-29](#), [Open Texas Checklist for Youth Sports Organizers](#), [Checklist for Youth Sports Families](#))
- City/County of Victoria Orders and/or Mandates and number of active COVID-19 case counts
- South Texas Youth Soccer Mandates, Guidelines, and Recommendations ([COVID-19 Resource Handbook](#), [Supporting a Safe Return to Competition](#))

Definitions

Club Safety Coordinator	Primary safety coordinator for VYSO, appointed by the Board of Directors. Responsible for implementing the VYSO COVID-19 Action Plan. The Board has appointed Michelle King to serve as the Club Safety Coordinator. Michelle's contact info: vysoadmin@gmail.com , 361-574-8976, ext. 1.
Cohort	A cohort is defined as one team, REC or select. This applies to players rostered to the team.
Face Mask	A protective mask, or cloth, covering the nose and mouth.
Field Marshal	Board Member, or responsible adult appointed by the Board of Directors, that has the responsibility to observe VYSO activities and has the authority to act to resolve issues and situations that arise during those activities.
Participant	Player, Coach, Assistant Coach, Team Manager, Spectator, Referee
Spectator	Any individual watching a practice, game, or other team activity that is not a player, team official, or referee involved in that practice, game, or other team activity.
Staff	Board Members, Field Marshals, Employees, and other Volunteers
Team Official	Coach, Assistant Coach, Team Manager

COVID-19 Prevention and Hygiene Information

Everyone should read and be familiar with the CDC recommendations for COVID-19 prevention.

- [Link: CDC Recommendations for COVID-19 Prevention](#)

Stay at home if you are sick

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

- [Link: CDC list of COVID-19 symptoms](#)
- [Link: CDC info on What to Do If You Are Sick](#)

Safe Return to Soccer Activity

The VYSO Board of Directors has established this COVID-19 Action Plan as a guideline for a safe return to soccer activity.

The Board has adopted a phased approach to safely return to soccer. The current phase may move forward or backward based on the local and/or state COVID-19 situation. VYSO cannot be in a higher phase than its parent organization, [South Texas Youth Soccer Association](#).

Phase 0	Phase 1	Phase 2	Phase 3	Phase 4
<p>No in-person training or competitions.</p> <p>Virtual training options are permitted.</p>	<p>Individual skill training and small group training allowed.</p> <p>Must follow VYSO COVID-19 Action Plan.</p>	<p>Regular practices and scrimmages allowed within team (cohort)</p> <p>Must follow VYSO COVID-19 Action Plan.</p>	<p>Regular practices within team (cohort).</p> <p>Scrimmages allowed within club.</p> <p>Games allowed locally and within same-day travel.</p> <p>Must follow VYSO COVID-19 Action Plan.</p>	<p>No restrictions on training, practices, games, or travel.</p> <p>The VYSO COVID-19 Action Plan and other restrictions no longer apply.</p>

Face Mask Recommendation

Face masks should be worn, over the nose and mouth, while entering or exiting VYSO Soccer Complex or other practice/game field/facility, until able to adequately maintain social distancing of at least 6 feet.

Best Practices for a Safe Soccer Environment

Everyone involved should do their part to create and maintain the safest possible environment for kids to play soccer. The Board has established the following guidelines as best practices.

- Follow CDC recommendations and the VYSO COVID-19 Action Plan
- Individuals should assess their own level of risk for participation based on risk for severe illness.
- Parents are ultimately responsible for the health and safety of their own child and should assess their child’s level of risk for participation.
- Actively encourage sick players, their families, and other participants to stay home.
- Health Screenings of players, team officials, and spectators at each practice, game, and other team activities.
- Immediately separate individuals with COVID-19 symptoms and send them home.
- Clean and disinfect frequently touched surfaces at practice and game locations.
- Have hand sanitizer available, for use by players and other participants, at all practices, games, and other team activities. Instruct participants to wash hands or use hand sanitizer before and after activities.
- Participants should maintain social distancing guidelines, 6 feet distance, from others wherever possible.
- Participants should wear a face mask when unable to maintain social distancing guidelines.
- Players should have their own soccer gear and equipment for each practice and game which should be cleaned and disinfected before and after each use.
- Coaches should be the only ones to touch or handle all shared training equipment. The coach should clean and disinfect all equipment before and after each use.
- Participants should avoid unnecessary contact such as huddles, handshakes, high fives, fist/elbow bumps, parent tunnels, or other forms of contact.

Participation and Attendance Eligibility

All Participants, Parents/Guardians, Spectators, and Staff must know, understand, and follow all Participation and Attendance Eligibility Requirements.

Risk of Participation or Attendance

The more people an individual interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple individuals, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity.

Avoid Contact with Individuals at Higher Risk

Children participating in youth sporting events or practice should minimize in-person contact with any person 65 years of age or older, especially those with pre-existing health conditions, for a period of 14 days. This includes maintaining social distancing of at least 6 feet of separation from those individuals, wearing a face covering or mask, and avoiding sharing utensils or other common objects with those individuals.

Eligibility Criteria

In order to participate in or attend practices, games, meetings, or other VYSO activities, individuals must meet all the following criteria:

- Are not at increased risk for severe illness ([CDC Guidelines for People at Increased Risk](#))
- Have no known exposure to someone that has been ill in the last 14 days.
- Have no signs or symptoms of COVID-19 in the last 14 days. Signs and symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. This list does not include all possible symptoms. The CDC will continue to update the list as they learn more about COVID-19. [Link: CDC list of COVID-19 symptoms](#)
- Not restricted from participation or attendance by a healthcare provider.

Health Screenings

Prior to arrival at the practice, game, meeting, or other activity location, all individuals should check their own temperature; a parent/guardian should check the player's temperature. If any individual has a temperature of 100.4°F, or does not meet the eligibility criteria above, he/she cannot participate in or attend any activity.

Practice and Game Day Recommendations

These recommendations apply to all practices, REC and Select, regardless of location.

- Health Screenings should be conducted, as detailed above.
- Everyone should maintain social distancing guidelines when entering and exiting the facility.
- Everyone should wear a face mask when entering and exiting the facility and until able to adequately maintain social distancing.
- Players and Team Officials should bring own supplies and equipment (face mask, soccer ball, water bottle, hand sanitizer, sunscreen, etc.) Team Officials should remind players to not share these items.
- Coaches should clean/disinfect all soccer balls and equipment before and after practice.
- Players should not wear masks around neck during training, practice, warmup, or games as this would be a choking hazard.
- No huddles, handshakes, high fives, fist/elbow bumps, parent tunnels, or other forms of contact
- Spectators, players, and team officials should leave the field/facility immediately after their practice/game.
- No benches or seating should be provided; players, team officials, and spectators must bring their own seating.

Reporting Suspected or Confirmed Cases of COVID-19

It is important for any participant with a suspected or confirmed case of COVID-19 to follow the Reporting Guidelines so that anyone potentially exposed can be notified.

Reporting Guidelines for all Participants

When a participant has a suspected or confirmed case of COVID-19, the participant, or the player's parent/guardian, shall notify the Club Safety Coordinator (Michelle King, vysoadmin@gmail.com, 361-574-8976, ext. 1).

Notifications to Those That May Have Been Exposed to a Suspected or Confirmed Case

Suspected Case

Once the Club Safety Coordinator has been informed that a participant has a suspected case of COVID-19, he/she will notify anyone within the club that may have had contact with that individual within the 14 days prior to the diagnosis of the suspected case. The identity of the individual with the suspected case must remain confidential.

Confirmed Case

Once the Club Safety Coordinator has been informed that a participant has a confirmed case of COVID-19, he/she will notify anyone within the club that may have had contact with that individual within the 14 days prior to the diagnosis of the confirmed case. The identity of the individual with the suspected case must remain confidential.

The Club Safety Coordinator shall also notify any other organizations/teams involved in competitions with that individual in the 14 days prior to the diagnosis of COVID-19.

The Club Safety Coordinator shall also notify STYSA of the confirmed case of COVID-19.

Outbreaks of COVID-19 within Team or Organization

Team Outbreak: Any team that has more than three (3) confirmed cases of COVID-19 is considered to have an outbreak within their team and should pause team activity until all participants have completed a self-quarantine according to CDC and local health guidelines.

Organization Outbreak: If three (3) or more cohorts (teams) in VYSO have individuals test positive for COVID-19, the Club Safety Coordinator should contact the Victoria County Health Department about continued operations.

Quarantine, Isolation, and When to Return to Participation

Please follow the most recent CDC Recommendations or contact your healthcare provider for information to determine if you need to Quarantine or Isolate. This information is not intended to replace professional medical advice

- [Link: CDC Recommendations for quarantine period](#)
- [Link: CDC Recommendations: Learn more about what to do if you are sick.](#)
- [Link: CDC Recommendations for isolation period](#)
- [Link: CDC recommendations for people with severe COVID-19 or with severely weakened immune systems](#)