



The following guidelines apply to all OAA Soccer League Activities to ensure the safety of players, coaches, referees and families.

Each team will need to designate a Return to Competition representative. This person will not be participating in the actual practice but observing and assisting with sanitizing. This person along with the head coach will need to go over the guidance with the OAA director. The Return to Competition representative will be responsible to ensure all practice requirements are being adhered to as outlined below.

MYSA guidelines for Return to Competition Protocols should be incorporated and can be found on the MYSA website at [Return to Competition Protocols](#).

Practices/Games:

1. OAA will provide regular updates as guidance changes through emails and/or updates to the OAA Website. The coach and Return to Competition representative will review any updates with the players and families. All families are expected to educate their players on the practice and game requirements.
2. All participants will be asked to do a self-health check using the MDH Self Screen Tool <https://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid/>
 - a. If a player/coach thinks they are sick, stay home! Specifically: symptoms of acute respiratory disease (i.e. cough, sore throat, shortness of breath), fever, sudden loss of smell or taste, OR been diagnosed with COVID-19 (which would follow state-mandated quarantine requirements).
 - b. Stay home if you have had direct household contact with a person experiencing an undiagnosed cough and fever or has been diagnosed with COVID-19".
 - c. If a coach, administrator, or official has a concern about a player's health, they can send the player home.
3. All participants must adhere to MDH guidelines for youth sports <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>.
 - a. Additional State guidance and FAQs <https://staysafe.mn.gov/industry-guidance/organized-sports.jsp>
4. Group size and number of groups using fields must comply with government restrictions and capacity limitations.
5. To promote social distancing requirements, the team should split team practices into two groups.

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- a. Player equipment for each group should be stored at least 10 feet outside the field of play.
 - b. Parents are not allowed on or near the field area. They can stay in their cars or in the parking lot area. They should be at least 200 feet away from the field area and if other parents are present social distancing of at least 6 feet is required. Facemask are encouraged if you must attend.
6. Players will be issued individual pinnies not to be shared with other players.
 7. Players and coaches should remain at least 6 feet apart.
 8. No sharing of equipment such as balls or goalie equipment/attire. Each player must have their own soccer ball. Coaches can request additional goalie equipment as needed.
 9. Any shared gear such as cones should be sanitized before each practice.
 10. Food and Beverages – Water and drinks are permitted and should not be shared. No food including sunflower seeds or gum will be allowed. Ensure all participants are 6 feet apart during any water break. All participants should disinfect hands prior to beginning the water break.
 11. Players are encouraged to bring hand sanitizer and or wipes to disinfect during breaks and wipe down their soccer balls and hands. The Return to Competition representative will also have sanitizer in case one of the players runs out.
 12. All games and scrimmage type practice situation should comply with the state guidelines in the Requirements for Holding Scrimmages and Games section of the following document.
<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>
 13. In addition to the Return to Competition representative, OAA representatives will be checking practices to ensure compliance. We will also be sending out periodic emails to families for their input to ensure compliance.
 14. Players, coaches or families who do not comply with these requirements will not be allowed to practice with the team or play games when they begin.

Typical Practice Schedule:

1. Coach emails teams and indicates date, time and which group each player is assigned to.
2. Prior to practice shared gear is disinfected.
3. Prior to leaving for practice each participant does a self-health check utilizing the MDH tool.
4. Return to Competition – arrives early and confirms shared gear has been disinfected.
5. Players are dropped off, check in with the Return to Competition and proceed to their pre-determined practice group.
6. Players disinfect hands prior to the start of practice, either by wipe or hand sanitizer.
7. Return to Competition records who is present at practices. This would be needed if someone is exposed to COVID for tracing purposes, so it should be kept until after the season
8. Water Breaks, players go to their designated area and disinfect hands prior to drinking.

OAA Responsibilities

1. Distribute and post Return to Competition Protocol requirements.

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2. Be sensitive and accommodating to parents that may be uncomfortable with returning to play.
3. Train and educate the Return to Competition representative and head coach on Return to Competition protocol requirements.
4. In the event of a Covid diagnosis or exposure contact information may be provided to MDH or the owners of the fields we are playing at for proper tracing to occur.
5. OAA will ensure no practices or games are scheduled within one and one half hours of one another on the same field to minimize contact between participants.

Coach & Return to Competition Representative

1. Follow all Return to Competition protocol requirements.
2. Send athletes home if they are not feeling well.
3. Ensure all athletes have their own individual equipment (ball, pinny, etc.).
4. Ensure activities provide adequate social distancing.
5. Respect players, parents and families by accommodating those that may not yet be comfortable returning.
6. Record who is at each practice and confirm health screening occurred. Retain documentation for one month.
7. It is preferred that coaches wear masks on the sideline.

Parent

1. If you are not comfortable having your child return to play, DON'T.
2. Check child's temperature and utilize MN Symptom Screener tool prior to attending any activities.
3. Ensure child's clothing, uniform and pinny is washed after every activity.
4. Ensure all equipment is sanitized prior to any activity.
5. Notify Coach and Director if your child becomes ill for any reason.
6. Supply your child with individual sanitizer.
7. Adhere to all social distancing expectations.
8. Ensure your child has plenty of water.
9. Each player should bring a mask to practice and games. In the event of severe weather, the players may not be able to social distance when seeking shelter.
10. Carpooling is discouraged if possible.
11. Parents should bring masks for themselves and others attending games.

Player

1. If you are not comfortable with returning to play, DON'T.
2. Adhere to all Return to Play protocols.
3. Wash hands thoroughly before and after all activities.
4. Ensure all equipment is sanitized prior to any activity.

5. Do not share water, food, or equipment.
6. Respect and practice social distancing, as required in these guidelines.
7. Place equipment, bags, etc. at least 10 feet apart.
8. Sanitize your hands frequently especially prior to drinking water.
9. No high 5's, handshakes, knuckles, or group celebrations.

General Information

1. Outdoor structures such as playground equipment, benches, fences, etc. are not cleaned and disinfected. Users should wash/sanitize hands before and after contact.
2. CDC Guidance - Wear cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and gas stations.
 - a. Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.
 - b. Cloth face coverings can be made from household items.