

AMERICAN CANYON ATLETICO F.C. AND ASYO REGION 1187

PHASED RETURN TO PRACTICE AND PLAY PROTOCOL [PRP³] TO MITIGATE COVID 19 TRANSMISSION

02 MAR 2021



INTRODUCTION

Founded in 2011, AC Atletico F.C.'s [ACAFC] mission is to be a sustainable, non-profit soccer club in the City of American Canyon that:

- (1) Is valued in the community
 - (2) Produces strong technical players in a positive, safe and ethical environment
 - (3) Is recognized as a high quality, competitive regional club
- ACAFC offers competitive youth programs (5 – 19yrs) and has a competitive adult team, Junction 29. www.acatleticofc.com
 - We field teams in the NorCal Premier League and associated competitions <https://norcalpremier.com> and are endorsed by US Club Soccer <https://www.usclubsoccer.org>
 - Within the recreational soccer space, we are partnered in American Canyon with AYSO Region 1187 www.aysoac.org

The purpose of this document is to outline the **phased return to practice and play** protocol [PRP² Protocol] that ACAFC is proposing specifically for the reimplementation of the soccer program in a safe manner with respect to COVID-19, for ratification by the City of American Canyon [AC] and Napa County Board of Health. This protocol will be amended to include NVUSD fields once available. Various resources have been considered in creating this plan¹²³⁴.

RTP² ROLLOUT

¹ National Council of Youth Sports Return to Play Considerations Guide, May 2020,

<http://e.sportsengine.com/AY010ASB103BKd800c0H0NA>

² AYSO Return to Play Notice, June 2020 <https://www.aysovolunteers.org/returning-to-play/>

³ Minnesota Youth Soccer Association Return to Play Plan <https://www.mnyouthsoccer.org/page/show/5759371-return-to-play>

⁴ California Department of Public Health [COVID 19] Outdoor and Indoor Youth and Recreational Adult Sports Guidance, 26 Feb 2021. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>




1		Initial rollout (~month 1) for this plan will be for the competitive youth program only. This will allow the club to develop coach/volunteer/player/parent competency.
2		The next program to onboard will be the AYSO recreation program, once the competitive program has developed competency.
3		The adult team is not planned to be onboarded until Phase 2, but may be introduced at Phase 1 once competency in both the competitive and youth programs is established.

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CALIFORNIA PHASES OF RETURN TO PRACTICE AND PLAY

Phase 1	Phase 2	Phase 3	Phase 4
Prior	Current	Timing TBD	Timing TBD
This phase allows for outdoor trainings with specific protocols in place to prevent the spread of COVID-19	Small group training with distancing protocols in place.	Small group training and inter club matches* with distancing protocols in place.	Resumption of soccer as we knew it prior to COVID-19, with preventative measures in place based on City, County and State Guidelines.
<ol style="list-style-type: none"> 1. Arrival and Departure Protocol; 2. Coach, Parent, Player Responsibilities; 3. Stable player groups (no training across groups); 4. COVID symptom check and self-reporting; 5. No shared equipment*; 6. Players to bring balls, water, sanitizer and masks (for arrival & departure); 7. Practice 60 mins; 8. Zero contact drills; 9. 18 players max + 2 coaches per group; 10. Player Pods (10 x 10 yards). <p>*except passing or shooting drills where balls sanitized pre and post practice.</p>	<p>Includes steps 1-6 from Phase 1</p> <ol style="list-style-type: none"> 11. Practice 60 – 90 mins; 12. Contact drills re-introduced**; 13. Shared playing areas (12 players max, min of 4 sq yd per player e.g. 12 players allocated min 48 sq yd)**; 14. 1v 1 through 6v6**; 15. 22 players max + 2 coaches per group; 16. Pennies will be issued to players to keep & launder; <p>*except passing, small sided games etc. **players to wear masks for these exercises, wear possible min 10ft distancing maintained.</p>	<p>Includes steps 1-6 from Phase 1 and 11 – 16 from Phase 2 for practice.</p> <ol style="list-style-type: none"> 17. Up to 9 v 9 within a single team**. 18. Inter club matches only with clubs in Napa County or adjacent counties in the same tier. Game day protocol TBD in consultation with Napa County Health Officer, e.g. 1 – 5 from Phase 1 and wearing of masks during play. 	<p><i>PROTOCOLS TO BE DETERMINED BASED ON THE SITUATION AT THAT TIME.</i></p> <p><i>Resumption of regular training, equipment and structure with relevant health and safety protocols in place.</i></p>
<p><u>Note:</u> Progression to the next phase with County Health Officer approval or in accordance with State/County Guidance.</p>			

RESPONSIBILITIES

Club	Coach	Parent	Player
<ul style="list-style-type: none"> • Distribute and post Return to Play protocols. • Train Coaches and Volunteers on PRP³. • Revise the PRP³ based on new health and safety guidelines. • Provide adequate field space for social distancing, as outlined in this document, as applicable to the various phases. • Enforce the PRP³ in accordance with the Club disciplinary policy. PRP³ violation escalation for unintentional violation (a) retrain (b) suspension (c) expulsion. • Zero tolerance for a coach or volunteers willful disregard of the PRP³. Escalation starts at (b). 	<ul style="list-style-type: none"> • Follow all Return to Play protocols. • Send athletes home if they are not feeling well. • Ensure all athletes have their own individual equipment (ball, water, shin guards, pinnie, etc.). • Ensure activities provide adequate social distancing, as applicable. • Respect players, parents and families by accommodating those that may not yet be comfortable returning. • Notify Club if you become ill for any reasons or if you or someone you have been in contact with in the last 14 days has been diagnosed with COVID 19. • *Safety coordinator will conduct pre-screening health questionnaire at check in prior to practice, see appendix IV. 	<ul style="list-style-type: none"> • If you are not comfortable having your child return to play, DON'T. • Ensure child's clothing is washed after every activity. • Ensure all equipment (cleats, ball, shin guards, pinnie) is sanitized prior to any activity. • Notify Club/coach if your child becomes ill for any reasons or if you or someone you have been in contact with in the last 14 days has been diagnosed with COVID 19. • Supply your child with individual sanitizer. • Adhere to all social distancing expectations, including not entering the practice field area. • Ensure your child has plenty of water. • For Parents of older Children (U13 and above), spectating will not be possible. 	<ul style="list-style-type: none"> • If you are not comfortable with returning to play, DON'T. • Adhere to all Return to Play protocols. • Wash hands thoroughly before and after all activities. • Ensure all equipment (cleats, ball, shin guards, pinnie) is sanitized prior to any activity. • Do not share water, food, or equipment. • Respect and practice social distancing, as required in these guidelines. • Place equipment, bags, etc. at least 6 feet apart. • No high 5's, handshakes, knuckles, or group celebrations.

- If a coach, volunteer or player REPORTS CONTACT within the last 14 days with someone diagnosed with COVID 19:
 - The individual will be excused from training for a minimum of 14 days.
 - In consultation with the Health Board, depending on the (a) nature of exposure and (b) contact tracing* within the club, other individuals may also be excused for this period.
- If a coach, volunteer or player reports they have been DIAGNOSED with COVID 19:
 - The individual will be excused from training for a minimum of 14 days. Determination of return to training through (a) individual's physician clearance and (b) in consultation with the Health Board.
 - In consultation with the Health Board, depending on the (a) nature of exposure and (b) contact tracing* within the club, other individuals may also be excused for this period.
 - Inform city staff of any positive test and report to local health officials for further guidance.

* ACAFC will maintain an attendance record for this purpose.

MANDATORY ARRIVAL AND DEPARTURE PROTOCOL

Locations:

Kimberley Fields Soccer Complex, see also map for drop off and pick up locations, Appendix IV.




NOTE: no spectators or non ACAFC affiliated persons will be allowed to enter the field area when practice is running (including field prep and breakdown). For young players, where parents may reasonably wish to view the practice, parents will be instructed to wait in their car in the parking lot or to observe from the outside perimeter of the complex*, wearing masks and socially distanced from other parents, see maps in appendices II and IV.

*An area of the southern parking lot will be made available for this purpose.

Signage:

The following signs (examples shown) will be prominently displayed:

Directions (Players)

 ONLY COACHES, PLAYERS OR VOLUNTEERS BEYOND THIS POINT PLAYERS this way to the check-in area  YOU MUST WEAR A MASK IF YOU ARE MORE THAN 15 MINUTES LATE FOR YOUR SESSION, YOU MAY NOT BE ALLOWED ACCESS	
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Directions (Parents)



ONLY PARENT SPECTATORS BEYOND THIS POINT

PARENT SPECTATOR AREA THIS WAY



YOU MUST WEAR A MASK

YOU MUST SOCIAL DISTANCE FROM OTHER FAMILYS



Instructions (Players)

PLAYER CHECK-IN AREA

YOU MUST WEAR A MASK

LINE UP IN THE SOCIAL DISTANCE MARKERS

SANITIZE YOUR HANDS WITH HAND SANITIZER

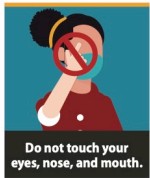
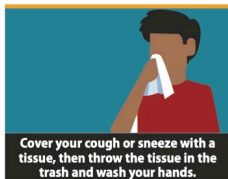
BE READY FOR THE HEALTH CHECK Q&A and TEMPERATURE CHECK

YOUR CLEATS AND BALL WILL BE SANITIZED UPON ENTRANCE AND EXIT WITH BLEACH, LYSOL (or equivalent).



Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



cdc.gov/coronavirus

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Appendix I – list of Coaches, Safety Coordinators and Field Marshalls.

Coaches		Safety Coordinators	
DOC & Coach	Iain Smith	Arrival/Departure Coordinators	Melissa Philips
President & Coach	Javier Hernandez		Tonya Palacios
Coach	Fernando Castro		Frank Quin
	Stephanie Hernandez		Jose Naranjo
	Mario Flores		
	Juan Martinez		
	Ruben Lima		
	Pearce Kaner		
	Juan Ireta		
Asst. Coach		Field Marshall	Julie Ireta
	Rafael Bernabe		Kristina Dalto
	David Campos		Javier Hernandez
	Rafael Ayala		Rafael Ayala
	Gonzalo Gonzalez		

Appendix II- Kimberly Fields Soccer complex map showing drop off and pick up locations



EXAMPLE OF MINIMUM DISTANCING PODS FOR PLAYERS AND COACH PHASE 1





DISCLAIMER, ASSUMPTION OF RISK AND WAIVER ADDENDUM

COVID-19 ASSUMPTION OF RISK, WAIVER AND RELEASE OF LIABILITY AGREEMENT

Inherent in participation in sporting activities such as soccer, whether as an athlete, a volunteer or a spectator, are certain hazards and dangers, including, but not limited to, those risks, inherent or otherwise, detailed in the Disclaimer, Assumption of Risk and Waiver agreement, which you signed during the registration process for this membership year.

In addition to those risks set out in the Disclaimer, Assumption of Risk and Waiver agreement, which you have willingly and voluntarily assumed, we are all now grappling with the effects of the ongoing pandemic brought about by the novel coronavirus SARS-CoV-2, and COVID-19, the highly contagious infectious disease caused by this newly identified virus.

In the majority of people who become infected, COVID-19 causes a mild respiratory illness similar to influenza. In some individuals, including those who may have asthma, diabetes or other underlying health problems, it can lead to a severe respiratory condition that requires hospitalization. In the United States alone, the current pandemic has resulted in over 1.7 million confirmed coronavirus cases and, sadly, more than 101,000 deaths.

Notably, people can be without symptoms (asymptomatic) despite having a SARS-CoV-2 infection. This means that they can still spread the virus to others even though they do not feel unwell. This makes COVID-19 potentially dangerous, as it is highly infectious. Moreover, there currently are no vaccines or drugs approved to treat or prevent COVID-19.

Please understand that despite all the precautions that you, other participants, AYSO as a whole and/or your AYSO Region may take to combat novel coronavirus or COVID-19 (collectively, “COVID-19”) such as, for example, hand cleaning, social distancing, equipment cleaning, minimizing the use of shared objects between individuals, and other acts of vigilance against COVID-19, AYSO and this AYSO Region cannot guarantee your health or safety, and you may still be exposed to COVID-19, including, without limitation, through touching soccer balls and other equipment, utilizing field space for training and/or matches, participating in training and/or matches, and through direct and/or indirect interactions with other players, coaches, referees, volunteers, or individuals who have COVID-19, have been exposed to COVID-19 or individuals who may be carrying the COVID-19 virus, but do not exhibit any symptoms of that disease.

Consequently, guarantees cannot be made about your health or safety relative to COVID-19, notwithstanding any precautions taken. By submitting an application to play or volunteer, and accessing the programming in your AYSO Region, you, on behalf of yourself and your



AMERICAN YOUTH SOCCER ORGANIZATION
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Torrance, CA 90502
(800) 872-2976 • www.ayso.org

participating child, and on behalf of all persons who reside with you and with your child, as well as your heirs, beneficiaries, representatives, successors and assigns:

1. Knowingly and voluntarily assume all risks and dangers, known and unknown, that are associated with any exposure to COVID-19, including, but not limited to, suffering any type of medical condition, illness and, potentially, death;
2. Acknowledge that your use of and/or participation in the programming of AYSO and this AYSO Region could result in you contracting COVID-19, respiratory failure, death, and/or the transmission of COVID-19 to family or household members and others who may also suffer these effects;
3. Knowingly and voluntarily waive, release, covenant not to sue, and forever discharge, and agree to indemnify and hold harmless, AYSO and this AYSO Region, its players, parents, volunteers, subsidiaries and other affiliates, and its and their respective officers, directors, members, employees, contractors, agents, representatives, successors and assigns (the “AYSO Parties”) from any and all liability, damages, losses, suits, demands, causes of action (including, without limitation, negligence), or any other claims of any nature whatsoever, arising out of, or relating in any way to, your use of and/or participation in the programming of AYSO and this AYSO Region and any potential or actual exposure to COVID-19, to the maximum extent permitted by law; and
4. Agree to abide by the directives and guidelines in effect in your state, county and community to disrupt the spread of COVID-19.

You can find more information, updates and resources on COVID-19 by accessing the city, county or other municipal web sites in your area, and by going to the Centers for Disease Control and Prevention at <https://www.cdc.gov>.

You will also find AYSO-specific guidance and protocols on return to play at <https://www.aysovolunteers.org/returning-to-play>.

DATED: _____

[Signature]

[Print Name]

[Minor(s) Name(s)]



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American Canyon, CA 94503
(707) 373-8588 www.acathleticofc.com

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COVID-19

ASSUMPTION OF RISK, WAIVER AND RELEASE OF LIABILITY AGREEMENT

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Consequently, guarantees cannot be made about your health or safety relative to COVID-19, notwithstanding any precautions taken. By submitting an application to play or volunteer, and accessing the programming in your AC ATLETICO FC Club, you, on behalf of yourself and your participating child, and on behalf of all persons who reside with you and with your child, as well as your heirs, beneficiaries, representatives, successors and assigns:

1. Knowingly and voluntarily assume all risks and dangers, known and unknown, that are associated with any exposure to COVID-19, including, but not limited to, suffering any type of medical condition, illness and, potentially, death;
2. Acknowledge that your use of and/or participation in the programming of AC ATLETICO FC Club could result in you contracting COVID-19, respiratory failure, death, and/or the transmission of COVID-19 to family or household members and others who may also suffer these effects;
3. Knowingly and voluntarily waive, release, covenant not to sue, and forever discharge, and agree to indemnify and hold harmless, AC ATLETICO FC Club, its players, parents, volunteers, subsidiaries and other affiliates, and its and their respective officers, directors, members, employees, contractors, agents, representatives, successors and assigns (the "AC ATLETICO FC Parties") from any and all liability, damages, losses, suits, demands, causes of action (including, without limitation, negligence), or any other claims of any nature whatsoever, arising out of, or relating in any way to, your use of and/or participation in the programming of AC ATLETICO FC Club and any potential or actual exposure to COVID-19, to the maximum extent permitted by law; and
4. Agree to abide by the directives and guidelines in effect in your state, county and community to disrupt the spread of COVID-19.

You can find more information, updates and resources on COVID-19 by accessing the city, county or other municipal web sites in your area, and by going to the Centers for Disease Control and Prevention at <https://www.cdc.gov>.

You will also find guidance and protocols on return to play at:

<https://www.aysovolunteers.org/returning-to-play/>

<https://www.usclubsoccer.org/coronavirus>

DATED: _____

 Signature

 Print Name

 If signing as parent/guardian on behalf of a player, please print player's name

ACAFC COVID-19 QUESTIONNAIRE

(written prior training series start & verbal at every practice check-in)

PLAYER: _____ BIRTH YEAR: _____ DATE: _____ Does the Player have any of the following symptoms:

- Cough
- Runny Nose
- Shortness of breath or difficulty breathing Fever
- Chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- I do NOT have any of the above symptom.
- I have NOT been in contact with someone who has tested positive for COVID-19 in the last 14 days.

I confirm the above is true and correct.

Date: _____ Parent/Guardian Signature: _____

Player: _____ Parent/Guardian Print Name: _____

ACAFC QUESTIONARIO COVID-19

JUGADOR(A): _____ AÑO DE NACIMIENTO: _____ FECHA DE HOY: _____ El(la) jugador(a) tiene algunos de los siguientes síntomas:

- Toz
- Secrecion Nasal(flujo de moco)
- Falta de aliento - Dificultad para respirar
- Fiebre
- Escalofrios
- Dolor muscular(Cuerpo cortado)
- Jaqueca(Dolor de cabeza)
- Dolor de garganta
- Pérdida del olfato o gusto(no puede oler o sentir sabores de alimentos)
- NO TENGO ninguno de los síntomas mencionados previamente.
- NO E TENIDO contacto con alguien que a dado positivo al COVID-19 en los últimos 14 días.

Juro y confirmé que la información escrita por mi persona es verdadera y correcta.

Fecha: _____ Firma de Padre/Tutor: _____

Jugador(a)r: _____ Nombre de Padre/Tutor: _____

