

COVID-19 Return to Play Guidelines

KC Fire FC

KC Fire FC Return to Play-Content

KC Fire FC Guidelines include the following:

- Kansas Youth Soccer State Association Guidelines
- Heartland Soccer Guidelines
- Return to Play after exposure or positive test result
- General Information and References



Kansas Youth Soccer State Association Guidelines

Kansas Youth Soccer State Association (KSYSA) Guidelines

- KSYSA developed guidelines for all Kansas soccer clubs to follow in order for us to continue to play organized soccer
- The guidelines have identified responsibilities for clubs, coaches, parents and players
- KC Fire FC will enforce and follow all KSYSA guidelines at team and club events such as practices, games and team meetings



KSYSA Guidelines-Training Sessions

KSYSA Guidelines-Training Sessions

- Upon arrival & departure to training, all soccer participants should be wearing a face covering that goes over their mouth & nose until they are able to safely maintain social distance between individuals. If social distancing is not able to be maintained, then face coverings should be kept on until just before physical activity is set to begin.
- As detailed in the Kansas Executive Order 20-52 requiring face masks, face coverings are not needed during trainings or games as any soccer activity has the ability to maintain social distancing respectfully with only “infrequent or incidental moments of close proximity”.
- During trainings:
 - Athletes must space out their own equipment from each other to maintain social distancing when needing to hydrate or grab other equipment.
 - Coaches should try to limit athletes gathering together for instruction in between soccer drills or activities since face coverings are not on protecting athletes during this quick turnaround.



KSYSA Guidelines-Club Responsibilities

KSYSA Guidelines-Clubs Responsibilities

- Create and distribute protocols to its members
- Have an effective communication plan in place, identify strategies for working with public health to notify adult leaders, youth and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality
- Be sensitive and accommodating to parents that may be uncomfortable with returning to play too quickly
- Have an action plan in place, in case of a positive test
- Train and educate all staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information
- Be prepared to shut down and stop operations. Develop plans for temporary closure of indoor facilities and cancel outdoor activities or camps to properly disinfect and ensure other adult leaders or youth are not infected
- Provide adequate field space for social distancing
- Provide hand sanitizing stations and waste receptacles at fields



KSYSA Guidelines-Parent Responsibilities

KSYSA Guidelines-Parent Responsibilities

- Ensure child is healthy, check your child's temperature daily
- Limited or no carpooling
- Stay in car or adhere to social distance requirements, based on state and local health requirements, when at training wear a face covering if outside your car and unable to maintain social distancing
- Ensure child's clothing is washed after every training session
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized before and after every training
- Notify club immediately if your child becomes ill for any reason
- Do not assist coach with equipment before or after training
- Be sure your child has necessary sanitizer with them at every training



KSYSA Guidelines-Player Responsibilities

KSYSA Guidelines-Player Responsibilities

- Take temperature daily
- Wash hands thoroughly before and after training
- Bring and use, hand sanitizer with you to every training
- Wear a face covering before and immediately after all training when social distancing cannot be maintained
- Do not touch or share anyone else's equipment, water, snack or bag
- Practice social distancing, place bags and equipment at least 6 feet apart
- Wash and sanitize all equipment before and after every training
- No group celebrations, no high 5's, hugs, handshakes etc.



Heartland Soccer Association Guidelines

Heartland Soccer Association Guidelines

- Heartland developed guidelines for league and tournament games for clubs to follow in order for us to continue to play organized soccer
- The Heartland guidelines include all of the KSYSA guidelines and have identified responsibilities for clubs, coaches, parents and players in order to participate in Heartland league and tournament games
- Heartland requirements for games and tournaments that are not covered in the KSYSA guidelines:
 - All spectators and visitors must wear masks inside the soccer complexes for league and tournament play.
 - Social distancing must take place off the field. This includes players/coaches on the sidelines & parents/guardians/siblings/etc. during their visit to the facilities.
 - All individuals are required to wear a mask covering the nose and mouth when entering and exiting the complex or when unable to social distance.
- Not following the Heartland requirements will result in a team forfeit and/or the person not following the guidelines being asked to leave the soccer complex



KC Fire FC Return to Play- After Exposure/Close Contact

Our policy on how to handle exposure/close contact is based on CDC, local health, KSYSA and Heartland guidelines. These are instances when a player, coach or family member comes is exposed or comes into “close contact” with a person who has a laboratory confirmed COVID-19 infection. KC Fire FC utilizes the CDC definition of exposure/close contact to determine what course of action is necessary.

While our precautions should minimize COVID-19 exposure while at soccer activities, there will be instances when it may be necessary for a team to cancel events as the club determines what course of action is required to under our club policy and CDC Guidelines.

The CDC defines exposure/close contact with someone who has a laboratory confirmed COVID-19 infection as the following:

- You were within 6-feet of an infected person for more than 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with an infected person (hugged or kissed them)
- You shared eating or drinking utensils with an infected person
- An infected person sneezed, coughed, or somehow got respiratory droplets on you

Due to CDC quarantine guidelines , **PLAYERS/COACHES/FAMILY MEMBERS** with exposure or close contact to a person with a laboratory-confirmed COVID-19 infection as defined above:

Cannot attend club events until:

- Stay home for 14 days after your last contact with a person who has COVID-19
- If the COVID-19 confirmed person lives with a player/coach/family member, stay home for 14 days after the home isolation period ends for the COVID-19 confirmed person (see next two slides for how long a COVID-19 positive person must stay in home isolation).

AND

- Immediately report exposure to your coach or the club
- They may return to activities after 14 days if they continue to not show any symptoms



KC Fire FC Return to Play- After as Positive Test

Our policy on how to handle positive tests is based on CDC, local health, KSYSA and Heartland guidelines. It may be necessary for a team to cancel events as the club determines what course of action is required to under KSYSA and CDC Guidelines.

Due to CDC quarantine guidelines, **SYMPTOMATIC PLAYERS/COACHES/FAMILY MEMBERS** with a laboratory-confirmed COVID-19 infection:

Cannot attend club events until:

- At least 3 days (72 hours) have passed since resolution of fever (defined as ≥ 100.4 degrees F) without the use of fever-reducing medications AND...
- Your symptoms have improved (e.g., cough, shortness of breath), AND...
- At least 10 days have passed since symptoms first appeared

OR:

- Resolution of fever without the use of fever-reducing medications, AND...
- Improvement in respiratory symptoms (e.g., cough, shortness of breath), AND...
- Negative results of an FDA authorized molecular assay (not rapid tests) for detection of COVID-19 from at least two consecutive respiratory specimens collected more than 24 hours apart (two negative tests)



KC Fire FC Return to Play- After as Positive Test CONT

Our policy on how to handle positive tests is based on CDC, local health, KSYSA and Heartland guidelines. It may be necessary for a team to cancel events as the club determines what course of action is required to under KSYSA and CDC Guidelines.

Due to CDC quarantine guidelines, **ASYMPTOMATIC PLAYERS/COACHES/FAMILY MEMBERS** with a laboratory-confirmed COVID-19:

Cannot attend club events until:

- At least 10 days have passed since test since their first positive COVID-19 diagnosis assuming no symptoms since that time **but**
- If a person develops symptoms, then they should follow the guidelines above for symptomatic individuals.

OR:

- Negative results of an FDA authorized SARS-CoV-2 RNA test from at least two consecutive respiratory specimens collected ≥ 24 hours apart (two negative specimens)



Return to Play- General Information

General practices to reduce the risk of spread of infection:

- Avoid touching your face
- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward
- Wear a face mask or covering when outside if you have any symptoms of upper respiratory infection
- Frequently clean commonly used surfaces (doorknobs, for example) with an antiseptic cleanser
- Avoid contact with other individuals (shaking hands, high fives, etc)
- Maintain a distance of 6 feet between you and others
- Stay home if you feel sick and contact your health care provider



Return to Play- References

References:

- Kansas Department of Health- <https://www.coronavirus.kdheks.gov/>
- CDC COVID-19 Guidance- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Kansas Youth Soccer Association COVID 19 Guidelines- <http://www.kansasyouthsoccer.org/covid19/>
- Heartland Soccer Association Guidelines- <https://www.heartlandsoccer.net/news/return-to-play-guidelines-for-covid-19-fall-2020/>
- CDC COVID-19 Positive Test- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>
- CDC Exposure/Close Contact Definition- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>



Return to Play- Thank You

THANK YOU!

We know sports are important for our youth's mental and physical well being. Returning to soccer, while minimizing risk of COVID-19 infection takes caution, teamwork and being creative. KC Fire FC appreciates your support and together we will get through this healthy and safely.

