

California Youth Soccer Return to Play Proposal

A data based, phased approach to getting kids back onto the field and into competition in a safe and responsible way



This proposal represents a collaborative effort between soccer clubs and soccer organizations throughout the entire State of California. It is the hope of this entire group that this presentation will result in those in authority to stop telling us what we cannot do. We would like to focus on ways those in authority can start to help all of us find a safe and responsible way back to healthy competition, social interaction and physical activity for the kids of California



Data Driven
Research

Testing
Strategies

Prescreen of
Participants

Universal
Sanitation
and Safety
Protocols

Phased
Return to
Competition

State,
National and
International
Return to
Play Data

Mental and
Social Well
Being of
Children

Data Driven Solutions to Return to Play

As Youth Soccer clubs in California look to progress beyond the current State of California youth sports guidelines, an empirically based data collection and analysis process must exist to move from one phase to the next. Southern California has pioneered this concept with the most recent study they have completed. There will be additional controlled studies in various areas of the state in “county bubbles” to return youth soccer in a safe and responsible way.

<http://surfcupsports.com/2020/08/14/youth-sports-covid-safety-whitepaper/>



**SURFCUP
SPORTS**

Youth Sports COVID Safety Whitepaper

Empirical Data collection

Data to collect as we work toward each new phase of play

- Transmissions
- Number of contact trace processes completed on a daily, weekly and monthly basis
- Testing data on numbers tested in each club on a weekly basis
- Data on exposures to members of our soccer clubs outside of our clubs (in an effort to eliminate some of those risks)
- Apply the new tier system from State of California to data collection

County risk level	New cases	positive tests
WIDESPREAD Many non-essential indoor business operations are closed	More than 7 daily new cases (per 100k)	More than 8% positive tests
SUBSTANTIAL Some non-essential indoor business operations are closed	4 - 7 daily new cases (per 100k)	5 - 8% positive tests
MODERATE Some indoor business operations are open with modifications	1 - 3.9 daily new cases (per 100k)	2 - 4.9% positive tests
MINIMAL Most indoor business operations are open with modifications	Less than 1 daily new cases (per 100k)	Less than 2% positive tests

City SC, San Diego Surf, Albion San Diego, SDSC, Oceanside Breakers and Rebels have been running socially distanced training since June of 2020:

- No contact trace process has been recorded which documents a transmission of Covid-19 between players on the field.
- 100% of the contact trace processes filed have been the result of an exposure to a player through an outside source, ie family, other event, travel or other circumstances.

We are aiming to expand this study using a larger number of clubs within the San Diego County.

Empirical Data collection methodology

Quantify participants – How many players and coaches are in cohorts participating

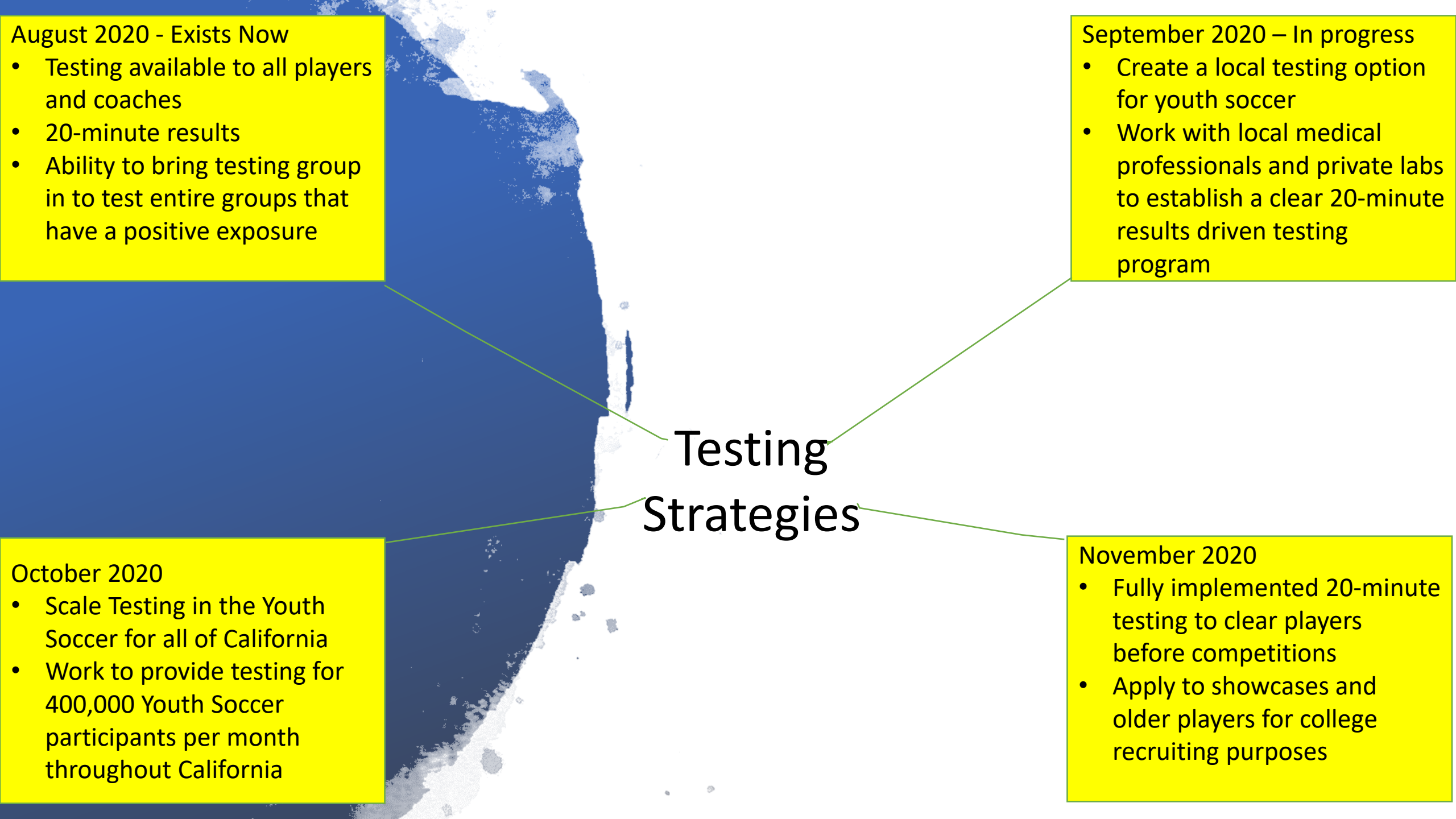
Keep Daily Records

- Contact Tracing Data as reported by our organizations
- Transmission rates among participants
- Testing of coaches and participants as needed
- Positive Diagnosis of participants or participant family members

Use collected data to apply to California Tiering system

- Actual number of positive diagnosis
- Number of cases per 100,000 applied to participant numbers
- Three-week data collection and expectations met to move into the next proposed phase
- Continued reporting on progression or regression based on numbers

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August 2020 - Exists Now

- Testing available to all players and coaches
- 20-minute results
- Ability to bring testing group in to test entire groups that have a positive exposure

September 2020 – In progress

- Create a local testing option for youth soccer
- Work with local medical professionals and private labs to establish a clear 20-minute results driven testing program

Testing Strategies

October 2020

- Scale Testing in the Youth Soccer for all of California
- Work to provide testing for 400,000 Youth Soccer participants per month throughout California

November 2020

- Fully implemented 20-minute testing to clear players before competitions
- Apply to showcases and older players for college recruiting purposes

All Youth Soccer Participants and Families Prescreened and Contact Tracing

Every youth soccer club looking to return to play must have a clear prescreen process in place.

- Must be HIPPA compliant
- Must provide direction to testing in the case of anything related to Covid-19 that keeps a player from participating
- Must be completed every day a player trains
- Policies must be in place for player participation based on prescreen results

Prescreen testing required to be completed by all players and coaches prior to every internal scrimmage

- <https://forms.gle/2RTMxXs2T6ukjEax6>

Examples of prescreen Apps in the market-place


- <https://www.usatoday.com/story/tech/2020/03/27/apple-launches-coronavirus-covid-19-screening-app-and-website/2929143001/>

Clear Contact Tracing Procedures and Protocols

- <https://www.safer.me/virus-features>
- <https://www.sciencemag.org/news/2020/05/countries-around-world-are-rolling-out-contact-tracing-apps-contain-coronavirus-how>

If a player has come into contact with a positive case or has tested positive for Covid-19, all remaining players or staff must take the following 20-minute test if they are to be cleared to play

- [COVIDlytics 20-minute rapid test](#)



Universal Organization Requirements

- Every Youth Soccer organization must have the following processes in place
- Clearly outlined sanitation protocols
 - Clearly outlined safety protocols
 - Contact tracing
 - Testing procedures for members whether offered at the club or through local government facilities
 - Clear return to work/play protocols for all coaches and players
 - Covid-19 waivers
 - Confidentiality Policies
 - Continued communication regarding policies and procedures related to Covid-19

Universal Sanitation and Safety Protocols

Phase 1:

- Parents drop off and pick up locations, communicated to them prior – no hanging out or congregating
- One-way in and out of facility
- Sanitizer available for coaches and players
- Temperature checks of all participants and coaches
- Players wear masks when entering and exiting the facility
- Regular disinfecting of restrooms
- Disinfecting of any shared equipment
- Coaches are always in masks
- Signs outlining policies and reminders of symptoms
- Continued educational reminders to families regarding staying safe from Covid-19

Phase 2: (internal scrimmages)

Players, coaches and staff

- Scrimmage google form filled out before arrival for all players and coaches
- Parents drop off and pick up locations, communicated to them prior
- One-way in and out of facility
- Temperature checks of all participants and coaches
- Players wear masks when entering and exiting the facility
- Players bags and belongings separated by at least 6 foot
- Substitutes must always wear a mask and be 6 feet apart
- No team tents, benches, huddles or hydration stations
- No high fives or goal celebrations
- Players will hand sanitize when entering and exiting the game
- 30-minute time lapse in between games
- Sanitizer available for all coaches and players
- Regular disinfecting of restrooms
- Disinfecting of any shared equipment
- Coaches are always to wear masks
- Signs outlining policies and reminders of symptoms
- Continued educational reminders to families regarding staying safe from Covid-19

Phase 2 (internal scrimmages)

Parents

- One family member per player
- Scrimmage google form filled out before arrival for all players and coaches
- One-way in and out of facility
- Temperature checked upon entering facility
- Masks must always be worn
- Parents to stay in designated spectator zones at least 6 feet apart
- Parents only allowed into facility 5-minutes before kick off
- No congregating or hanging-out after the games
- Continued educational reminders to families regarding staying safe from Covid-19

State of California Youth Soccer

Phased return to Play



Return to Competition Timeline - California

- August 3rd – Youth Sports Return
- September 7th – Intra Club stable cohorts begin interactive play within those stable groups
- September 14th – Intra Club play between cohorts in the organization
- September 28th – Begin Interclub play in isolated county bubbles with 3-4 neighboring organizations while ensuring all protocols are the same, contact tracing is in place and testing protocols in place
- October 12th – Begin Intercounty play between clubs within the same county while ensuring all protocols are the same, contact tracing is in place and testing protocols in place
- October 26th – Begin neighboring out-of-state competition while ensuring all protocols are the same, contact tracing is in place and testing protocols in place

Testing players before competition will ensure no spread of the virus

The Way Back to Healthy Safe Competition for Kids

- **Objective measurable data collection at the end of every phase necessary to allow progression from one phase to the next**
- Protocols stay in place
- Testing strategies must be in place and must progress with improvement in efficiency and time for tests
- Collaboration with all California County Health Departments
- Collaboration with the State Health Department
- Continued collaboration and reporting to the Governors committee on progress
- Weekly evaluation of learning, progress and adaptations of procedures

National and International Return to Play Guidelines



**G I R L S
A C A D E M Y
L E A G U E**

[Girls Academy Return to Play](#)



[US Soccer Return to Play](#)



[ECNL Return to Play](#)

All of the below countries have successfully returned to play within youth sports with no confirmed new outbreaks within their gaming environments:

- [English FA Return to Play Guidelines](#)
- [Dutch Return to Play Guidelines](#)
- [Canadian Return to Play Guidelines](#)
- [Australia Return to Play Toolkit](#)

International Information Collection

**Soccer is a low-risk,
minimal contact sport**

Dutch Study on Spread of Virus during soccer matches

- This study confirms that players only spend 1% (87.8 seconds) of a 90-minute game within 1.5metres of each other
- If matches are shorter than 90-minutes, the risk of exposure will be smaller
- By limiting celebrations, team huddles, social distancing on sidelines and the use of hand sanitizer and face masks, the risk of exposure can be extensively reduced

Mental Health and Well Being of Children

‘85.7% of the parents perceived changes in their children’s emotional state and behaviors during the quarantine.’

‘The most frequent symptoms were difficulty concentrating (76.6%), boredom (52%), irritability (39%), restlessness (38.8%), nervousness (38%), feelings of loneliness (31.3%), uneasiness (30.4%), and worries (30.1%)’

Orgilés et al., (2020)

[Immediate psychological effects of the COVID-19 quarantine in youth from Italy and Spain](#)

[Wisconsin Presentation on the Mental Impact of School Closures and Sport Cancellations](#)

[ECNL Article: A Balancing Act Understanding The Impacts Of Inactivity On Youth Athletes](#)