



WAYS - Return to Play Protocol and Information

Updated 8/25/2020 for Massachusetts Phase 3, Step 1

Soccer reclassified as a moderate risk sport and with modification to play minimum standards incorporated per EEA guidance 8/13/2020

Youth Soccer is classified in the Moderate Risk Sport category which is defined as a sport/activity that involves intermittent close proximity or limited, incidental physical content between participants. Sports in this category are permitted to participate in Level 1, 2 and 3 training activities, if modifications are made to play.

- Level 1: Individual or socially distanced group activities (no-contact workouts, aerobic conditioning, individual skill work, and drills)
- Level 2: Competitive Practices (Intra-team/group games, contact drills and scrimmages)
- Level 3: Competitions (Inter-team games, meets, matches, races, etc.)
For the purposes of these guidelines “Competition” is defined as multiple persons or teams, competing against one another in a single contest. A competition includes inter-team games (i.e. leagues), matches, shows, meets, and races.

Based on the EEA (Executive Office of energy and environmental affairs)’s latest directive Mass Youth Soccer and WAYS has determined the need to require specific modifications in order for Soccer to be continued to be played as a Moderate Risk Sport. The guidelines in this document and the accompanying changes modifying the game rules (separate document) will outline how this will work.

Overall WAYS will:

- Identify measures to limit contact and increase physical distancing. Modify play and practice as much as possible to keep players spaced 6 feet apart for the majority of games/practices.
- Play soccer outdoors.
- Shorten activities/practices as needed or have fewer participants per team to the extent possible.
- Modify play to reduce sharing equipment or have extra equipment and allow for cleaning of shared equipment such as goalkeeper gloves and pinnies for goalies.
- Incorporate protective equipment (i.e. masks) in a safe manner to reduce the spread of respiratory particles.
- WAYS will follow the mandatory game modifications/rules for Level 2 and level 3 play outlined by MYSA in the following document (this is a separate document):
[game_modifications_to_comply_with_eea_guidance](#)
 - *DISCLAIMER: Participants, parents, family and spectators taking part in soccer and soccer related activities do so with the knowledge of risk and potential exposure involved. In doing so they agree to accept any and all inherent risks to their personal health.*

CONTENTS

- [OVERALL REQUIREMENTS TO PARTICIPATE](#)
- [BAYS TRAVEL LEAGUE \(Grades 4-8\)](#)
- [WAYS K-3 INTRAMURAL PROGRAM](#)
- [PARENTS and PLAYERS](#)
- [COACHES/ADULT VOLUNTEERS](#)

OVERALL REQUIREMENTS TO PARTICIPATE – the following procedures are in place for all WAYS participants and spectators:

- No signs or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has been ill in 14 days.
- Participants live in Wayland for 14 days prior to beginning the soccer activity OR participants that are coming from a low risk state may participate without quarantining. Otherwise participants must quarantine for 14 days prior to participating in soccer activities. This requirement reduces the risk of introducing COVID-19 into the group by someone traveling from a different region.
- Check for normal temperature before participating in soccer activities – (temperature 100.4 or higher please stay home) ***PLEASE do not attend soccer activities if you are feeling unwell – player/parent/spectator – you know your child best!
- **PRIOR to arrival to practices/games, parents will use the BrightWheel app to complete the COVID attestation as to players health and ‘check in’ their player for attendance and tracing requirements.** If the athlete has any signs or symptoms of COVID-19 they should NOT attend any soccer activities. And, players will not be allowed to return to training until they are cleared by a healthcare provider. A doctor’s note must be provided.
- Participants, parents, organizers, spectators, and volunteers in high risk categories should not participate or attend organized sport activities. List of high risk categories include:
 - **Age** - as you get older, your risk for severe illness from COVID-19 increases. For example, people in their 50s are at higher risk for severe illness than people in their 40s. Similarly, people in their 60s or 70s are, in general, at higher risk for severe illness than people in their 50s. The greatest risk for severe illness from COVID-19 is among those aged 85 or older.
 - **Underlying medical conditions** - People of any age with the following conditions are at increased risk of severe illness from COVID-19:
 - Chronic kidney disease
 - COPD (chronic obstructive pulmonary disease)
 - Immunocompromised state (weakened immune system) from solid organ transplant
 - Obesity (body mass index [BMI] of 30 or higher)
 - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
 - Sickle cell disease
 - Type 2 diabetes mellitus
 - Children who are medically complex, who have neurologic, genetic, metabolic conditions, or who have congenital heart disease are at higher risk for severe illness from COVID-19 than other children.
 - Asthma (moderate-to-severe)
 - Cerebrovascular disease (affects blood vessels and blood supply to the brain)
 - Cystic fibrosis
 - Hypertension or high blood pressure
 - Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
 - Neurologic conditions, such as dementia
 - Liver disease

- Pregnancy
 - Pulmonary fibrosis (having damaged or scarred lung tissues)
 - Smoking
 - Thalassemia (a type of blood disorder)
 - Type 1 diabetes mellitus
- Small group/team soccer training will take place outside on the field in an area where physical distancing (6' apart) can be maintained.
 - **FROM MASS YOUTH SOCCER and WAYS: During this current COVID-19 Pandemic state of emergency as proclaimed by the Commonwealth of Massachusetts, Mass Youth Soccer requires all member organizations to limit the number of spectators at all sanctioned soccer activities to One (1) per player. Spectators are defined as a Parent, Legal Guardian or Chaperone. A Chaperone is any person 18 years of age and older designated by parent/legal guardian to be with their child while attending soccer activities. Exception to this 1 per player rule: any spectator who is responsible for other minors and is not able to have them cared for by others is permitted to be in attendance as a spectator with such children with them at all times (also following the Guidelines)**
 - All spectators must adhere to WAYS Return to Soccer Guidelines for all soccer activities including practices, clinics and games AND to CDC and Wayland Board of Health/MA DPH assemblage and distance guidelines. Spectators, non-essential visitors, staff, volunteers and activities involving external groups or organizations will be limited as much as possible. Spectator/chaperones must socially distance themselves (6' apart) on the sidelines. In addition, spectator/chaperones will be asked to stay at least 6-8 feet away from the playing field (will be marked where possible with an additional line).
 - Players should use their own equipment and be instructed to sanitize their equipment after every training session.
 - **Each player will be required to have a facial covering with them at all times (mask) and their own soccer ball (for practice), water bottle, towel, and personal hygiene products (hand sanitizer, facial tissues, mask/face coverings).** Facial coverings must be worn at ALL times by ALL participants except: During very high intensity aerobic exercise, or for individuals that are unable to wear a face covering due to a medical condition.
 - Coaches, staff, referees and spectators/parents **will be required to wear facial coverings at ALL times.**
 - Wipes/tissues/gloves/disposable water bottles, etc. must be properly disposed of in the appropriate receptacles or packed and carried out if no bin is available.
 - Follow cleaning schedule/protocol of equipment (cones, goals etc.) with disinfectant before, during, and after each session.
 - No more than **25 participants are allowed on a playing surface/field at any one time** – defined as any player/coach on the official team roster or actively involved in play (ie referee).
 - No more than **50 people excluding players, coaches, referees are in total allowed to be surrounding any playing surface at one time.** This is to provide adequate space for all to maintain 6' of social distance at all times, recognizing that for soccer (moderate risk sport) some intermittent contact may occur for players.
 - Competition and practice schedules will be set with a **20 minute buffer** to prevent the overlap of participants and to allow for disinfection of equipment and cleaning of commonly touched surfaces, as necessary. Games will end in a draw if time expires.

BAYS TRAVEL LEAGUE (Grades 4-8) SPECIFIC INSTRUCTIONS:

- WAYS requires facial coverings to be worn while engaged in activity wherever possible. Some sports by their nature involve intense aerobic activity throughout play. For these sports it is required that players use facial coverings when possible, take frequent breaks when they are out of proximity to other players using caution to avoid touching the front or inside of the face covering by using the ear loops to remove and replace. For example: soccer players should have facial coverings with them at all times and where possible play with the facial covering on, removing it for long runs down the field, for plays without close contact, and in the goal. Participants for all sports must wear facial coverings while on the sidelines at ALL times and in any huddles or time-outs.
- Group practices and games will be scheduled with a minimum of 20 minutes in between the time one team concludes and the other arrives. ****There will still be adequate warm-up time prior to Saturday games with the new schedule and 20 minute buffer**** In general Girls play in the AM, Boys in the PM.
- Warm-ups will not be permitted in areas adjacent to the field assigned to play unless that field is unscheduled.
- Players must leave immediately after their practice session/game.
- Players should not arrive at their field earlier than 5 minutes prior to their scheduled arrival time.
- Players/parents/guardians/spectators may NOT congregate in parking lots, at drop off areas, common areas, entrances and exits before or after a practice session/game.
- A reminder to All players/parents/spectators that Playgrounds adjacent to soccer fields are NOT OPEN per order of Wayland Board of Health (Claypit Hill School fields complex/Alpine).
- Spectators/parents should bring their own chair for practice sessions they are staying for or games. Please sit away from the playing area (more than 6') and chairs should be placed to allow for proper physical and social distancing (6') between other parents. **We will attempt to provide a bright line to delineate between the playing field and where spectators may be.**
- **ALL waste should be taken home with player/parent– Carry in/Carry out. At this time there are NO trash receptacles at the field site. AND Nothing should be picked up by anybody other than the originator of the waste.**
- ALL players must have their own water, sanitary products (hand sanitizer, facial tissues, PPE/mask, soccer ball, GK Gloves (if necessary), individual assigned pinnie (in lieu of shared scrimmage pinnies).
- **Reminder that WAYS is limiting the number of spectators at all sanctioned soccer activities to One (1) per player. Please see above for clarification and exceptions.**
- In addition, when teams travel to another town for interleague play – the rules for that town (HOME TEAM Rules and Guidance) may be slightly different but must be followed by ALL WAYS participants and spectators even if different from WAYS. Same holds true for teams travelling to Wayland for games - they will be required to follow our rules.

WAYS K-3 INTRAMURAL PROGRAM Specific Instructions:

- WAYS requires facial coverings to be worn while engaged in activity wherever possible. Some sports by their nature involve intense aerobic activity throughout play. For these sports it is required that players use facial coverings when possible, take frequent breaks when they are out of proximity to other players using caution to avoid touching the front or inside of the face covering by using the ear loops to remove and replace. For example: soccer players should have facial coverings with them at all times and where possible play with the facial covering on, removing it for long runs down the field, for plays without close contact, and in the goal. Participants for all sports must wear facial coverings while on the sidelines at ALL times and in any huddles or time-outs.
- Grade 3 may also note BAYS travel program instructions above – though there is no intertown play or travel this is practice for the Spring season and intertown play. NOTE that 3rd Grade teams are spread out at the Claypit Hill field complex as an entire grade from 8:30-10am (only 3rd grade group on site at this time)
- Intramural groups will be scheduled at the Middle School micro fields with a minimum of 20 minutes in between the time one grade concludes and the other arrives. *** Grade 1: 8:30-9:40, Kindergarten 10:00-11:00, Grade 2: 11:20-12:30 ***
- Players should have their own marked water bottle and soccer ball – no shared equipment or drinks/snacks.
- Players must leave immediately after their practice session/game.
- Players should not arrive at their field earlier than 5 minutes prior to their scheduled arrival time.
- Players/parents/guardians/spectators may NOT congregate in parking lots, at drop off areas, common areas, entrances and exits before or after a practice session/game
- **Reminder that WAYS is limiting the number of spectators at all sanctioned soccer activities to One (1) per player. Please see above for clarification and exceptions.**
- Spectators/parents should bring their own chair for practice sessions/games. Please sit away from the playing area (more than 12') and chairs should be placed to allow for proper physical and social distancing (6') between other parents.
- **ALL waste should be taken home with player/parent– Carry in/Carry out. At this time there are NO trash receptacles at the field site. AND Nothing should be picked up by anybody other than the originator of the waste.**

PARENTS and PLAYERS:

- **PRIOR to arrival to practices/games, parents will use the BrightWheel app to complete the COVID attestation as to players health and 'check in' their player for attendance and tracing requirements.** If the athlete has any signs or symptoms of COVID-19 they should NOT attend any soccer activities. And, players will not be allowed to return to training until they are cleared by a healthcare provider. A doctor's note must be provided.
- Check for normal temperature before participating in soccer activities – (temperature 100.4 or higher please stay home) *****PLEASE do not attend soccer activities if you are feeling unwell – player/parent/spectator – you know your child best!**
- If your child has any symptoms, even mild ones, public health urges you to stay home and isolate until:
 - You have had no fever for at least 72 hours (without the use of medicine) AND
 - Other symptoms (cough, shortness of breath) have improved AND
 - At least 7 days have passed since your symptoms first appeared.
 - Anyone in your household that you have had close contact with (within six feet for approximately 10 minutes) should self-quarantine for 14 days, even if you haven't tested positive for COVID-19.
- **Notify WAYS immediately if your child has become sick: Registrar@waylandsoccer.org – we have a protocol we are required to follow with the Town BOH for any COVID -19 illness**
- Adhere to physical/social distance requirements posted by the organization (6' or more away from others). These are based on state and local requirements. When at the soccer field ALL spectators/parents/guardians/etc MUST wear a face covering.
- Ensure that your player has their own marked facial covering/mask, water bottle, soccer ball, equipment (Goal Keeper Gloves if necessary), pinnie provided at the beginning of the season (For 3rd grade and above players).
- Ensure your child's personal equipment, cleats, ball, shin guards etc. are cleaned and sanitized before and after every session.
- Ensure your child's clothing is washed after every session.
- Do not assist the coach with equipment before or after a training session.
- No carpooling with other members of the team unless you are in the same household/sibling.
- Be sure your player has hand sanitizer with them at every session – Players should use alcohol-based hand sanitizer (at least 60% alcohol).
- Ensure athletes arrive dressed for practice/game and leave immediately afterwards. No recreational play or loitering is allowed.
- Players should wear a face covering mask before and immediately after each session. These may be removed during soccer play and when players are able to maintain at least 6 feet of distance from others.
- Practice physical distancing on the sidelines. When sitting on the sidelines you should be 6' from the next player. Your belongings should remain in your space when not in use (also physically apart from others belongings).
- Do not touch anyone else's equipment or anyone else's belongings as sharing will not be permitted.
- **Sportsmanship cannot include hugs, handshakes, fist bumps, etc. – air high fives are great!**
- **Please remember – everyone wears a mask!**

COACHES/ADULT VOLUNTEERS:

- We will be using the BrightWheel app to assist with accurate attendance at practices and games – each coach or AG coordinator will have a link to the attendance feature.
- WAYS requires facial coverings to be worn while engaged in activity wherever possible. Which means almost all the time - except when players are socially distanced taking a break and drinking water etc. For example: soccer players should have facial coverings with them at all times and play with the facial covering on, removing it for long runs down the field, for plays without close contact, and in the goal. Participants for all sports must wear facial coverings while on the sidelines at ALL times (unless grabbing a drink socially distanced, etc) and in any huddles or time-outs.
- Ensure athletes arrive dressed for practice and leave immediately after practice. No recreational play, or loitering is allowed.
- Upon arrival, inquire how athletes are feeling, send them home if you believe they are acting or look ill.
- **Sportsmanship cannot include hugs, handshakes, fist bumps, etc. – air high fives are great!**
- Help with promoting the health and safety of all athletes by practicing and encouraging proper hygiene, using alcohol-based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands). Launder clothing after training session.
- Follow all state and local health protocols.
- Coaches are to be the only ones to handle cones, discs, goals etc.
- Ensure all athletes have their individual equipment. (Ball, water bottle, GK Gloves etc.)
- Ensure player's personal belongings (bags, coats, sweatshirts) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items – **use a cone for each player to use as their physically distanced 'spot'.**
- DO NOT allow shared team snacks. Players should only drink from their own containers.
- Either assign an individual pinnie to each player on your team for the duration of the season that they will keep with their bag OR ask players to bring a light and dark covered shirt to practice so there is no need for shared pinnies. Goal keepers will also need their own individual pinnie as well.
- Wear a face covering at all times and maintain social distancing of 6' from players, other coaches, spectators and other persons at all times.
- STAY POSITIVE AND HAVE FUN – THESE RULES ARE TO KEEP EVERYONE SAFE. Players and Parents will be looking to you for support and guidance around soccer activities at this time.