



## **USA DEAF SOCCER ASSOCIATION**

3575 FAR WEST BLVD., P.O. BOX 28253  
AUSTIN, TX 78731

# **USADSA COVID-19 GUIDELINES**

developed from U.S. Soccer's PLAY ON  
Recommendations

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### I. Medical Considerations

#### Medical Clearance to Participate in Trainings or Matches

1. Any individuals with a pre-existing medical condition are requested to provide UPDATED written clearance from a physician to participate.
2. For individuals who have tested positive for COVID-19, please provide written confirmation of COVID-19 negative status and/or clearance from your physician following the most up-to-date CDC guidelines to participate and return to activities.
3. For individuals (including players, coaches, referees, volunteers, and administrators) who have experienced known COVID-19 exposure in the past 14 days, the following is requested:
  - a. Home quarantine for 14 days
  - b. Written confirmation of COVID-19 clearance from your physician following the most up-to-date CDC guidelines
4. For individuals who experienced any illness during shelter-in-place, written clearance from your physician that you are COVID-free and fit to participate in trainings and competitions is requested.
5. Be prepared to report the onset of any new symptoms immediately. Contact your physician and follow the recommendations above for return to play.
6. Individuals who may be at increased risk of COVID-19 (including but not limited to age >65y/o, chronic cardiac or respiratory conditions including hypertension or diabetes, or have an immunocompromised state) should seek guidance by their physician as to their participation.

#### Daily Medical Considerations to Participate in Trainings or Matches

1. The participant (including players, coaches, referees, volunteers and administrators) should conduct a daily temperature check for low grade fever (>100.4.) at home before training. Daily temperature checks will be conducted at USADSA events, including training camps. If you have a fever, do not participate.
  - a. If thermometers are not available, conduct a daily health questionnaire online with the "Coronavirus Self-Checker," made available by the CDC.
2. Do not participate in activities if you have any of the symptoms listed below.
  - a. COVID-19 exposure in past 14 days
  - b. Sore throat
  - c. Shortness of breath/difficulty breathing
  - d. Fever >100.4 F
  - e. Chills
  - f. Headache
  - g. Sinus congestion
  - h. Cough persistent and/or productive
  - i. Joint aches and soreness
  - j. Vomiting or diarrhoea
  - k. Rash
3. Do not go to training/competition facilities or fields with any of the above symptoms.
4. Remotely communicate your health status to coaches, instructors, team administrators, or medical staff within 24 hours of your training session or competition.



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- a. Parents (and not the minor player) should communicate with the club or coach, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance. Speak to a physician and follow CDC guidelines on self-quarantine.
5. Should a member of your household be experiencing the symptoms above, the family member should consult a physician. Follow the recommendations listed for medical clearance outlined in this document. Maintain all recommended hygiene habits outlined by the CDC.

### **Additional Health & Safety Protocol for Referees**

1. Be conscious when accepting game assignments.
  - a. Do not accept a game if you are experiencing any symptoms.
    - i. As an independent contractor you are not required to accept a game. It is your choice and you should take into consideration your health and comfort level.
  - b. If you decline a game, be respectful to the assignor and notify them as soon as possible to allow time for a replacement.
2. If you start to exhibit symptoms after accepting a game, communicate immediately with your assignor and cancel your assignment. Do not participate in any matches if you are feeling unwell or exhibiting the symptoms outlined.
  - a. Assignors should consider having regular "back-ups" available in case a referee needs to cancel an assignment due to health reasons.
3. Before leaving for the field, referees should answer the following questions for their assignor. If the referee answers yes to any of these questions, they should notify their assignor and refrain from officiating the game.
  - a. Have you knowingly come into contact with anyone who has, is being tested for, or is exhibiting signs of coronavirus? (Yes or No)
  - b. Are you exhibiting any of the following symptoms? (Yes or No)
    - i. COVID-19 exposure in past 14 days
    - ii. Sore throat
    - iii. Shortness of breath/difficulty breathing
    - iv. Fever >100.4 F
    - v. Chills
    - vi. Headache
    - vii. Sinus congestion
    - viii. Cough persistent and/or productive
    - ix. Joint aches and soreness
    - x. Vomiting or diarrhoea
    - xi. Rash

### **Personal Protective Equipment (PPE, Masks, Face Covers) Recommendations**

1. All non-vaccinated participants (coaches, players, referees, instructors, administrators) are recommended to wear new or clean PPE upon arrival, departure and when not physically active for any training or match.
  - a. For the duration of the match, coaches and substitute players may elect to wear masks on the sidelines. Non-vaccinated coaches and players are



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- recommended to wear PPE on the sidelines.
- b. Referees are encouraged to wear PPE for arrival and pre-game field inspection. They must wear PPE for this exercise if they are not vaccinated.
  - i. If a fourth official is present, he or she should wear PPE while at the fourth official's table or designated area if he or she is not vaccinated.
- 2. PPE should cover the nose and mouth, be breathable, consist of cotton or wick-type material and follow CDC guidelines.
- 3. PPE should be new or clean for each training session or match and disposed or thoroughly cleaned after each training session or match.
- 4. Provided all screening, hygiene and social distancing measures are followed, masks are not mandatory for players/coaches/referees/instructors/participants during exertional moments of training or competition (i.e. when physically active at training or during game play).
  - a. PPE may obscure vision, increase respiratory challenges, or increase other injury risk while being physically active.
- 5. For players, referees or staff who choose to wear PPE while physically exerting themselves, the following should be considered:
  - a. Discuss with your primary care physician if any medical conditions pre-dispose you to avoid the use of a face cover while participating in physical activity.
  - b. PPE should be breathable and not prevent or disrupt ventilation.
  - c. PPE should not obscure the individual's vision.
  - d. PPE should not pose a risk to another participant.
  - e. PPE should be in good maintenance, at the responsibility of the individual.
- 6. Spectators are encouraged to wear PPE if they are not vaccinated.
- 7. During summer, heat and humidity may lead to increased discomfort or respiratory challenges wearing masks throughout the day. Coaches, referees and spectators are recommended to take "PPE breaks" throughout training or game day.
  - a. To take a PPE break, simply ensure you are more than 10 feet away from another participant and remove your mask.
    - i. Should another participant move within 10 feet, return your mask to covering your nose and mouth.
- 8. Consider having a replacement mask available if your PPE becomes wet due to sweat or environmental conditions.
  - a. Sanitize your hands following the removal of a used mask and replacement of clean mask.
- 9. Recommendations may change based on evolving medical and health information, as well as local, state or federal guidelines.



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### II. Preparing for Trainings or Competitions

#### Considerations for All Trainings & Competitions

1. Adhere to all state/local regulations.
2. Only outdoor trainings and competitions should be considered at this time.
3. Consider creating "team pods" to limit crossover exposure risk that may come from increased interactions.
  - a. Per team, maintain the same coaches, administrators, instructors and staff for all team activities.
  - b. If possible, limit coaches, administrators, instructors and staff to only one team.
4. Limit coaches, referees, administrators, instructors, volunteers, and staff attendance at training and competitions to allow for social distancing.
5. Survey your space. If possible, carefully consider what "maximum capacity" would ensure social distancing remains possible through all activities.
  - a. Consider implementing protocol to track the number of participants and spectators in your space at a given time. Restrict additional people entering the facility or space after reaching "maximum capacity."
6. Communicate your UPDATED health & safety guidelines to all participants, including players, coaches, referees, administrators, volunteers, parents and opposing teams.
  - a. For matches, the home team is responsible for communicating and maintaining health and safety protocols.
    - i. Visiting team should thoroughly review and follow all health & safety guidelines outlined by the home team or hosting organization.

#### Contact Tracing: Exposure Tracking & Alerting

1. For contact tracing purposes, maintaining a list of all facility users, participants and attendees at trainings or matches is encouraged.
2. For privacy purposes, the list should be securely stored and not shared publicly.
3. In the event that someone participating in your activities becomes ill, refer to this list for "tracking or tracing" to determine who may have been directly exposed to illness, and alert them immediately.
4. It is recommended that lists should be available for a minimum of 21 days to account for the period of time of COVID-19 presentation of symptoms and illness.
5. Include the items below in your contact tracing list. For minors, use a parent's contact information.
  - a. Date
  - b. Venue
  - c. Name
  - d. Phone
  - e. Email Address of participants

#### Getting Ready for Training or Competitions

1. All participants, including players, coaches, volunteers, and referees, should prepare and pack individual water bottles.



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- a. Pack at least two bottles of water for training or matches, to limit the need for refills. You should not share water bottles and should avoid public water fountains if possible.
  - b. Clearly mark your name on your water bottle.
2. Get dressed at home in your gear so that you can arrive to the training/match site ready to play, coach or ref, without needing to use locker rooms or changing areas.
  - c. Coaches should confirm uniforms with their players in advance of competitions, so players can avoid changing on site.
  - d. Referees are recommended to wear gold referee uniforms to avoid clashing with most team uniforms. Consider communicating with the coaches or competition organizers in advance to determine appropriate colors and avoid changing on site. If necessary, bring spare colors to prepare for conflicts.
3. Participants are recommended to pack and bring to personal sanitizing supplies to training and competitions, including hand sanitizers. Sanitizing materials should be clearly marked and not shared.
4. Avoid bringing any unnecessary belongings to the training or competition.
5. Follow PPE (face mask) procedures outlined.
6. Wash your hands before departing for training or competitions.
7. Conduct a daily temperature check for low grade fever (>100.4.) at home before training or competitions. If you have a fever or feel ill, do not participate. Consult your physician.

### Travel to Trainings or Competitions

1. Travel to trainings and competitions with as few people as possible. It is recommended to only travel with members of your immediate family or household.
2. Should carpooling or ride sharing be necessary, consider the following:
  - a. Consider only ridesharing with a family or individual who has practiced appropriate distancing and sheltering requirements established by their local government or public health officials.
  - b. Rideshare with the same individuals for each training or competition.
  - c. Ensure that all passengers have passed both the preliminary and daily clearance requirements outlined in this recommendations guide.
  - d. Maintain safe distancing during loading and unloading, and while in transit if possible.
  - e. Limit the number of stops between departure site and training destination.
  - f. Wear PPE in the vehicle.
  - g. Non-vaccinated participants may be asked to arrange their own transportation separately.
3. In accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance, a minor and an adult who is not the minor player's parent/legal guardian may not be alone in the vehicle together.

### Arrival and Check-In Protocols for Trainings & Events

1. Carefully consider and design your arrival and check-in protocols for trainings and matches to fit your facility layout, the size of your site and the activities taking place.
2. Consider the following recommendations for all participants. Participants includes players, coaches, referees, and volunteers actively involved in training or game play (such as ball



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- kids).
- a. If the facility has a minimal number of fields, consider having a single-entry access and check-in point for all participants at trainings or competitions.
    - i. Participants are encouraged to move through check in one-at-a-time to maintain social distance.
      1. Ground markings may be used in order for the queue to keep social distancing. These marks should be at least 6-feet apart.
    - ii. Hand sanitizer or a hand washing station are encouraged be made available at the location.
    - iii. Upon arrival, all participants will be asked a series of health screening questions, aligned with the CDC's "Coronavirus Self-Checker", to affirm medical clearance to participate.
    - iv. If available, use a no-touch thermometer to quickly confirm temperatures of participants. (Reminder that extreme heat can impact a body temperature reading.)
    - v. The coach, a staff member or a designated "Safety Officer" can be responsible for asking health screening questions.
    - vi. Confirm all participants have brought adequate hydration from home.
    - vii. Collect all information needed for contact tracing requirements.
  3. Consider the following recommendations for spectators and non-participants at competitions.
    - a. Establish a separate entrance for all spectators and non-participants.
      - i. All non-participants should be educated on competition safety guidelines and the important of only attending the competition if they have no COVID-19 symptoms. Non-vaccinated spectators encouraged to follow PPE recommendations by wearing PPE at all times.
    - b. If possible, the names and information of all spectators and non-participants are encouraged to be recorded to follow contact-tracing recommendations outlined above.
    - c. Spectators encouraged to proceed to the designated spectator area / socially distanced "Family Zones" outlined below in Section IV.
    - d. Non-vaccinated spectators are encouraged to socially distance at all times and avoid congregating.
  4. If facility has many fields, the facility can consider:
    - a. Organizing multiple check-in points following the procedures above
    - b. Establishing a virtual check-in process for participants and spectators
    - c. (In the case of competitions) Having each participating team conduct health screening questions to confirm no one is experiencing symptoms of COVID-19 and provide contact tracing information for all participants and attendees upon arrival.
  5. Clubs are encouraged to assign specific arrival times for all event-specific participants (ex: for event staff, per team, for referees) to limit congestion during check-in and accessing the field.
    - a. Participants encouraged to wait in their cars until their specific time to enter the facility or field.



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### Recommendations for Parents and Guardians

1. Parents and guardians should be thoroughly aware of all safety recommendations for both their home club and as visitors in organized competitions. At all times, parents should ensure their family follows safety recommendations, including for PPE.
2. Parents and guardians should support the coach and organization in adhering to all safety recommendations.
3. Parents and guardians are not encouraged to attend events.
  - a. Should parents and guardians attend an event, they should carefully follow spectator check-in policies and watch from areas specifically designated for viewing.
4. Parents are encouraged not to congregate together and should follow social distancing guidelines.
5. Parents or guardians watching the match should never enter the team bench area.
6. Parents or guardians should have the contact information of relevant staff.

### III. Site Management & Facilities

#### Facility Sanitation & Safety Protocols

1. Maintain your schedule for increased, routine cleaning and disinfection.
  - a. Clean and disinfect your facilities according to CDC hygiene standards, paying particular care to high-traffic areas, such as restrooms.
2. Implement conscientious cleaning plans around events to prepare for and manage increased traffic. It's important for cleaning staff to have a visible presence around the facility.
  - a. Facilities are encouraged to be completely disinfected and cleaned before and after each event day.
  - b. Facilities are encouraged to be constantly cleaned and sanitized throughout event days with focus on high-touch areas such as restrooms and bleachers.
3. Hand sanitizer or hand washing stations should be located around the facility and very easily identifiable.
4. If there are gates or doors around the facility, consider permanently propping them open during competition days to decrease the chance of virus spread.
5. Restroom operations should be adjusted to allow for social distancing and prevent the spread of the virus.
  - a. If restroom is small, consider making it a single-occupant restroom or limiting the number of people inside. Individuals need to properly social distance while in the restroom.
    - i. Ground markings should be used to indicate socially distanced queuing. These marks should be at least 6-feet apart.
  - b. Restrooms with multiple doors should have clearly marked entry and exit doors in order to control the flow of traffic.
    - i. Floor markings can be used to encourage a one-way flow of traffic.
  - c. If porta-potties are used, place them so that doors are not adjacent to each other.
    - i. Ground markings should be used to indicate socially distanced queuing.
    - ii. Hand sanitizer or hand washing stations should be located outside of the porta-potties.



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- d. Consider adding a porta-potty for each field for use by players only.
6. Meeting rooms may be used if holding any meetings outside is unattainable. Prepare for proper social distancing regardless of where the meeting is held.
  - a. Non-vaccinated attendees must be in proper PPE.
7. The use of locker rooms can be considered if necessary, but if possible, should be avoided.
  - a. Locker rooms must be thoroughly cleaned and sanitized after each use.
  - b. A limited number of people should be able to access the locker room at a single time in order to maintain social distancing.
    - i. Signage should be considered to encourage social distancing inside the locker room.
  - c. The locker room should remain locked when not in use.

### Access to Water or Water Fountains

1. Ensure appropriate hydration policies are in place with all participants and spectators having unlimited access to water for trainings and matches, especially in warm climates.
  - a. Participants are first and foremost encouraged to bring a minimum of two personally labeled bottles to training and competitions. Participants should not share their personal water bottles.
2. As alternatives when a participant or spectator does not have their own water bottles, the club should carefully consider and plan how it can safely make water available.
  - a. Water fountains should be cleaned and sanitized constantly, especially during the summer months when use is more frequent.
    - i. Consider only allowing water bottles to be filled up at water fountains to eliminate possible contact between patrons and the spout.
    - ii. Hand sanitizer or hand washing stations should be located next to each water fountain for use after filling or drinking from the fountain.
  - b. As able, consider pre-poured individual disposal cups, or disposable water bottles, arranged by an adult wearing gloves. Set up the cups or bottles on a table or at individual prep stations. Avoid passing the cups or bottles by hand.

### Signage

1. Facility policies and procedures, as it related to any COVID-19 mitigation measures, should be posted at each entrance and/or at the arrival/check-in location.
  - a. This should include clear signage indicating PPE policy.
2. General social distancing signage may be posted around the facility including field areas.
3. To manage inclement weather:
  - a. If forecasted, consider posting specific protocols at entrances to the facility.
  - b. Post occupancy limits for any rooms that could be used for shelter in place protocols.
4. Restrooms should have the following signage:
  - a. [CDC recommended](#) hand washing procedures above each sink.
  - b. Signage limiting the number of people in each restroom.
  - c. Floor markings to encourage a one-way flow of traffic.
  - d. External ground markings to indicate restroom queuing that maintains social distancing. These marks should be at least 6-feet apart.
5. Concession stands should have the following signage:



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- a. Ground markings to indicate concession queuing that maintains social distancing. These marks should be at least 6-feet apart.
  - b. Signage for cashless transactions, as needed.
6. Locker rooms should have the following signage:
  - a. Signage limiting the number of people in each locker room.
  - b. General signage encouraging social distancing.

### Field Layout (Including Benches)

1. Survey your site and carefully design a customized layout that will ensure teams, participants and spectators can appropriately socially distance in various stages of activities and play.
2. Designate clearly marked "entry" and "exit" points to your facilities and fields, coordinating with check-in locations for arrivals. Foot traffic should flow IN the entry and OUT the exit at all times.
3. For arrival to both trainings and matches, consider creating "personal prep stations" – individual areas for non-vaccinated players, coaches, volunteers, and referees.
  - a. Consider setting up a line of cones 6-feet apart to the side of the field of play.
  - b. Arrange one cone per participant (player, coach, referee)
  - c. When a participant arrives, designate a cone as their "personal prep station" for the duration of the training session or pre-game activities. The individual should place their bags, water bottles, towels, etc. at this cone.
4. Align team benches so they are not within close proximity to each other.
  - a. If fields are close together, move team benches for adjacent fields to opposite sides of the field to eliminate four team benches on one sideline in close proximity.
5. Expand benches to allow for six feet of space between each player and coach during the match.
  - a. If inventory does not allow for extended benches, similar to "personal prep stations," create a line of cones 6-feet apart (or use paint or other markings to clearly delineate) where players can sit socially distanced along the bench-side sideline.
6. Use signage, paint or other markings to delineate team areas and spectator areas.
7. Designate a spectator area with socially distance "Family Zones" for members of the same household to watch a match or training.
  - a. Clearly mark and space these zones at least six feet from the next family's zone.
  - b. Where possible, the zones should be 10 feet from the field of play and assistant referees on the sidelines.
  - c. Spectator areas or family zones should be positioned on the side of the field opposite the benches.
    - i. In cases where adjacent fields mean benches are located on both sidelines, spectator areas may be relocated to the end lines.
8. If fields have a compact layout, consider creating one-way walking paths to the fields.
  - a. Paths should be created for both team benches and spectator areas.
9. If necessary, consider training and match-day schedules that avoid the use of adjacent fields at the same time.
10. Plan for extra time between matches and trainings to accommodate arrivals, departures, and equipment cleaning.



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### IV. Equipment Management for Trainings & Competitions

#### Shared Equipment

1. Field set-up for trainings or match warm-ups should be considered. Aim to use minimal equipment to limit exposure and transmission of COVID-19.
2. Consider vigilance about sterilization procedures. All equipment (e.g. flags, balls and cones) may be disinfected prior to the start of the session or match activities with anti-bacterial of at least 60% ethanol or 70% isopropanol.
  - a. Allow extra time between matches taking place in succession on the same field to consider that all equipment is cleaned and sanitized between competitions. This includes equipment such as corner flags, goals, and balls, as well as benches.
3. Where able, clubs are recommended to provide soccer balls for training. As usual, the hosting team or organization should provide match balls for competition.
  - a. The club or coach should consider that the balls are sanitized before and after each training and competition.
  - b. Players are not recommended to bring their own balls. Should the training be structured whereby players bring their own balls, a parent or adult should ensure it is sanitized before and after training.
4. Players are not required to have an individual designated ball for training.
5. Where possible, general team bibs should not be used for training or matches.
  - a. Opposing teams should agree on uniform colors in advance of the match so that players can be notified accordingly and avoid the unnecessary need for bibs.
  - b. The coach/instructor is recommended to make a plan in advance of training and as necessary suggest a specific training gear color for players to arrive in.
    - i. Alternatively, clubs/organizers could temporarily issue team bibs to players. Participants would be responsible for bringing these bibs to training or matches and washing them after training or matches. Issued bibs should be clearly labeled and not shared or rotated amongst participants during training.
  - c. If team bibs are used, they should only be used by one participant and not shared or rotated amongst participants.
  - d. Any team bibs used should be washed by the club/organizers afterwards in order to decrease the transmission of COVID-19.
6. It is not recommended to use shared or team cold tubs for recovery sessions. Players should consider using bathtubs at home for cold tub soak.

#### Individual Equipment

1. All individual training gear should be cleaned and disinfected after every session.
2. Where possible, players are not recommended to bring their own balls.
  - a. If balls are brought by the individual player, a parent or adult should ensure it is sanitized before and after training.
3. All participants are encouraged to arrive in their gear.



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- a. All personal apparel should be cleaned, disinfected and properly stored after every training or competition. This includes cleats, shin guards and headbands (if re-usable).
4. For players who use mouthguards, once the mouthguard is placed in mouth, it should never be taken out during practice to limit the transmission of virus.
  - a. If for some reason the mouth guard has been in contact with hands or the floor/ground, the mouthguard should not be re-used until it has been washed thoroughly. Wash your hands thoroughly after washing themouthguard.
5. Coaching tools or equipment (ex. clipboards) should only be used by one coach and should not be shared amongst coaching staff.
6. Referee tools or equipment (ex. whistles, cards) should only be used by one referee and should not be shared.

### V. Competitions Considerations

#### Participating in Competitions & Tournaments

1. Teams are recommended to minimize overnight stays and to avoid international travel to Covid concerning areas, to the extent possible.
2. If travel is required to non-local competition or tournament, travel recommendations made in the previous sections should be considered.

#### Warm-Ups

1. Warm-ups should not begin until previous teams have left the field and equipment and benches have been cleaned and sanitized. Allow for extra time between matches to accommodate as necessary.
2. Competition warm-up recommendations follow training recommendations outlined below in this section.
  - a. In general, consider maintaining social distance, to the extent possible, during warm-up activities.
3. Participants are encouraged to avoid intentionally touching each other before or after competitions. This is with respect to hugs, high-fives, and huddles.

#### Referee Considerations

1. Fields should still be walked.
2. Physical items (nets, goals, corner flags etc.) should be inspected visually.
3. If issues are identified – for example a goal net needs to be repaired or an object needs to be removed from the field of play – the referees should sanitize his or hands after managing.
4. Referees are encouraged to maintain at least six feet distance when communicating with their referee crew, players, and coaches.
5. If a fourth official is present, they are encouraged to maintain six feet distance when communicating with coaches, players, or their fellow referees.
  - a. If a fourth official's table is provided, the referee should consider that it is six feet away from either bench or coaching area.
  - b. The fourth official is encouraged to wear a mask for the duration of the match.



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### Pre-Game Activities

1. The coin toss should be socially distanced.
  - a. Only one referee and one representative per team should take part in the coin toss.
    - i. Only the owner of the coin should touch the coin.
2. No pre-game handshakes shall take place.
3. Uniform or jewelry checks should be visible checks only, maintaining 6-ft between the referee and player.
4. Social distancing and length of team pre-game meetings may be considered.

### Game Time

1. Non-vaccinated players, volunteers, and coaches at the bench, as well as, referees at the fourth official's table, are reminded to wear PPE for the duration of the match.
2. Handshakes, high fives, fist bumps, chest bumps, huddles, group celebrations, etc., should be reconsidered, including when goals are scored, or when substitutions are leaving or entering the field.

### Halftime

1. During halftime, non-vaccinated referees, players and coaches should maintain at least six feet distance between each other.
2. All non-vaccinated players and coaches are requested to be wearing proper PPE.
3. Players should sanitize their hands.
4. Coaches should limit the amount of time the entire team is near the bench area at one time.
5. Referees should sanitize their own equipment (whistle, flags, etc.).

### Considerations in the Case of Injuries

1. As able, a non-vaccinated Referee should keep a six-foot distance from the injured player while determining if medical attention is necessary
2. If needed, allow a coach or medical professional from the injured player's team to enter the field and attend to the player. Any non-vaccinated coach or medical professional should wear PPE and gloves while attending the player.
3. The Referee should encourage other players to keep their distance from each other, and the injured player, during the break in play. Players are encouraged to not congregate.

### Post-Game

1. Post-game handshakes may be reconsidered. Consider other forms of sportsmanship or instituting new acknowledgement traditions, such as clapping, etc.
2. Teams should pack-up and immediately leave the field following the game, exiting at the designated exit point.
  - a. Post-game meetings should be kept brief, if any meeting is held at all.
    - i. All non-vaccinated participants should wear proper PPE and endeavor to maintain space between themselves and others. Prolonged proximity, even with masks should be avoided.
    - ii. Huddles should be avoided.



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3. Do not have a team snack that is shared among the team members.
4. Teams should clean up bench area so that it is clean of ALL trash.
5. Competition hosts should ensure all equipment, including benches, balls, flags, etc. are sanitized.
6. Spectators are encouraged to maintain social distancing following the game while waiting for their child.
  - a. Dependent on field layout, spectators may need to wait further away from the field.
7. Referees should leave field immediately following the game and referee duties have been completed assuming they have no other games to officiate.
  - b. Referee debrief sessions should be a conducted in a space where the referees can social distance but still in view of the game field.
  - c. If referees are working later in the day, the referee should stay away from other individuals, may consider departing the facility or using their personal vehicle as a place to take a break in between games.

### VI. Training Sessions Considerations

1. Full team trainings are allowed.
2. Training sessions may be returned to full length and intensity.
3. Non-vaccinated Coaches should not be within six feet of any player.
  - a. Any coach who manages multiple teams should be especially vigilant to maintain social distancing.
    - i. Between training sessions with different teams, the coach should sanitize their hands and consider using clean PPE.
4. Whenever possible, and if space allows, assign areas for warm up and cool down.
5. Participants should generally avoid intentionally touching each other before, after or during training, except as a necessary part of the training exercise. This is especially important for non-vaccinated participants to follow.

### Considering Players with Physical Disabilities

1. While planning and delivering sessions, it is essential to remember that each player's disability can impact them differently and that, in some cases, their level of impairment can even fluctuate throughout the day.
2. Coaches and parents of players should follow ALL the recommendations provided in this guide as they prepare to play.
3. Coaches and parents of players should collaborate to understand the impact of each player's disability on the player at this time, and plan ahead to manage safety protocols and health considerations.

### Training Activities

1. It is not necessary to socially distance as part of training exercises. Conditioning games of different lengths, across different field sizes, and with varying player densities can be incorporated.
2. Acknowledge that these activities are not socially distanced. Players may come in contact with one another and should be vigilant about following the General Hygiene Code of Conduct outlined below to promote the safety of all those involved in the activity.



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- a. If a player does not feel comfortable participating, do not pressure the player to join. Allow the player to watch from a socially distanced vantage point where he or she can still learn from the training activity.
3. When possible, players should remain socially distanced, particularly those that are non-vaccinated. (i.e. during explanation of the activity). During any break in play, the players should again consider socially distancing themselves.
4. Consider using technology or props to provide initial overviews or reinforcements of player locations and movements during an activity or set play training exercise, to avoid extensive modelling that may bring players into extended contact with one another.

### Communication During Trainings

1. Non-vaccinated speakers should be at least 10 feet from others if they must remove their mask to speak.
2. Where possible, avoid holding team meetings in confined spaces and/or closed environments.
  - a. If a team talk must take place indoors:
    - i. Consider maintaining social distancing at all times.
    - ii. Consider all non-vaccinated participants being required to wear PPE.
3. Consider providing tactical discussions in digital format, when possible.

### Gym and Strength Workouts

1. The use of gyms and confined indoor training spaces should be considered.
  - a. Strength and conditioning work that may normally be carried out in a gym could be adapted and conducted on the outside field.
  - b. In order to limit equipment use, body-weight and plyometric exercises are encouraged. Minimal equipment should be used whenever possible.
2. Equipment should be sanitized after every use.
  - a. A break between indoor gym work-out sessions is recommended to allow time for cleaning equipment and the room.
3. If indoor gym workouts must take place, all non-vaccinated participants should follow social distancing guidelines.
  - a. Non-vaccinated participants should be encouraged to wear PPE throughout indoor training, except in moments of significant exertion whereby a face covering might increase respiratory challenges, obscure vision or increase other injury risk.
  - b. If utilizing a public facility, maintain social distancing with other patrons and disinfecting guidelines.
4. Evaluate the available space to determine maximum number of participants capable of utilizing facility at one time in advance.
  - a. Maintain consistency of partners or members of small group during facility use including spotting.
5. Accessible hand sanitizer should be available in the gym for use.

## VII. Full Team Competitions

Duration: Indefinite

Core features

USADSA Covid-19 Guidelines

Updated: May 2021



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- Full team competitions can occur
- Continue with COVID-19 mitigation strategies
- Consider local and single day competitions
- Large events should be guided by local and/or state public health authorities

During this phase, full team competitions, such as tournaments, may take place, as long as mitigation strategies and processes for COVID-19 are being implemented. Teams are recommended to only participate in national events, to the extent possible. As always, all events should follow local and/or state public health authority recommendations.

### Additional Resources

Please refer to [www.recognizetorecover.org](http://www.recognizetorecover.org) for general health and safety recommendations from U.S. Soccer.

#### United States Olympic and Paralympic Committee (USOPC)

- <https://www.teamusa.org/coronavirus>

#### Centers of Disease Control and Prevention (CDC) Guidances

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

#### US Department of State - Travel

- <https://travel.state.gov/content/travel.html>

### A. General Hygiene Code of Conduct

The following recommendations should serve as a guide. As a reminder, returning to play is a personal choice, and you should feel comfortable determining for yourself if you would like to resume activities in a full-team environment.

We recommend all participants (coaches, parents, players, volunteers, administrators, etc.) communicate with their club or coaches to better understand the safety policies in place and work together to protect against the spread of COVID-19.

#### General Health

1. If you are sick or have symptoms of an illness:
  - a. Stay home. Stay home regardless of what is causing your illness.
  - b. If you are confirmed or suspected to have COVID-19, practice self-quarantine measures as guided by the CDC and contact your physician.
  - c. To discontinue quarantine and return to sport, obtain appropriate clearance to return to soccer and sport from your physician.
2. If you have been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID 19:
  - a. Begin self-quarantine for 14 days and follow the most up to date [CDC guidelines](https://www.cdc.gov/coronavirus/2019-ncov/index.html).
3. Advise your instructor, club, athletic trainer, or coach immediately if any possible exposures have occurred in your team, training or club environment. Parents (and not the minor player) should communicate with the club, coach, or AT, in accordance with



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the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance.

### **Physical Interaction**

1. Consider maintain "social distancing" of at least six feet if non-vaccinated.
2. Avoid activities involving high levels of group interaction (ex: team huddles) if non-vaccinated.
3. Consider avoiding general physical interaction including hugging, "high fives" or passing objects byhand.
4. Participants and any additional persons on site (employee, volunteer, parent) should consider avoiding close contact and follow all social-distancing guidelines, particularly if they are non-vaccinated.
5. Distance yourself from anyone exhibiting signs of sickness.

### **General Hygiene**

1. Avoid touching your eyes/mouth/nose as much as possible.
2. Wash or sanitize your hands often and after close contacts.
  - a. Use soap and water for a minimum of 20 seconds.
  - b. When soap and water is not available, use hand sanitizer.
3. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
  - a. Follow with washing or sanitizing your hands.
  - b. Dispose of tissues in a sealed trash can.
4. Avoid spitting and coughing.
  - a. Goalkeepers should not spit into their gloves.
5. Follow recommendations on wearing PPE (Personal Protective Equipment – masks or face covers) outlined above.

### **Equipment & Training Gear**

1. Where possible, use individual equipment.
  - a. Do not share personal equipment or gear (e.g. water bottles, towels, flags, etc.).
  - b. Soccer balls may be shared.
  - c. See the Equipment section of this document for details.
2. Sanitize sports or exercise equipment before and after each training session.
3. Wash all training gear after each training session.

### **Communal Areas**

1. Clean and disinfect high-trafficked areas of your facility regularly.
2. If doors and/or gates are used to access the training field, plan to prop them open during usage hours.
  - a. If doors cannot be propped open, use a sleeve/covered hand or elbow to open.
  - b. Sanitize hands following contact with door handles/gates.

### **B. Wellness Resources**

Parents, guardians, coaches, referees and players are encouraged to refer to U.S. Soccer's 'Recognize to Recover Nutrition and Hydration Guidelines' for a full overview on nutritional and



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hydration practices. Learn more about the 3 R's of recovery from play (rehydrate, refuel and rebuild). <http://www.recognizetorecover.org/nutrition-hydration#supplements>

### Hydration

1. Participants should clearly label their water bottles with their own name.
  - a. Participants should not touch anyone else's bottle.
  - b. It is recommended that each participant brings at least two drink bottles to training (e.g. 2 x 32oz bottles). This will limit the need to refill bottles on site.
2. If the club provides fluids, establish protocol to limit multiple "touching" of hydration source.
  - a. If a refill station is necessary, ensure there is a handwashing station nearby or provide hand sanitizer to use before refilling.
3. Single-use bottles should be discarded or immediately onsite
4. During training sessions, fluid breaks are recommended and largely be dictated by the duration/intensity of the session. Breaks should be planned in advance and communicated to players.
5. Water breaks for both trainings and games should adhere to social distancing guidelines. When there is a water break, participants should make their way to their personal station, and drink only from their own bottle.
6. All organizations, clubs, teams, coaches and players should follow the heat policy outlined by Recognize to Recover [here](#).

### Heat Considerations

1. As we head into summer, all organizations, clubs, teams, coaches and players should follow the heat policy outlined by Recognize to Recover [here](#).
  - a. Heat-related illnesses, such as heat exhaustion and exertional heat stroke (EHS), can be serious and potentially life-threatening conditions which can be brought on or intensified by physical activity.
  - b. Recognizing the signs and symptoms as early as possible allows for treatment and rapid recovery with hydration and onsite immediate cooling down the individual.
  - c. Educate staff on the signs and symptoms of heat-related illness and early management.
  - d. Follow heat acclimatization guidelines during practices and conditioning. Acclimatization is the body's natural adaptation to exercising in the heat. This process typically takes 10-14 days.
  - e. Avoid the hottest part of the day for training sessions (11am-4pm) and matches when possible.
  - f. Ensure appropriate hydration policies are in place with all participants having unlimited access to water, especially in warm climates (outlined in the "Hydration" section above and "Access To Water Or Water Fountains" in Section IV.)
  - g. Be conscientious about how PPE impacts breathing or causes heat and discomfort. Players are not encouraged to wear PPE during active training and coaches should consider taking a "PPE break" by moving safely 10 feet away from other participants. Follow PPE recommendations provided above.

### Nutrition Strategies to Support Activities & Immune Function



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1. Consume enough calories to meet training/daily life needs.
  - a. Show up for training and matches adequately fueled.
  - b. If a player brings a snack, he or she are not recommended to share.
    - i. If you must share, any food should be packaged individually.
    - ii. Protein: maintain adequate intake throughout the day (main meals and snacks).
    - iii. Carbohydrate: adjust intake to training duration/intensity and prevent low carbohydrate situations.
2. After strenuous exercise, athletes enter a brief period of time in which they experience weakened immune resistance and may be more susceptible to viral and bacterial infections.
3. Vitamin D is one of the most important markers in immune health and Vitamin C has been found to support immune health during intense/lengthy training periods. Daily consumption of food sources that are high in Vitamin C and Vitamin D are encouraged to further support immune health.
  - a. Foods high in Vitamin C include: kiwi fruit, bell peppers, strawberries, oranges, broccoli, tomatoes, kale.
  - b. Foods high in Vitamin D include: salmon, mackerel, eggs, mushrooms, cow's milk, yogurt, fortified cereals, fortified orange juice.

### **Mental Wellness**

1. During this unprecedented time, our lives have been disrupted. Training, playing and even watching sports is different in our current landscape. This crisis can cause negative impacts on our mental and emotional wellbeing. It is important to be aware of the impact this can have on our health so we can help ourselves. Self-care and knowledge of resources that are available are helpful in times of crisis. You may be experiencing a range of emotions, including:
  - a. Anxiety
  - b. Stress
  - c. Sadness
  - d. Worry or fear
  - e. Loneliness
  - f. Or other uncomfortable emotions
2. Social distancing can feel like you have to be socially isolated, but it's important to remember that this is not the case.
  - a. You can still safely talk and interact with teammates and colleagues while following simple safety guidelines:
    - i. Staying 6ft apart where possible if you are non-vaccinated
    - ii. Maintaining good hygiene
    - iii. Avoid physical contact (ex: use Air-high fives as opposed to regular contact high fives)
    - iv. Stay home when you are sick
3. You can find additional resources for mental health during COVID 19 at [U.S. Soccer's Recognize to Recover web page](#).

### **C. Additional Resources**

- [USOPC Coronavirus Resources](#)



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- [USOPC – Coping with the Impact of Coronavirus for Athletes](#)
- [CDC Coronavirus Updates](#)
- [CDC Advice – How to Protect Yourself and Others](#)
- [CDC – Consideration for Youth Sports](#)
- [CDC – Workplace Decision Tree](#)
- [CDC – Camp Decision Tree](#)
- [CDC – Deciding to Go Out](#)
- [CDC – Community Mitigation Strategies](#)
- [FIFA COVID-19 Resources](#)
- [WHO Hand Washing Steps \(Video\)](#)
- [WHO Mass Gathering Guidelines Worksheet](#)
- [WHO Advice for Public](#)
- [US Center for Safe Sport Digital Safety](#)
- [US Soccer Recognize to Recover – COVID-19 and Mental Health](#)
- [United States Olympic and Paralympic Committee \(USOPC\)](#)
  - <https://www.teamusa.org/coronavirus>
- [Centers of Disease Control and Prevention \(CDC\) Guidances](#)
  - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- [US Department of State - Travel](#)
  - <https://travel.state.gov/content/travel.html>

### **Contributions Recognition**

This document is based off of U.S. Soccer guidelines. U.S. Soccer used a broad collaboration of U.S. Soccer departments, including: High Performance – Sports Science & Sports Medicine, Youth National Teams, Coaching Education, Referee Education, Sport Development, Member Programs, Commercial, Brand, Events, Communications, Legal, and Development.