



SEPTEMBER 8, 2021

# RETURN TO PLAY GUIDELINES

VERSION 3.0 FALL 2021

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OAHU LEAGUE OF HAWAII YOUTH SOCCER





# RETURN TO PLAY!

The COVID-19 pandemic is dynamic. As a league and club members, we must remain vigilant, flexible, and prepared to respond quickly to new developments working with the City, County and State. This information is taken directly from the Hawai'i Department of Health Guidance for Youth Sports – COVID-19 document from February 12, 2021; and has been updated through the myriad of press conferences and proclamations via the State and City/County Government. This will be updated as information changes.

Parents/Guardians should be aware that risk can be decreased but not eliminated by following the following safety protocols.

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## OAHU LEAGUE

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## GENERAL GUIDANCE

- All activities should follow state and local ordinances, including wearing masks and limits on gathering sizes.
- Wearing masks is one of the most important mitigation measures.

## CONTACT TRACING

- Anyone engaging in soccer activities are required to cooperate with the Hawaii Department of Health (HDOH) on contact tracing. Each club must have their own protocol to submit for permitted field usage.
- It will be necessary for club and league staff including but not limited to administrators, coaches, team managers, technical directors/directors of coaching, to collaborate with and assist HDOH with contact tracing in the event of illness of a player, coach, referee, athletic trainer, and/or anyone else involved with a soccer team/group.

## GENERAL TESTING OF SOCCER PLAYERS

- A negative test result decreases the risk of spreading disease but does not make it ‘Safe’ to return to activity and does not eliminate the need for masking, social distancing, and quarantining as appropriate per the recommendations of CDC and HDOH.

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- Testing for Covid-19 is not necessary UNLESS they are symptomatic or have been exposed to someone infected with COVID-19. [See AAP Testing Guidance](#)

## PARENT/GUARDIAN NOTIFICATION/ACKNOWLEDGEMENT

- Gathering in any way, including playing sports, involves inherent risks of the child/adolescent becoming infected and potentially infecting other individuals, including household members.
- As a league we will be mandating parents sign the COVID-19 waiver form created by Hawaii Youth Soccer Association (HYSA) prior to any permitted practices/games. Parents will be responsible to be aware of COVID-19 policies and expectations.
- Parents are ultimately responsible to balance the benefits and risks of participating in soccer during this time. They will need to consider any underlying health conditions that place their athlete or household members at high risk of contracting COVID-19.

## PROMOTING BEHAVIORS THAT REDUCE SPREAD

### SCREENING

- Daily COVID-19 Screening **MUST** be conducted by every person entering the shared practice/game location. This can be done here ([CDC COVID-19 Screening](#)) with a Printout to show completion (can be saved to mobile device).
  - Daily health screenings will be shown by any player, coach, spectator to the Team Designated COVID-19 Contact before they enter any practice or game field.
  - Referees, volunteers, staff will present their COVID-19 Screening at the Command Center located between Field 12 and 4 to the League Executive Secretary or CEO.
  - Each person entering any facility must have their own completed screening form.
  - Currently spectators are allowed. They must be socially distanced and adhere to current outdoor gathering restrictions per City/County/State Government. Masks are highly suggested to be worn.

### STAYING HOME WHEN APPROPRIATE

- Families, players, staff should stay home if they have any of the following:
  - They have symptoms ([CDC COVID-19 Screening](#))
  - They or someone in their home tested for COVID-19 and are awaiting results.
  - They are someone in their home tested positive for COVID-19.
  - They have recently been in close contact with a person with COVID-19.
    - Individuals who had recent close contact with a person with COVID-19 should stay home for a minimum of 10 days and monitor their health, even if they test negative for COVID-19.

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## CLOTH MASKS

- Cloth masks covering mouths and noses should be always worn by players, coaching, referees, administrators, parents, spectators, volunteers, and staff, including when:
  - Arriving to or departing the soccer complex or practice field
  - On the sidelines – bench or spectator
  - Engaging in playing during practice or games
  - Even when physical distancing
- While playing high intensity sports such as soccer, wearing masks may be challenging for players, particularly for younger players and individuals with disabilities or underlying medical conditions. It is up to the player and their family to decide if playing sports is safe for them at this moment.
- Everyone is reminded not to touch the front of the cloth masks and remove masks using the straps.
- Cloth face coverings should be washed daily in hot water and not reused until cleaned.
- If a player's mask gets wet, it should be changed for a clean and dry one as a wet mask is difficult to breath through. Players should have multiple masks (4 or 5) with them at matches and practices, easily accessible in their equipment bag.
- Referees should consider replacing traditional whistles with an electronic version.

## HAND HYGIENE

- Players, staff, coaches, officials, and all participants should wash or sanitize hands:
  - Before and after practices and games
  - During games and practices with shared equipment, especially when balls are touched by more than one person.
  - After touching eyes, nose, mouth, or masks
- Each team and each player should have hand sanitizer containing at least 60% alcohol, disinfecting wipes, soap & water, or other sanitizing materials readily available at team benches.
  - The League will have items to utilize for referees, volunteers, staff. All groups are still responsible for their own personal care products.
- Make hand hygiene options available and routine after players come off the field and before they touch other items (water bottles, phones, etc.).
- Restrict spitting.

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## MAINTAINING HEALTHY ENVIRONMENTS

### CLEANING AND DISINFECTION

- Clean and disinfect frequently touched surfaces on the field.
- Limit use of shared objects and equipment (balls) or clean use by each individual.

### SHARED OBJECTS

- Encourage players to use their own equipment to the extent possible.
  - If equipment must be shared (Balls) limit use of supplies to one group of players at a time and clean/disinfect before giving to another team/group.
- Do not share items that are difficult to clean, sanitize or disinfect.
  - Players and staff must use their own practice jersey (or training bib), any towel they use to wipe sweat away, etc.
- Players/coaches/referees belongings/Bags will be kept separate from others' in individually labeled bags.
- All Players, referees, coaches should bring their own water bottles.
- There should be no potluck dinners after matches.
- Command center at Waipio will have pre-packaged items for League Volunteers, Referees, Game Day Staff with designated spaced locations for them to eat and drink maintaining social distancing whenever masks are removed for eating and drinking between their game assignments.

### PHYSICAL DISTANCING AND MODIFIED LAYOUTS

- Signage to promote preventive measures (proper mask usage, physical distancing) will be displayed at the game day soccer complex fields (at this moment, just Waipio Soccer Complex).
- Adult members of Each Team (team coaches and team managers) will be responsible to maintain preventative measures.
- Players and coaches must maintain space of 6 feet apart as much as possible during warm-up, team talks, etc. Team post-match talk should be done via the internet.
- Benches should not be used unless 6 feet of distancing can be maintained.
- Participants should place personal bags at least 6 feet away from others.
- Players, coaches, referees, and spectators should remain in their cars until just before the beginning of practice or warm-up. No forming of groups while waiting. Spectators may sit pitch-side, socially distanced and in small groups per HDOH

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guidelines for the duration of the soccer activity (practice/game).

- Instead of team handshakes or fist bumping – a Shaka Sign will be given to each team congratulating them on a match well played.
- Try to consider alternatives to carpools. Players should ride to practice or sports events only with persons living in their same household.
- Teams have ample time to warm-up between matches. Please allow one team to leave before another team enters. Please do not hold team talks after the match to assist in the transition, this includes post-match snacks.

## COMMUNAL SPACES

- Spectators may only sit in socially distanced groups that follow outdoor gathering protocols at this moment. It is suggested they only sit with people they live with. Masks are encouraged to be worn.

## MAINTAINING HEALTHY OPERATIONS

### DESIGNATED COVID-19 POINT OF CONTACT

- Designate a Club Staff person to be the point of contact for each team.
  - All Coaches, staff, referees, players, families, and volunteers should know who their point of contact is and how to contact them.
    - Teams (players, coaches, families) – Club Designated COVID-19 Point of Contact is their person.
    - Referees – Assignor is the point of contact.
    - Volunteers / Staff – Executive Secretary is the point of contact.
  - Club Point of Contact should be prepared to facilitate:
    - Communications between the team/club and the Oahu League.
    - The steps outlined in this guide if a case of COVID-19 occurs within the team/cohort.

### COMMUNICATION PLAN

- Coaches, volunteers, staff, referees, players, and their families should self-report to their point of contact if they:
  - Have symptoms of COVID-19.
  - Get tested for COVID-19.
  - Test positive for COVID-19.
  - Had close contact with someone with COVID-19 in the last 10 days.
- A communication plan needs to be in place at each of our organizations. Each point of contact should know:
  - Who to notify within the League and their team/cohort (staff, referees, athletes, families)
  - When to notify them (someone was exposed or tested positive)
  - Facility closures and restrictions in place to limit COVID-19 exposure.

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- The COVID-19 Team Point of Contact must contact Sayoko and Chris immediately to let us know of any COVID-19 Exposure.
  - The League will notify the referee assignor
  - We will work with the team that has been exposed to relay any information to opposition.

## COACH AND STAFF TRAINING

- Coaches, referees, and staff should learn all safety protocols and mitigation measures.
- Athletes and parents should also know what is expected of them:
  - [Guide to Wearing Mask from the CDC.](#)
  - [Guide to Social Distancing from the CDC](#)
  - [COVID-19 Contact Tracing Course \(Free\) from Johns Hopkins University](#)

## RECORDS

Each team must have a designated record keeper to sign in and keep a roster of everyone present at each practice or game to assist with contact tracing in the event of a possible COVID-19 exposure. Retain attendance rosters for a minimum of 28 days after the event. This includes spectators, coaches, players (the league will keep assignment information on the referees).

## AGE GROUP COHORTS

- As much as possible, limit your groups interaction with other groups (in and out of your club). This includes training times during the week, pre-game, and post-game at any practice facility. Do your best to limit Guest Players and Club Passing.

## NONESSENTIAL VISITORS, SPECTATORS, VOLUNTEERS

- Limit nonessential persons and spectators to accommodate social distancing needs at Practice and Games.
- Work with Trace (our video services provider) to watch matches online to promote socially distanced engagement for the spectators/parents. Contact Chris [ceo@oahuleague.com](mailto:ceo@oahuleague.com) for the info on Trace.
- No potlucks, postgame snacks/drinks, or any form of gathering after matches. We know this is a massive part of our culture, but for the time being this need to be limited.

## TRAVEL

- Team travel is not recommended at this time.

## WHEN SOMEONE GETS SICK

### WHEN A CASE OF COVID-19 OCCURS

- Any coach, staff, referee, player, family member, staff or volunteer who develops COVID-19 like symptoms should not come to the practice or game facility.

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- If anyone begins to feel ill after they have arrived, they should leave but notify coaches with the reason they are leaving.
- Individuals who have close contact with a person with symptoms should be sent home as well as a precaution until the list of close contacts has been identified.
- When the coaches, club point of contact, or the league learns of a COVID-19 case in anyone who attended their events, they should activate the procedures and communication plans for all affected cohorts, groups, teams.
- The Club should call the Hawaii Department of Health (HDOH) within 24-hours. 808.586.4586 (M-F 7:45am-4:30pm) & 808.600.3625 (After hours & weekends).
  - Provide HDOH with the following information:
    - Case's Name, Date of Birth, and Contact Information
    - Date of when case last had close contact with the team.
    - Date of case's symptom onset or, if asymptomatic when case was tested.
    - Whether case has siblings on other teams
    - Name, title (e.g., coach), and contact information of caller (including how they may be reached after hours, weekends, and holidays).
  - Identify and notify contacts.
    - Compile a list of case's close contacts and provide notifications to each close contacts. Close contact is defined as:
      - Within 6 feet of an infected person for a combined total of 15 minutes or more over a 24-hour period.
      - In direct contact with the infected person's secretions (being coughed on)
    - Once close contacts have been notified let people know that all close contacts have been notified and if they were not notified, they are not considered a close contact.
  - Procedures should be developed to ensure both privacy of the cases and close contacts and the safety of everyone.

## RETURN TO PLAY AFTER COVID-19

- All players with exposure to COVID-19, regardless of symptoms, require a minimum 10-day resting period from date of positive test and must be asymptomatic for 24 hours without medication before returning to practice or game.
- Players who have recovered from COVID-19 should be cleared for return to sports by their physician and undergo evaluation for cardiac symptoms such as chest pain, shortness of breath, fatigue, palpitations, or syncope.
- Those with severe COVID-19 (ICU stay and/or intubation) should be restricted from exercise for 3-6 months.
- For all players, a graduated return-to-play protocol over the course of a 7-day minimum is recommended. Consideration for extending the progression should be given to players who experienced more severe COVID-19 symptoms as outlined below.
  - Review and follow the latest American Academy of Pediatrics (AAP) [COVID-19 Interim Guidance: Return to Sports](#)

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## MATCHES THAT QUARANTINED TEAMS ARE SCHEDULE

- For any matches that a team may be quarantined for, we will look to reschedule the match as soon as possible. If the matches cannot be rescheduled the match will be cancelled. There will be no forfeit fine assessed due to COVID-19, teams may be responsible for Referee Fees if the match is cancelled the day of the match.
- Player Fees – There will be no refund of the “Player Fee” for any cancelled seasons as this is an annual fee and covers all seasons including tournament “season”. If there is absolutely no soccer at all for an entire seasonal year, we will discuss at the board level.
- Team Fees – for cancelled seasons will be refunded minus any league costs incurred through the cancelled season.

## RESOURCES:

Centers for Disease Control and Prevention, Coronavirus Disease 2019, Considerations for Youth Sports:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Centers for Disease Control and Prevention, Coronavirus Disease 2019, Youth Sports Program FAQs:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports-faq.html>

American Academy of Pediatrics COVID-19 Interim Guidance: Return to Sports: <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

## APPENDIX

CONTACT NOTIFICATION GUIDANCE FOR YOUTH ATHLETIC TEAMS  
COVID-19 CONTACT NOTIFICATION

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## CONTACT NOTIFICATION GUIDANCE FOR YOUTH ATHLETIC TEAMS

To reduce the spread of COVID-19 in Hawaii, it is important to rapidly identify and send home (quarantine) any close contacts of a case, while **KEEPING THE CASE'S IDENTITY CONFIDENTIAL**. Given the youth athletic team's access to staff and player records and the relationship with players and families, you are best positioned to identify and notify close contacts.

Step 1: Identify date when case was last at athletic activity (or was a close contact of teammates (see definition in Step 4)): / /

Step 2: Identify date when case's symptoms started (or if no symptoms, date when the case was tested for COVID-19): / /

Step 3: Infectious period:

<p><b>3A</b></p> <p> / /</p> <p>(two days before the date in Step 2)</p>
--

TO

<p><b>3B</b></p> <p> / /</p> <p>(the date in Step 1)</p>
--

**If the date in 3A is after the date in 3B, then stop. This person has no close contacts at an athletic activity or with their teammates.**

Step 4: Identify case's close contacts within the team setting during infectious period (see Step 3). Close contacts are those people who were:

- Within 6 feet of an infected person for a combined total of 15 minutes or more over a 24-hour period
- In direct contact with case's secretions (e.g., being coughed on)
- For this definition, it does not matter whether persons were wearing face masks.

Step 5: Provide Contact Notification to each close contact (see attached):

- Fill in Contact's Name, Team Name, Date (10 days from last contact with case\*)
- If identified close contacts are currently at an activity, they should maintain physical distancing immediately and be sent home as soon as possible.

Step 6: Provide close contacts with "[Instructions for Close Contacts of a Person with COVID-19](#)"

Step 7: List contacts on "2019 Novel Coronavirus Close Contact Report Form – YOUTHSPO RTS" Send list via Fax to (808) 586-4595, Attention: Youth Sports COVID-19 Disease Reporting or via SECURE email to: [doh.C19schools@doh.hawaii.gov](mailto:doh.C19schools@doh.hawaii.gov).

Step 8: Close contacts can return to youth sports once 10 days\* have passed since last exposure to the case, if they did not develop any symptoms or test positive. They do not need any official letter or physician clearance to return. However, if a close contact develops symptoms or tests positive, they are now a case and the youth sports organization should treat them as such.

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## COVID-19 CONTACT NOTIFICATION

\_\_\_\_\_  
Contact's Name

\_\_\_\_\_  
Team/League/School Name

You have been identified as a person in close contact with someone with COVID-19 at our athletic facility or team.

Per Hawaii Department of Health guidelines, you must remain at home in quarantine until:

\_\_\_\_\_ (10 days after last contact\*).

Date

- Contact your healthcare provider to:
  - Inform them of your exposure to a person with COVID-19.
  - Arrange for COVID-19 testing**NOTE: You must remain at home in quarantine *even if your COVID-19 test is NEGATIVE***
- Monitor your health for 14 days after last contact.
  - Contact your healthcare provider if you have concerns about your health.
  - For medical emergencies, call 911 (inform dispatcher you have been exposed to a person with COVID-19)
- While in quarantine, stay separate from others in your home (e.g., separate bedroom, separate bathroom, separate meals), in case you were infected and become sick. If you cannot stay separate, wear a mask around others in your home.
  - If someone in your home tests positive for COVID-19 while you are in quarantine, your 10-day quarantine will restart beginning the day after the household contact is released from isolation.
- For further instructions, see attached handout "Instructions for Close Contacts of a Person with COVID-19."
- If you have questions about your quarantine, call the Hawaii Department of Health at: (808) 586-4586, Monday – Friday, 7:45 a.m. – 4:30 p.m.; (808) 600-3625 after hours/weekends.
- \*14 days for close contacts living or working in congregate settings, including if there are household members who work in congregate settings.

February 12, 2021

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