

River City Youth Soccer League Board Meeting
WEDNESDAY July 8, 2020 - 7:00 pm
Zoom: Meeting ID 3073109373; Password RCYSL

Attendees: Mike Dallas (President), Shannon Hall (Registrar), Mario Carussco (BAC), Rick Merri (Union FC), Bill Hodges (Sierra Oaks), Cyrene Farrell (Rosemont), Bill Norris (Scheduler), Gene Totten (Arden Park), Taylor Greer (St. Ignatius), Dave Devine (Del Dayo), Sarah Britton (Secretary), Geoff Margolis (Referee Coordinator), David McKay (Treasurer)

- A. Call to Order – 7:02p
- B. Guest Speaker – none
- C. President's Report –
 - 1. Update Return to Play Subcommittee –
 - i. need to be ready to decide on regular season if no guidance on how to proceed by July 21st; possibility to pivot to 'kids in grids' athletic conditioning if no season
 - ii. Union/comp on the field training, but no games approved for them either
 - iii. CIF meeting on July 20th, should know what fall sports schools will permit which will affect what outside users can do on school fields
 - iv. Alt 2020 season of Conditioning likely wouldn't start until after Labor Day (6-8 week camp)
 - 1. identify coaches
 - 2. identify what families want to proceed, registrars need time to set up the 10 person teams
 - 2. Update CDPH – July 1 CDPH rescinded all the youth sports approvals including 'day camp' approvals; <https://gooddaysacramento.cbslocal.com/2020/07/01/state-youth-sports-no-drills-conditioning-allowed/>
 - i. no games if no field permits
 - ii. Union's operating on Sac County/Parks approval; kids in grids, no intermixing cohorts
 - 3. Other Clubs:
 - i. Roseville Youth Soccer cancelled rec season
 - ii. SYSL meeting next Tues re: whether will cancel their rec soccer season, maybe short spring season? Mike D to speak with them next Wed (July 15) and send email update
 - iii. Greenhaven, Land Park, East Sac have already cancelled rec seasons
 - iv. Cap Valley only doing Conditioning for fall (see below for email distributed July 14, 2020)
 - 4. Discussion
 - i. collect only a deposit: ½ at reg, ½ if season proceeds? (Geoff)
 - ii. what would CYSA charge if no season? insurance – per player fee as usual (David McKay)
 - iii. Union would like to assist with continuity for clubs if no season and conditioning plans and permits difficult – insurance also an issue for this idea
 - iv. Mike D to have Alt 2020 Conditioning protocols and letter ready to circulate end of this week (see below attachments, distributed July 13, 2020), also fee calculation to propose (including whether RCYSL absorbs league fee that goes to CalNorth)
 - v. APSC has a draft for circulation to clubs to push out on club websites, summarizes high obstacles to regular season but pressing ahead with how to salvage and working on an Alt 2020 and date (July 21st) RCYSL will decide

1. Bill Norris suggest include refund information
 2. Sarah to send draft to Mike D and each club manager, no board approval necessary (see below for boilerplate email sent July 10, 2020)
 - vi. Union invites club managers out to Larchmont Thurs (July 9) to see Union's kids in grids (5:30p.m. – 8p.m.)
 - vii. SOSC concern w/ volunteer coaches managing all the COVID protocols
 - viii. Question re: what does a COVID Conditioning Plan need (DDSC)? Club specific, intra-club, and needs to follow County guidance – Mike D will send requirements and parts of Union's plans (see attachments below, sent as part of RCYSL letter to County, distributed July 13, 2020)
 - ix. Sac City Unified School District will not issue permits this year (RSC); but Rancho Cordova Parks might be a possibility, or combine w/ BAC for Okie and Glenwood Parks
- D. Club Manager Hot Topics – none
- E. Officer's Reports
1. Vice President –
 2. Sportsmanship –
 3. Secretary –
 - i. Approve June 2020 minutes -deferred
 4. Treasurer – none
 5. Registrar – 2020 registration updates
 - i. All Board members for clubs need to be registered and complete SafeSport ASAP
 6. Referee Coordinator /PAD –
 7. Coaching Coordinator –
 8. Scheduling Coordinator –
 9. Webmaster –
- F. Old Business – none
- G. New Business – none
- H. Good of the Game – none
- I. Adjournment – 7:45p.m.

RCYSL Boilerplate July 2020 Update for Clubs

Dear [insert name of your club here] Families,

As we approach mid-July, we would ordinarily be finalizing rosters, lining fields, and getting ready to begin practices in early August. However, due the Covid-19 pandemic, we find ourselves in a much different place than usual this season.

While our state association California Youth Soccer Association - Cal North Soccer (CYSA) has lifted its ban on soccer activities, we face a major hurdle to holding the fall season—obtaining the permits from the local parks and school districts that are required for practices and games to be held and for our activities to be insured.

Every district that we work with was ordered by the Sacramento County Department of Public Health (SacDPH) in March to suspend permits for contact sports, which was the same order that led to the cancellation of spring Little League after one game, summer sports camps, and other sports activities.

In the meantime, SacDHP has taken a very cautious and incremental approach in lifting its suspension, and after much urging by the youth sports community finally issued a “Return to Play” policy that outlines a three-phased approach to returning to full contact sports. The first phase allows only for “conditioning” and “instruction,” and each club must submit a “plan of action” to each district that it works with that must be approved before this first phase can begin.

In an effort to influence SacDHP towards a quicker path, River City Youth Soccer League (RCYSL), on behalf [insert the name of your club here] of all of its affiliate clubs, has sent a letter to SacDPH and the County Board of Supervisors which urges the county to approve fall soccer, given that CYSA has already issued requirements and conditions for fall soccer that match or surpass those in the county’s Return to Play policy. However, given the recent setbacks in the number of new Covid-19 cases since the phased re-opening began, we believe it is unlikely that the County will allow the local school and parks districts to approve any activities beyond the first phase described above. As such, we risk spending a significant amount of money and volunteer time to prepare for a season that we may not get approval to have.

To address this major issue, on July 21 the board of RCYSL—which includes the managers from each of the nine affiliated clubs—will hold a special session to consider all the latest information available from the county and districts and hold a vote on whether to proceed with or cancel the season.

In the event that the fall league is cancelled, [insert name of your club here, or delete this paragraph if not applicable] is drafting a contingency plan that envisions a fall soccer camp to be held after Labor Day weekend and provides a guide for coaches, players, and parents on what to expect and anticipate. The spirit of this alternate plan is to help find a way to get the kids on the field this fall and help bridge the gap between the present, challenging time and the eventual return of soccer. In the event the season is cancelled and we commence with the alternate/contingency plan, all families will be given the option to un-enroll and receive a full refund, transfer your registration(s) as a tax-deductible donation (if eligible), or to stay enrolled and await further details on the fall soccer camp.

Thank you for your patience as we work with the other clubs and the league to find the best possible outcome for the fall season.



River City Youth Soccer League
PO Box 660081
Sacramento, California 95866
501(3)(c) Youth Sports Programs

July 14, 2020

Dr. Peter Beilenson
Director of the Department of Health Services
Sacramento County
9616 Micron Ave # 950
Sacramento, CA 95827

Dr. Beilenson,

I hope this finds you well amidst extremely challenging times in our community due to COVID-19. Thank you for your continued leadership through the pandemic.

My name is Mike Dallas, and it is my privilege to serve as president for River City Youth Soccer League (RCYSL) in Sacramento. RCYSL is a youth soccer league that is comprised of seven recreational soccer clubs and one competitive soccer club, with a mission to provide youth players of all skill levels an opportunity to play, learn and grow their love for the game. But more than that, we strive to teach kids important life skills around teamwork, sportsmanship, friendship, and more.

The strength of our league is within our clubs and the kids and families they represent. RCYSL embraces our diversity and advocates for the socioeconomically disadvantaged by routinely going above and beyond to find solutions to ensure we offer soccer for all¹. This is particularly true for kids of color who we know are at a disproportionate disadvantage when it comes to access to youth sports.

Our mission is especially relevant at this time, with the kids of our diverse communities having been adversely impacted, both emotionally and psychologically, by months of remote learning, social distancing, and the continued closure of virtually all summer sports camps. A well-managed recreational sports environment, adhering to prevailing health guidelines, offers a greatly needed physical and development outlet for the kids and provides a semblance of normalcy at a time of continued uncertainty.

¹ We estimate over 50% of our players are economically disadvantaged based on Free and Reduced Lunch data from the California Department of Education (2017-2018) for the primary public schools serviced by the league.

We do this because we know the positive role organized sports plays in the physical, social, and cognitive development of youth. It is undeniable. We know this is not lost on you, Governor Newsom or any of your colleagues making decisions on whether to permit youth sports from getting back on the field.

And we understand that when we eventually get the green light to re-start youth sports, things must look much different from how they were done in the past, but we stand ready to meet those requirements on behalf of our nearly 2,500 players². Our governing body – California Youth Soccer Association – has developed a comprehensive list of guidelines (enclosed) to ensure the safety of our players, coaches and parents, and we are in the process of evaluating how we will implement these across our league. Just like the public schools, day cares, and camps serving the same kids and families that play soccer, our league will prioritize and carefully monitor the health and safety of its community once we return to the field (RCYSL Return to Play, enclosed).

We appreciate there are many factors at play, and there is still so much unknown about how the virus will act as we move forward with re-opening our County, but we urge your support of the resumption of youth sports as soon as its safely possible. Our kids are counting on it – they are counting on us.

If you have any questions or concerns, please email at michael9910@att.net. I also encourage you to check out our website at www.rivercitysoccerleague.org.

Thank you for your consideration.

Mike Dallas
President
River City Youth Soccer League

Encl: Return to Play Guidelines, California Youth Soccer Association – Cal North
RCYSL Return to Play

cc: Board of Supervisors, County of Sacramento [*Email only*]

² While Fall 2020 registration is understandably currently lower than other years, our smaller league comprises almost 20% of our district's current registrants – our kids and families remain committed and ready to play!



Return To Youth Sport Conditioning Guidelines

This is a high level and specific overview of River City Youth Soccer League and its affiliated soccer Clubs COVID-19 Physical Distancing and Safety Plan for Youth Sports. Additionally, attached is an example of field layout to be used.

Development and Implementation of Plan

1. The implementation of this plan follows all applicable state and local restrictions allowing for the resuming of youth sport conditioning, including the Sacramento County Public Health Order.
 2. This plan focuses on River City Youth Soccer League (RCYSL) and its affiliated soccer Clubs specifically and our programs.
 3. This plan is designed pursuant to Sacramento County's "COVID-19 Physical Distancing & Safety Plan Youth Sport Conditioning."
 4. A committee of RCYSL officials and club managers created this plan and it will be the club managers' responsibility for enforcing the plan.
 5. All youth sports conditioning under this plan shall require physical distancing of at least 6 feet for all coaches, youth, and parents. We have included a sample layout of the field(s) outlining the field spacing, bag drop offs, check in stations, sanitation stations, etc.
 6. The club managers will hold a meeting with each coach, will provide the coaches direction regarding the layout of each field used, and will explain how the conditioning program is to be conducted. Coaches will additionally have another meeting before the start of the program to go over any questions and give final instructions.
 7. Participants in the youth conditioning program shall be divided into cohorts not to exceed a maximum of 10 (not including coaches).
 8. All coaches are responsible for self-checking for compliance with this plan and notifying their respective club manager within 24 hours of any observed non-compliance with any of the safety measures described herein and within the Field Layout. Club managers will also be monitoring for compliance with this plan and making sure safety measures are followed and if not they will make necessary adjustments in a timely manner.
 9. If a coach reports a positive COVID-19 result, the respective club manager shall contact the COVID-19 Hotline: 916-875-2400 for further guidance. Anyone who tests positive for COVID-19 shall not return to the conditioning program without
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- written clearance from a medical doctor which is to be provided to the respective club manager. Participants within the cohort will be notified.
10. All coaches and participants shall be informed of the possibility of repeated closures due to COVID-19 illnesses; in the case of such closures, an email will be sent to all coaches and participants notifying them of the closure and updating them as appropriate.
 11. A copy of this plan shall be provided/sent to all RCYSL board members, Club managers, volunteers, parents and guardians, and participants. The plan will be posted at each field entrance.
 12. RCYSL does not and will not sublet or rent out any fields to other users.
 13. All parents, guardians, and youth participants shall be required to sign a commitment to abide by the plan prior to being allowed to participate in the youth conditioning program. The commitment form shall outline the common symptoms of COVID-19.
 14. Our parents, guardians, and youth participants are signing a commitment to abide by the plan requirements prior to being allowed to participate or enter any field. This form will also outline the common symptoms of COVID-19.
COVID-19 Symptoms <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>
COVID-19 Fact Sheet <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>
 15. RCYSL and affiliated soccer Clubs will acknowledge, and support decisions made by youth, parents, and adult leaders who are uncomfortable participating for any reason.

Employee & Volunteer Health Protocols

16. RCYSL and affiliated Clubs will make sure all volunteers review the following:
 - Preventions, transmission, and care of COVID-19 illness
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
 - Cleaning and disinfecting
<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
 - Hand Hygiene
<https://www.cdc.gov/handwashing/index.html>
 - Respiratory etiquette
<https://www.cdc.gov/oralhealth/infectioncontrol/faqs/respiratory-hygiene.html>
 - Proper use, removal and washing of cloth face coverings
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
 - Physical distancing
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
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17. We will screen volunteers before entering any facility or field for COVID-19 Symptoms
18. Masks or face coverings will be worn to and from sports conditioning. We realize some individuals may be exempt from wearing a face covering.
19. We will ensure space is available to isolate ill staff and campers and make sure they are supervised.
20. We will provide adequate personal protective equipment (PPE) for volunteers who supervise ill campers, staff, and volunteers.
21. We will isolate and request appropriate transportation for those who are sick to their home or a healthcare provider.
22. We will Immediately separate staff or patrons with symptoms consistent with COVID-19
23. RCYSL and affiliated club procedure will be to first contact a family member on the emergency contact list to transport anyone who is sick to their home or healthcare provider. If unable to contact a family member then we will contact emergency personnel if needed.
24. We will clean and disinfect areas used by an ill person.
25. We will ensure safe and correct use and storage of EPA approved list of disinfectants. Supplies of disinfectants will be available to each coach at the field.
26. We will not allow volunteers with new or worsening symptoms of COVID-19 to return until:
 - In the case of an individual who was diagnosed with COVID-19, all three of the following criteria are met:
 - 1. At least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever reducing medications)
 - 2. The individual has improvement in symptoms (e.g., cough, shortness of breath, etc.) and
 - 3. At least 10 days have passed since symptoms first appeared; or
 - In the case of a volunteer who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until they have completed the same three step criteria listed above; if the individual has symptoms that could be COVID-19 and wants to return before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

Field Health Protocols

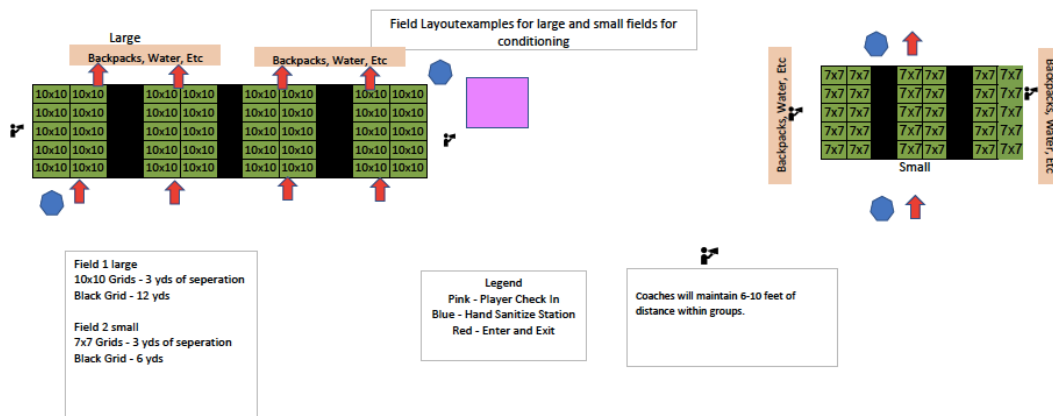
27. We will frequently clean and disinfect any regularly touched surfaces (equipment, shed handle, tables, chairs, restrooms, etc.).
 28. Each club will provide for disinfecting and regular cleaning of high-touch surfaces.
 29. Each club will frequently disinfect any items that come into contact with participants (cones, bibs, etc).
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30. Hand sanitizer stations will be provided at each field along with disinfecting wipes.
31. Readily visible signage will be placed at the facility to remind everyone of best hygiene practices.
32. Restroom: each club will post hand washing flyers on doors and in bathrooms that include symptoms of COVID-19.

Participant Protocols

33. We will have the participants screened before entering any facility or field for COVID-19 Symptoms
 34. Masks or face coverings will be required to and from the field. Some individuals may be exempt from wearing a face covering.
 35. Face coverings are required where it is not possible to maintain a distance of at least six feet from others who are not members of the same household or residence. Some individuals may be exempt from wearing a face covering.
 36. We will stagger drop-off and pickup times to avoid large groups and allow for screening.
 37. Parents should ideally drop off kids and pick them up from practice. If parents choose to stay and observe the practice, they may do so from pre-designated areas, while keeping proper distancing from athletes and other parents.
 38. We will have outlined on a map of the facility drop off and pick up areas that adheres to social distancing guidelines including not allowing carpooling for unrelated participants from different households, designation of lanes or direction to enter and exit for drop off and pick up.
 39. Staff will create clean pathways into and out of the facility or field so that cohort youth sports groups are not coming into contact with other cohort youth sports groups upon entering or exiting the facility.
 40. We will avoid hosting activities that promote group (cohort) gatherings greater than 10, where people from unrelated households will not be able to maintain 6 ft. social distancing.
 41. Each club will focus on individual fitness and skills training for the cohort youth sports groups in a socially distant environment.
 42. We will instruct participants and volunteers that all sport recognition protocols involving physical contact such as hugs, high fives, etc. are not allowed. Each club shall encourage the use of non-contact recognition during practice and drills that meet social distancing guidelines of six feet or greater.
 43. We will require all participants to wash or sanitize their hands before entering the field. Hand sanitizer stations will be available for each cohort youth sports group throughout the facility and carried by coaches.
 44. Contactless payments or prepayment options will be used whenever possible.
 45. Participants will handle and care for their own equipment. Volunteers will not be allowed to handle it.
 46. Facilities and equipment will be washed and pre-sanitized before and after each use.
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47. All participant and staff personal items such as bags, cell phones, personal reusable water flasks/bottles and backpacks will only be allowed in the facility or on the field if proper space is maintained between all items.
 48. All unnecessary equipment will not be available to participants or removed from the facility such as chairs, tables, etc.
 49. Time will be monitored to regulate the number of youth participants at the fields at one time to ensure social distancing between cohort groups.
 50. Participants with a cohort sport group may not arrive at the facility until the previous group has left.
 51. Have participants bring their own meals if they need to eat, and practice physical distancing when eating or within their smaller group, instead of in a communal dining hall or cafeteria.
 52. If someone is eating at the facility, they should use disposable food service items (e.g., utensils and plates). If disposable items are not feasible, ensure that all non-disposable food service items are handled with gloves and washed with dish soap and hot water or in a dishwasher. Individuals should wash their hands after removing their gloves or after directly handling used food service items.
 53. If food is offered at any event, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing of foods and utensils and ensure the safety of children with food allergies.
 54. Self-serve water dispensers will be temporarily closed.
 55. Each club will not provide seating areas at the fields and or gathering areas.
 56. At no time will the cohort youth groups or the volunteers assigned to that group be allowed to intermingle or move between groups.
 57. The number of participants at each field will be limited at any one time that allows for participants and volunteers to maintain at least six feet distance from one another at all times.
 58. Where appropriate, doors to restrooms will be propped open.
 59. The number of participants will be limited in the restrooms to allow for users to easily maintain at least six feet of distance from one another at all times.
 60. To assist with physical distancing, lines must be installed with six foot marker for volunteers and participant to maintain safe social distances to enter or exit the facility where appropriate.
 61. All staff must be instructed to maintain six feet of distance from participants and from other employees whenever feasible.
 62. Sport equipment must be designated and marked for each cohort youth sports group. This equipment must not be allowed to be used by any other cohort youth sports group.
 63. All sports equipment will be sanitized when necessary for practice and drills for each cohort youth sports group after they are collected and before they are returned to circulation. The minimum equipment necessary must be used for practices and drills.
 64. Each club will require hand washing or use of hand sanitizer before allowing participation, directly after participation, and breaks will include hand washing or use of hand sanitizer during the practice/drill. Breaks will be organized so that
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Basic Safety Guidelines – For All Steps



The protocols outlined in this document are *recommendations* for your league and your clubs to consider. These recommendations are based on information provided to us by US Youth Soccer, CDC, the State of California, and local health experts. How play is "re-opened" is a local decision made by each League and Club subject to State and local government directives. We urge you to review the recommendations we have provided and adapt the steps to fit within your respective circumstances, while also following the directives from the State of California and your local health directors. The following should be applied regardless of the Return to Play step:

- Parents and their families should take the temperature of their player(s) at home before participation. *Anyone with a temperature greater than 100.4 degrees should stay at home and not be allowed to participate for a minimum of 14 days.*
- Upon arrival to the field, coaches or staff should ask each player if they are experiencing any signs or symptoms of COVID-19. If the player has any sign symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider as soon as possible.
- Avoid "high fives," handshakes, or other types of physical touching.
- Coaches may welcome each player as they come to the field but should not make physical contact with the player and should stay a minimum of 6 feet away when greeting players.
- Coaches should wear appropriate face coverings during training sessions.
- Non-participants attending training session shall wear appropriate face coverings and follow social distancing.
- Have youth and adults wash hands or use hand sanitizer before participation, directly after participation, and frequently during the youth activity.
- The handling of all training items, i.e. cones, discs, flags, goals, etc. should be limited to coaches only.
- Assign a "station" for each player to place their equipment & bag, and each player should return to their "station" during breaks.
- In all steps, soccer balls must be disinfected prior to and after each session.
- In all steps, no one should share water bottles/containers, towels, or any personal equipment. This includes, but not limited to shin guards, tape, hairbands, jersey/uniform. Pinnies/bibs should be washed prior to and after each day of training, practice or match.
- No spectators at practice/events during Steps 1-2; parents must observe practice from their cars. Spectators at events during Steps 3-4 should maintain appropriate social distancing.
- Create clear pathways into and out of complex so players are not coming into contact upon entering or exiting the facility.
- Railing and other surfaces that are touched frequently should also be cleaned and disinfected at least daily. Have hand sanitizer and disinfectant wipes available.
- If permanent bleachers are available for spectators, clubs should display signage on or near the bleachers reminding spectators to maintain 6 feet distancing from non-family members.
- Leagues/clubs should post reminder signage throughout facilities where possible to remind all players, coaches and spectators to maintain social distancing.
- If possible, assign people to be physically present to monitor fields and facilities to politely but firmly ask any groups of parents or players to disperse and maintain appropriate distancing.
- Establish designated drop off and pick up zones, and parents should drop off and pick up their youth players at the zone area.
- If a youth player needs supervision while waiting for pickup, adults should maintain social distancing.
- No Congregating Policy for players or parents in parking lots, at drop off zones, at entrance/exit areas of facility, or before or after training session.

Return to Play Guidelines

These recommended guidelines are intended to address Return To Play from the suspension of activities caused by COVID-19. This step approach for Return To Play is to provide clear direction and understanding for coaches, players, families and communities to safely engage again in youth soccer. These steps are designed to allow players to resume some activities outdoors in a safe manner. How play is "re-opened" is a local decision made by each League and Club subject to State and local government directives. We urge you to review the recommendations we have provided and adapt the steps to fit within your respective circumstances, while also following the directives from the State of California and your local health directors. Before beginning to play games, leagues and clubs need to introduce training and practices in a manner that provides a safe environment, not only relative to COVID-19, but also to the prolonged layoff that athletes have had. NOTE: While the CDC recommends six (6) feet for social distancing, due to the nature of physical activity in sport, the social distancing distance is increased to ten (10) feet.

<p>STEP 1: (Low Risk - No Contact Training - 12 or Less Participants)</p> <ul style="list-style-type: none"> * <i>In-person training for minimum 14 days prior to moving to Step 2.</i> * Only non-contact activities - conditioning/skill development * Maximum 2 coaches/staff allowed per half field during practices * No more than 11 players present at scheduled time; only 1 training session per half field * No two adjacent fields to be used at same time * Observe proper social distancing for players and coach at all times * Players remain 10' apart on/off field * No physical contact during training * No sharing of water or equipment including soccer balls * Players & coach should sanitize all gear between each training session * Only coach should handle cones * No spectators allowed (parents remain in vehicles; at-risk stay home) * Coaches/trainer should wear masks * Players should wear face covering or mask when not actively training 	<p>STEP 2: (Medium Risk - Return to Activity - Group Size of 30 or Less)</p> <ul style="list-style-type: none"> * <i>In-person training for minimum 14 days prior to moving onto Step 3</i> * Maximum 2 coaches/staff allowed per half field during practices * No more than 30 participants present at scheduled time; only 1 training session per half field * Observe proper social distancing for players and coach at all times * No physical contact during training * No huddles, handshakes, hugs, high 5s * Participants remain 6' apart off field * No sharing of water or equipment * All soccer balls should be sanitized before & after practice * Soccer balls may be shared but not touched with hands (except GK with gloves) * No spectators allowed (parents remain in vehicles; at-risk stay home) * Coaches/trainer should wear masks * Players should wear face covering or mask when not actively training 	<p>STEP 3: (Medium-High Risk - Team Training - Controlled Scrimmage or Practice Game - Some Physical Contact)</p> <ul style="list-style-type: none"> * Resumption of full team training & introduction of scrimmages & practice games * Maximum 2 coaches/staff allowed per half field during practices * Only 2 coaches & manager allowed for scrimmage or practice game per team per half field * Only physical contact necessary for training; should be limited * No sharing of water or equipment * All soccer balls should be sanitized before & after practice * Soccer balls may be shared but not touched with hands (except GK with gloves) * Limit close group discussions * No huddles, handshakes, hugs, high 5s * Participants remain 6' apart off field * Limited spectators with masks allowed with proper social distancing; no contact with players or teams * Advise at-risk spectators to stay home 	<p>STEP 4: (High Risk - Full Return to Play with Resumption of League Play)</p> <ul style="list-style-type: none"> * No limitation on participants per field * No restriction on training session * Physical contact should be minimized * Limit close group discussions * No huddles, handshakes, hugs, high 5s * Participants remain 6' apart off field * No sharing of water or equipment * Soccer balls excluded, shared but not touched (except GK with gloves) * Only coach should handle cones * All soccer balls should be sanitized before & after practice, and at halftime of matches * Spectators allowed but maintain physical distancing & no contact with players; space out as much as possible * At-risk spectators take precaution * Observe game from other vantage points where possible * Recommend no travel out-of-state
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Return To Play Responsibilities



These guidelines are intended to address Return To Play from the suspension of activities caused by COVID-19. The guidelines outlined in this document are recommendations for your league and your clubs to allow players to resume and engage in some activities outdoors in a safe manner. These recommendations are based on information provided to us by US Youth Soccer, CDC, the State of California, and local health experts. How play is "re-opened" is a local decision made by each League and Club subject to State and local government directives. We urge you to review the recommendations we have provided while also following the directives from the State of California and your local health directors.

PLAYER	PARENT	COACH	LEAGUE/CLUB
<ul style="list-style-type: none">* Follow all Return to Play guidelines* Take your temperature daily and especially before activities with others* Wash hands thoroughly before and after all activities* Bring and use hand sanitizer with you to every training* Wear a face covering or mask before and immediately after all training* Ensure all equipment (ball, cleats, shin guards, pinnie) is sanitized prior to and after any activity* Do not share water, food, or equipment* Respect and practice social distancing, as required in these guidelines* Place equipment bags, etc. at least 6-feet apart* No high-5's, handshakes, hugs or group celebrations <p><i>If you are uncomfortable with returning to play, DON'T</i></p>	<ul style="list-style-type: none">* Ensure that your player is healthy; check your child's temperature prior to attending any activity* Notify your club/coach if your player becomes ill for any reason* No carpooling of players unless from the same family* No spectators at training/practice in Steps 1&2; parents should observe from their cars* Spectators & parents should maintain proper social distancing in Steps 3&4* When at training, wear a mask if outside your car* Ensure player's clothing is washed after every activity* Ensure all equipment (ball, cleats, shin guards, pinnie) is sanitized prior to and after any activity* Supply your player with individual sanitizer at every training* Adhere to all social distancing guidelines* Ensure your player has plenty of water <p><i>If you are not comfortable having your child return to play, DON'T</i></p>	<ul style="list-style-type: none">* Follow all Return to Play guidelines* Inquire how players are feeling; send them home if they are not feeling well* Ensure all players have their own individual equipment (ball, water, shin guards, pinnie, etc.)* Ensure activities provide adequate social distancing per state and local health guidelines* Coach is the only person to handle communal equipment (cones, discs); do not enlist parental assistance* Scrimmage vests or pinnies are not recommended unless they can be issued individually to each player for their own laundry and care* Wear a face covering or mask when not actively coaching; maintain social distancing from players* Have fun and stay positive – players and parents are looking to you to stay calm, supportive and caring at this time <p><i>Respect players, parents and families by accommodating those that may not yet be comfortable returning</i></p>	<ul style="list-style-type: none">* Distribute and post Return to Play guidelines to all members* Provide adequate field space for social distancing as applicable to various stages* Establish a designated drop off and pick up zone for each field or parking lot* Train and educate all staff to your league and club's guidelines and protocols for Return to Play* Have an action plan in place in case of a positive test for COVID-19* Work with public health to notify adult leaders, youth and their families if the league or club learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at activity* Maintain participant confidentiality regarding health status* Document reasonable and prudent steps taken and completed to keep players, coaches, staff and spectators as safe as reasonably possible* Be prepared to shut down and stop operations <p><i>Be sensitive and accommodating to parents that may be uncomfortable with returning to play</i></p>

From: CVYSL President <president@capvalleyysl.org>

Sent: Tuesday, July 14, 2020 2:45 PM

To: Michael Dallas <michael9910@att.net>; Bill Norris River City YSL <x2ski@hotmail.com>

Subject: CVYSL Practice only program for Rec soccer this Fall

Mike/Bill,

I wanted to let you know where CVYSL stands with rec soccer this Fall. Last night our new combined club, CVFC, met and determined that games are simply not a feasible option this year. The 3 smaller clubs were all thinking the same, but were waiting to see what CVFC does. Our next CVYSL meeting will be on July 27th. At that time, we will most likely make it official that the CVYSL rec program will be practice only this Fall.

I kinda assume that RCYSL will be doing the same, or canceling rec completely like some local clubs are doing (Roseville and Fair Oaks so far).

I'm interested to hear your plans. Please let me know when you can.

Thanks,

Jared Cobabe

President

Capital Valley Youth Soccer League

<http://capvalleyysl.org>

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