**NMYSA Play On Protocols**

New Mexico Youth Soccer Association endorses the U.S. Soccer **PLAY ON Grassroots Soccer** initiative which is a comprehensive model to allow soccer to operate under key safety plans and considerations. These guides include a detailed approach to social distancing, screening, training, and interactions to ensure consistent and best practices are followed to promote the health and safety of all participants and fans.

It’s important that each participant and their families stay informed and make educated choices about when they are ready to return to play. No one should feel pressured – or pressure others – into a decision to participate. If coaches, players and administrators are not comfortable beginning soccer trainings, it is important that they understand that they should not. Soccer, most importantly, is fun and can provide physical and emotional wellbeing for our youth participants when they are ready.

**Play On: Training/Games**

* + Groups should remain as consistent as possible throughout.
  + Full team training/scrimmage/games allowed following CSP
  + Players/Game Officials maintain social distancing of at least 6ft. when not engaged in practice or games. All other participants social distance 6ft. at all times.
  + Coaches, spectators, administrators and players wear masks at all times
  + Maintain COVID-19 mitigation and incident action plans, (each affiliate must have a designated COVID-19 mitigation contact person that is responsible for compliance, communications, record retention, mitigation and incident management).
  + Allow adequate time for good habits and compliance with Covid-19 protocols, (sanitizing equipment/gear/hands), provide for entry/exit pathways to prevent cross contact, social distancing field markings/setup and allow for screening questions/temperature testing.
  + Injury risk prevention strategy (See attached “Play On” and NMYSA Risk Mitigation for non-compliance)
  + Maintain attendance records of each training session, (when/where/who), electronically or using the NMYSA Screening/attendance Form.

**Risk Mitigation – Member Affiliate Non-Compliance**

It is imperative that we are all diligent in mitigating risks when re-introducing youth players and coaches to soccer activities. We must be conscientious and adhere to all New Mexico Public Health/Executive Orders, NMYSA/USYS/USSF Return to Activity Protocols and follow all COVID Safe Practices, (including NMAA CSP). Soccer coaches, players and administrators are instrumental in ensuring that we reopen safely and in full compliance. The magnitude of our responsibility to safely reopen cannot be stressed enough. As such,

* New Mexico Youth Soccer Association member affiliate leagues/clubs are tasked with ensuring that their individual membership complies with Return to Activity Protocols. All athletes/parents sign the COVID-19 Code of Conduct
* Member Affiliate League/Club, coaches, spectators, administrators and players that fail to comply with NMYSA Return to Activity Protocols, New Mexico Public Health/Executive orders and COVID Safe Practices are subject to disciplinary action as outlined in NMYSA General Procedures and Rules, Bylaws and NMYSA Risk Management Program.

We trust that the New Mexico soccer community will lead COVID-19 mitigation efforts and set an exemplary standard for safe return to activities for all others to follow.

All compliance questions/concerns should be addressed to your league/club COVID-19 mitigation representative or the New Mexico Youth Soccer Association office at 505-830-2245.

**I. General Hygiene Code of Conduct**

The following recommendations should guide decision-making when returning to play.

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. We recommend all participants (coaches, parents, players, 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. All athletes/parents sign the COVID-19 Code of Conduct for Athletes and Families

**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 and contact your physician.  
     c. To discontinue quarantine and return to sport, obtain appropriate clearance from your medical provider.
  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 and contact the DOH at 505-827-0006.
  3. Advise your instructor, club or coach if any possible exposures have occurred in your team, training or club environment. 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.

**Physical Interaction**

1. Maintain “social distancing” of at least six feet when not practicing or playing games.
2. Avoid activities involving high levels of group interaction (ex: team huddles).
3. Avoid general physical interaction including hugging, “high fives” or passing objects by hand.
4. Participants and any additional persons on site (employee, volunteer, parent) should avoid close contacts and follow all social-distancing guidelines.
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.

a. Use soap and water for a minimum of 20 seconds.

b. When soap and water is not available, use hand sanitizer.

1. 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.

1. Avoid spitting and coughing.
2. Follow recommendations on wearing PPE (Personal Protective Equipment – masks or face covers) outlined below.
3. Shower and wash workout cloths immediately upon returning to home.

**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 provided sanitizing practices followed. c. See Equipment & Gear section of this document for details.
2. Sanitize sports or exercise equipment 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. All hard surfaces should be wiped down/sanitized.
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. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

**II. Preparing to Train**

The following applies for all players, coaches, referees, administrators, volunteers, staff and household members.

**Medical Clearance**

1. For individuals with a pre-existing medical condition, written clearance from your physician for return to full participation in sport & activity is recommended.
2. For individuals who have tested positive for COVID-19, quarantine for 10-days as per the DOH. Recommend confirmation of COVID-19 negative status and clearance from your physician for return to full participation in sport & activity.
3. For individuals who have experienced known COVID-19 exposure in the past 10 days, the following is recommended:

a. Home quarantine for 10 days

b. Confirmation of COVID-19 negative status to return to play

1. For individuals who experienced any illness during shelter-in-place, written clearance from your healthcare provider that you are COVID-free is recommended.
2. Be prepared to report the onset of any new symptoms immediately. Contact your physician and follow the recommendations above for return to play.
3. 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, diabetes, or have an immunocompromised state) should seek guidance by their medical professional as to their participation.

**Daily Training Medical Considerations**

1. The participant should conduct a daily temperature check for low grade fever (>100.4.) at home before training/games. If you have a fever, do not go to training.

a. If thermometers are not available, conduct a daily health questionnaire in line with the “[Coronavirus Self-Checker](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html),” made available by the CDC.

1. Do not participate in activities if you have any of the symptoms listed below.

a. COVID 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 diarrhea

k. Rash

1. Do not go to training facilities or fields with any of the above symptoms. Remotely communicate your health status to coaches, instructors, team administrators, or medical staff within 24 hours of your training session. 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.
2. 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 and contact the DOH at 505-827-0006.
3. Maintain all recommended [hygiene habits outlined by the CDC](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html).

**Preparing to Host A Training/Games**

1. Recommended all trainings/games be hosted outdoors.
2. Limit coaches, referees, administrators, instructors and staff attendance to allow for social distancing.

a. Create a staff plan based on levels of interactions with players. Consider:

1. Staff with significant/high interactions – direct interactions while participating (ex: coach, referee, instructor)
   1. Limit movements around the facility/environment (ex: designate a set classroom or field per staff member with high interactions).
   2. Maintain the same groupings for activities to limit unwarranted exposure (ex: a coach should coach the same team consistently).
2. Staff with moderate interactions – may have interaction before or after training/games (ex: parents, front desk worker)
3. Create a training plan that organizes coaches and participants into team groups
   1. These groups should remain as consistent as possible.
   2. Follow NM CSP/PHOs for permissible number of participants and observe occupancy requirements outlined in PHOs. Players and coaches should maintain social distancing guidelines before, during and after training.
4. Ensure your facility and fields have extensive signage and information available regarding safety precautions to prevent the spread of COVID-19.
5. Develop a schedule for increased, routine cleaning and disinfection.
   1. Clean and disinfect your facilities according to [CDC hygiene standards](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html), paying particular care to high-traffic areas.
   2. Clean and disinfect restrooms according to [CDC hygiene standards](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html).

i. Organize a queuing system that ensures only one person uses the restroom at a time, and all participants waiting for the restroom can maintain social distancing.

c. Clean and disinfect all locker rooms and changing rooms. Consider providing signage encouraging participants to change at home in advance of training.

d. Clean and disinfect all equipment according [to CDC hygiene standards](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html).

1. Determine what equipment may need to be “off limits” to ensure safety or social distancing.
2. Consider organizing activities around limited equipment usage (ex: only balls and cones during training).

6. Communicate your health & safety guidelines to all participants.

1. Share a plan or playbook ahead of time to coordinate actions on site.
2. Outline arrival protocols (recommendations below).
3. Establish processes for the beginning or end of activities.
4. Include all hygiene recommendations.
5. Adhere to all local regulations.

7. For contact tracing purposes, maintain a list of all facility users, participants at trainings, (maintained by club/coaches), etc. For privacy purposes, the list should be securely stored and not shared publicly. In the event that someone participating in your activities becomes ill, refer to this list for “tracking or tracing” to determine who at your Club may have been directly exposed to illness, and advise them accordingly. Include the items below in your contact tracing list. For minors, use a parent’s contact information.

1. Date
2. Venue
3. Name
4. Phone
5. Email Address of participants
6. Specific training session i.e. time/field/coach etc.

**Getting Ready for Practices/Games**

1. Prepare and pack your water bottle for training.
   1. Each player is recommended to bring at least two bottles of water to training, to limit the need for refills. You should not share water bottles and are not recommended to use public water fountains.
   2. Clearly mark your name on your water bottle.
2. Get dressed at home in your training gear so that you can arrive to the training site ready to play, without needing to use locker rooms or changing areas.
3. Participants are recommended to pack and bring to training personal sanitizing supplies, including hand sanitizers. Sanitizing materials should be clearly marked and not shared.
4. Follow PPE (face mask) procedures outlined. All participants wear mask at all times!
5. Wash your hands before departing for training.
6. Conduct a daily temperature check for low grade fever (>100.4.) at home before training. If you have a fever, do not go to training. Consult your physician.

**Travel to Training/Games**

1. Travel with as few people as possible to training/games (ex: one parent and one child).  
a. Carpooling or ride sharing is highly discouraged. For families who must ride together with no other alternatives:

1. Only rideshare with a family or individual who has practiced appropriate distancing and sheltering requirements established by their local government or public health officials.
2. Rideshare with the same individuals each training/games.
3. Ensure that all passengers have passed both the preliminary and daily clearance requirements outlined in this section.
4. Maintain safe distancing within the vehicle during loading, transport and unloading.
5. Limit the number of stops between departure site and training destination.
6. Wear your PPE in the vehicle.
7. In accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance, minor and an adult who is not the minor player's parent/legal guardian should not be alone in the vehicle together.

**Arrival to Training/Games**

1. When conducting group sessions, games or practices, each group should be provided with a specific and different training time (e.g. Group A trains/plays at 6pm, Group B trains/plays at 7pm, etc.).
2. Assign areas to enter the field and area where to exit the field to prevent crossover.
3. Work with your groups to stagger individual arrival times so that participants can enter the facility or field individually.  
   a. Designate an “entrance” time for each coach and player.  
   b. Participants should wait in their cars until their specific time to enter the facility or field.  
   c. It is recommended that only the participant departs the vehicle.  
   d. Spectators/participants are limited to gathering requirements in PHOs.
4. Participants should use hand sanitizer to sanitize hands upon arrival.

**Checking in At Training/Games**

1. Clubs and staff should maintain an accurate attendance list for training/Games.
2. Create a Check-In Station adhering to social distancing guidelines.
   1. Upon arrival, the participant should be asked a series of health screening questions, aligned with the CDC’s “[Coronavirus Self-Checker](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)”, to affirm medical clearance to participate. The coach, a staff member or a designated “Safety Officer” can be responsible for asking health screening questions.
   2. The station should provide appropriate products to sanitize your hands.
   3. Only one participant should check-in at the station at a time. Should a line form at the check-in station, those waiting should ensure they practice safe social distancing of 6ft.
3. As an alternative to Check-In Stations, consider creating a virtual check-in process, including a daily symptoms questionnaire. Ensure the Club follows privacy laws if gathering and storing this information electronically.

**Preparation Areas**

1. Plan ahead to prepare the field to best accommodate social distancing.
2. Consider creating “personal prep stations.”

a. Set up a line of cones 6-feet apart in an area to the side of the training field.  
b. Arrange one cone per participant (player, coach, referee, administrators, etc.)  
c. When a participant arrives, designate a cone as their “personal prep station” for the duration of the training session. The individual should place their bags, water bottles, towels, etc. at this cone.

**Masks / Face Covers / Personal Protective Equipment (PPE)**

1. All participants (coaches, players, referees, instructors, administrators) are required to wear new or clean PPE upon arrival, departure and during physically activities. (In NM all participants wear masks at all times)
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; and disposed or thoroughly cleaned after each training session.

4. Masks are required for players/coaches/referees/instructors/participants at all times.

a. For players and team/club staff wearing PPE while physically exerting themselves, the following should be considered:

1. 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.
2. PPE should be breathable and not prevent or disrupt ventilation.
3. PPE should not obscure the individual’s vision.
4. PPE should not pose a risk to another participant.
5. PPE should be in good maintenance, at the responsibility of the individual.

5. Guidelines may change based on evolving medical and health information, as well as local state or federal guidelines.

**For Parents and Guardians**

1. Parents and guardians should be thoroughly aware of all safety recommendations, and ensure their family follows them.
2. Parents and guardians should support the coach and organization in adhering to all safety recommendations.
3. Parents and guardians are encouraged to stay away from the training/game field.
   1. Accompanying parents and guardians maybe limited based on PHOs.
   2. If necessary, the hosting organization may consider arranging a designated area for parents. However, this area should be carefully arranged to ensure all social distancing protocol is followed.
   3. Note that anytime there is one coach alone with players, there should be one adult (designated parent or club staff) observing from a distance, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance.
4. Parents and guardians should not congregate together and should follow social distancing guidelines.
5. Parents or guardians should have the contact information of relevant staff.

**III. Equipment Management**

**Team Equipment**

1. Field set-up should aim to use minimal equipment to limit transmission of virus.  
 a. Players should not pick-up field equipment, move goals or handle other necessary training equipment.

1. Where able, clubs are recommended to provide soccer balls for training/games.

a. The club or coach should ensure that the balls are sanitized before and after each training/game.

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.

1. Players are not required to have an individual designated ball for training/games.  
   a. The use of shared balls between players is allowed.  
   b. Field players should limit handling of soccer balls with their hands to competitions/trainings. c. A notable exception to this recommendation is for goalkeepers. All field equipment (e.g. balls and cones) should be disinfected prior to the start of the session with anti-bacterial of at least 60% ethanol or 70% isopropanol.
2. Where possible, general team bibs should not be used.
   1. The coach is recommended to make a plan in advance of training/games and as necessary suggest a specific training gear color for players to arrive in.

i. Alternatively, clubs could issue team bibs to players for trainings/gamesI. Players would be responsible for bringing these bibs to training and washing them after training. Issued bibs should be clearly labeled and not shared or rotated amongst players during training/games.

b. If team bibs are used, they should only be used by one player and not shared or rotated amongst players.

1. If team bibs are used, they should be placed at personal station ahead of player arrival, instead of handed out by coaches/staff.
2. Any team bibs used should be washed by the club afterwards in order to decrease the transmission of the virus.

**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, the player should ensure it is sanitized before and after training.

1. All participants should arrive in their training gear.
2. All personal equipment should be cleaned, disinfected and properly stored after every session. This includes cleats, shin guards and headbands (if re-usable).
3. For players who use mouthguards, once the mouthguard is placed in mouth, it should never be taken out during practice/games to limit the transmission of virus.
   1. 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 the mouthguard.
4. Upon arrival home, players should immediately wash hands, bathe including washing hair, and launder/clean items used.

**IV. Training/Game Session Management**

**Training/Game Sessions Considerations**

1. All training/games I should be created and executed in compliance with CSPs.
2. Players should be set up in individual spaces, large enough for players to be respectful of social distancing when not practicing/playing. The space provided should therefore be at >6 feet per player.
3. The coach should not be within six feet of any player.
4. Progressions between activities should be set up prior to players arriving to enable smooth transition and negate the need for players to move equipment. The players should not move or set up equipment.
5. Whenever possible and if space allows, assign areas for warm up and cool down.
6. Participants should avoid touching each other before, or after training. This includes hugs, high-fives and huddles.

**Physical Considerations**

1. Due to stay-at-home guidelines throughout the country, many players have been unable to train and have been less active while at home. Players may not be physically prepared to return to full intensity training/games and as a result, are at greater risk for injury or illness should they be placed in a full-intensity training environment.

1. Trainings are recommended to be no longer than 60 minutes initially.
2. Coaches should carefully assess their players’ fitness levels to best plan for and manage the volume, intensity and frequency of early return-to-play trainings.
3. Do not do “too much, too soon.” Avoid greater risk of injury and illness by gradually reintroducing players to play in a safe and progressive manner.
4. Coaches should plan to progress to full intensity training/games over a period of time.

**Communication During Trainings/Games**

1. Team communication in confined spaces should be avoided.
2. Team talks during practice/games should only take place in an open space and with all participants maintaining social distancing.
3. Coaches/players should always wear PPE when communicating with each other to prevent COVID-19 particles spreading in the air.
4. Tactical discussions should be provided in digital format, if possible.
5. Team meetings in closed environments should be avoided. If necessary, to be held indoors, everyone must wear a mask.

**Gym and Strength Workouts**

1. The use of gyms and confined indoor training spaces are should follow all CSP for indoor spaces.
2. Strength and conditioning work that may normally be carried out in a gym may be adapted and conducted on the field.
   1. Body-weight exercises are encouraged in order to avoid using equipment.
   2. Minimal equipment should be used whenever possible.
   3. Equipment should be sanitized after every use.
3. If indoor gym workouts must take place, all participants should follow social distancing guidelines.
   1. Participants should wear PPE throughout indoor training.
   2. Equipment should be sanitized after every use.
4. A 10-15 minutes break between indoor gym work-out sessions to allow time for cleaning equipment and the room.

**V. Wellness: Nutrition, Hydration and Mental Wellbeing**

**Resources**

Parents, guardians, coaches 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 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.
2. Participants should not touch anyone else’s bottle.
3. It is recommended that each participant brings at least two drinks bottle to training/games (e.g. 2 x 32oz bottles). This will limit the need to refill bottles onsite.

a. If a refill station is necessary, ensure there is a handwashing station nearby or provide hand sanitizer to use before refilling.

1. Single-use bottles should be discarded of immediately on site.
2. Water breaks should adhere to social distancing guidelines. When there is a water break during training, participants should make their way to their personal station, and drink only from their own bottle.
3. Fluid breaks are recommended at least once every 15 minutes but will largely be dictated by the duration/intensity of the session.
4. As we head into summer, all organizations, clubs, teams, coaches and players should follow the heat policy outlined by Recognize to Recover here.
   1. 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. Recognizing the signs and symptoms as early as possible allows for treatment and rapid recovery with hydration and cooling down the individual.
   2. Follow heat acclimatization guidelines during preseason practices and conditioning.
   3. Ensure appropriate hydration policies are in place with athletes having unlimited access to water, especially in warm climates.
   4. Educate staff on the signs and symptoms of heat related illness and early management.

**Nutrition Strategies to Support Activities & Immune Function**

1. Consume enough calories to meet training/daily life needs

a. Show up for training/games adequately fueled

1. Protein: maintain adequate intake throughout the day (main meals and snacks).
2. 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.

a. 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.

1. Foods high in Vitamin C include: kiwi fruit, bell peppers, strawberries, oranges, broccoli, tomatoes, kale.
2. Foods high in Vitamin D include: salmon, mackerel, eggs, mushrooms, cow’s milk, yoghurt, fortified cereals, fortified orange juice.
3. If having snacks, shakes, nutritional supplements, or protein powder at training, the participants should bring their own and not share with other participants.
4. Participants should wash their hands before consuming any post-training snacks and/or shakes.

**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

1. Social distancing can feel like you have to be socially isolated, but it’s important to remember that this is not the case.
2. You can still safely talk and interact with teammates and colleagues while following simple safety guidelines:

i. Staying 6ft apart where possible

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.

**VI. Additional Resources**

* [USOPC Coronavirus Resources](https://www.teamusa.org/coronavirus)
* [USOPC – Coping with the Impact of Coronavirus for Athletes](https://www.teamusa.org/coronavirus)
* [CDC Coronavirus Updates](https://www.cdc.gov/coronavirus/2019-nCoV/index.html)
* [CDC Advice – How to Protect Yourself and Others](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)
* [CDC – Consideration for Youth Sports](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html)
* [CDC – Workplace Decision Tree](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/returning-to-work.html)
* [CDC – Camp Decision Tree](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html)
* [CDC – Community Mitigation Strategies](https://www.cdc.gov/coronavirus/2019-ncov/community/community-mitigation.html)
* [FIFA COVID-19 Resources](https://www.fifa.com/what-we-do/covid-19/)
* [WHO Hand Washing Steps (Video)](https://www.youtube.com/watch?v=k6CKubQqMWs&feature=youtu.be)
* [WHO Mass Gathering Guidelines Worksheet](https://www.who.int/health-topics/coronavirus#tab=tab_1)
* [WHO Advice for Public](https://www.who.int/health-topics/coronavirus#tab=tab_1)
* [US Center for Safe Sport Digital Safety](https://safesport.org/)
* [US Soccer Recognize to Recover – COVID-19 and Mental Health](https://static1.squarespace.com/static/57125d942eeb814000fb1ca5/t/5e9f96decd51d52408a53259/1587517150726/R2R+Covid19+and+Mental+Health.pdf)

*Contributions Recognition*

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