



MOORPARK AYSO SAFETY PRACTICES & GUIDELINES

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MOORPARK AYSO

Section 10, Area E, Region 363

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www.moorparkayso.org

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Moorpark AYSO promotes family fun and cares about the safety of its players and volunteers. As required by the AYSO National, we have structured our Executive Board to include a **Child & Volunteer Protection Advocate (CVPA)**, and a **Safety Director**.

All AYSO volunteers including coaches, assistant coaches, referees, team administrators, are required to complete Safesports, fingerprinting, safe haven and background check. In addition, all coaches, assistant coaches, and referees will need to complete the CDC concussion online class.

1. PLAYER SAFETY

All players must wear shin guards at games and practices. There will be no exceptions to this rule.

No jewelry may be worn except for Medical Alert Bracelets, properly taped down. This includes any type of jewelry. Earrings must be removed before the start of each game and practice and will not be permitted to be taped over. There will be no exceptions to this rule.

2. ACTIVE SHOOTER PREPAREDNESS

Active shooter incidents are often unpredictable and evolve quickly. In the midst of the chaos, anyone can play an integral role in mitigating the impacts of an active shooter incident. We at Moorpark AYSO adheres to the Department of Homeland Security, DHS, a "whole community" approach to help you prepare for and respond to an active shooter incident.

The Department of Homeland Security defines an active shooter as “an individual actively engaged in killing or attempting to kill people in a confined and populated area.” These incidents usually involve firearms and randomly selected targets or victims. Active shooter events are usually over within 10-15 minutes (sometimes before law enforcement arrives), so it’s important to know how to respond if the unthinkable happens.

Active shooter situations can be random, with rapid and unpredictable events unfolding. Thinking about and practicing the proper response can boost your chance of survival through the event and in the aftermath.

For more information, response planning guides, and training resources, go to the Department of Homeland Security website on **Active Shooter Preparedness**.

3. CALIFORNIA AB 506 – BACKGROUND CHECK/LIVESCAN FOR CA VOLUNTEERS

Effective, January 1, 2022, all administrators, employees, and *regular volunteers* in California **MUST** have a one-time background check as approved by the California Department of Justice to exclude individuals with a history of child abuse. This form of background check requires live scan fingerprinting.

To clarify, a *REGULAR VOLUNTEER* is a person who has direct contact with children 16 hours a month *or* 32 hours per year, which applies to most coaches, referees, team parents, and board members who spend 2 or more hours on the field weekly.

4. CRIMINAL BACKGROUND CHECK

Since January 1, 2001, all American Youth Soccer Organization (AYSO) Regions, Areas, and Sections are required to comply with the AYSO policy on criminal background checks.

For more information about the criminal background check policy, visit:

<https://aysovolunteers.org/policy-criminal-background-checks/>

5. CONCUSSION AWARENESS

According to the CDC between 2001 and 2009, an estimated 173,285 people under the age of 19 were treated in hospital emergency rooms for concussions related to sports and other recreational activities.

A concussion is a mild traumatic brain injury (TBI). It can occur after an impact to your head or after a whiplash-type injury that causes your head and brain to shake quickly back and forth. A concussion results in an altered mental state that may include becoming unconscious.

Anyone can become injured during a fall, car accident, or any other daily activity. If you participate in impact sports, you have an increased risk of getting a concussion. Concussions are usually not life-threatening, but they can cause serious symptoms that require medical treatment.

In the event a player is removed from play for a suspected head injury or observed signs/symptoms of a possible concussion, that player cannot return to play for the remainder of the day. Coaches are required to complete an AYSO Incident Report whenever a concussion has been suspected.

The player can only return to AYSO activities (i.e., practice, game, tournament, etc.) with an AYSO Participation Release signed by the parent or guardian. As mandated by California state law, a medical release must also be provided before the child can return to AYSO activities.

All of these forms, including a copy of the signed Player Registration form, AYSO Incident Form and any Soccer Accident Insurance (SAI) claims forms, must be given to the Region Safety Director at safety@moorparkayso.org. The Region Safety Director will forward completed forms to the National Office.

The AYSO Safe Haven and Safety Director programs have been promoting since 2009 the recommendations provided by the U.S. Center for Disease Control's (CDC) Heads Up program for concussion awareness and safety. Since then, 35 states plus the District of Columbia have passed concussion legislation, most of which came onto the books within the last year. Other states have similar laws pending.

Here are a few of the helpful Steps/Measures to remember relating to concussion awareness and safety issues:

- In Regions impacted by the concussion laws, signed copies of the AYSO/CDC Concussion Information Sheets must be collected and stored by the Region. (Regions may want to consider distributing the Information Sheets and collecting them with the registration forms.)
- Coaches are required to complete an AYSO Incident Report whenever a concussion has been suspected and turn it into the Safety Director.
- The Safety Director must forward a copy of the AYSO Incident Report to insurance@ayso.org and make sure the injured player's parents are informed about AYSO's Soccer Accident Insurance.
- Coaches must require a signed Participation Release Form from the parent/guardian before a player having a concussion or suspected of having a concussion is allowed to return to play. Parents should always be encouraged to seek appropriate medical care and medical clearance. In designated states, the signed Medical Release is also mandatory before return to play.
- The signed Participation Release and any Medical Release must be given to the Safety Director and forwarded to insurance@ayso.org.
- AYSO Participation (Return to Play) Release Form.

Regarding headgear, here is an extract from a statement on the US Soccer Federation's website: "While players should be given the option of using headgear, it is not permissible for any USSF member or affiliate to require use of headgear by players. USSF Bylaw 104 states that FIFA Laws of the Game shall apply to soccer games that occur under the purview of USSF. FIFA Laws of the Game, Law 4, provides a specific list of mandatory equipment

(including jersey, shorts, socks, shoes, and shin guards). Headgear is not on this list, and it is not within the authority of USSF's members to amend the Laws of the Game in this way.

6. THUNDER & LIGHTNING POLICY

The United States Soccer Federation (USSF) position is that if you can hear thunder, you are within reach of lightning and that referees must protect the safety of all participants by stopping game activities quickly, so that participants and spectators may retire to a safer place before the lightning threat becomes significant. Applying the 30-30 rule is recommended and to wait 30 minutes or more after hearing the last thunder before leaving shelter.

The AYSO National Referee Commission position regarding severe weather states: "It is said that lightning can strike from a clear blue sky that is within a ten-mile radius of a storm. It is therefore strongly recommended that practices and games be terminated immediately upon hearing thunder or seeing lightning".

In view of the above, the following is the position of Moorpark AYSO regarding severe weather and is to be instituted by coaches and referees at all practices, games, and other Moorpark AYSO sponsored events.

Moorpark AYSO will not cancel entire days or remaining games due to active thunderstorms in our area as these storms usually pass through quickly. Regardless of the weather overhead, when thunder is heard and/or lightning is seen, suspend play and direct participants to a safe area by following the guidelines below. Play may resume 30 minutes after the last thunder is heard, or lightning seen.

Areas Considered Safe

- Inside a fully enclosed metal vehicle with windows up
- Inside a substantial building (roof and four walls)

Unsafe Areas

- Small buildings including picnic shelters and the open area of a concession stand – **THE PAVILION AT ARROYO VISTA PARK IS NOT A SAFE SHELTER**
- Anywhere near metallic objects like flagpoles, antennas, towers, underground watering systems, soccer goals, metal bleachers, electric equipment
- Open fields, trees and water

Open Area Without Shelter

- Avoid standing in groups
- Spread out to reduce risk
- Crouch on your feet, keep your head low

- Avoid being the tallest object
- Avoid lying on the ground

If a strike Occurs to an Individual

- Call 911
- If you are qualified to do so, apply First Aid or CPR immediately
- People struck by lightning do not carry an electrical charge and are safe to touch

Restarting After the All-Clear (30 minutes after the last boom is heard or strike is seen)

- Games which have completed the first half will be considered finished and the score at the time play was suspended shall be the final score.
- Games which have completed less than one half; the referee will resume by starting the second half, reducing the remaining time if necessary so that the match ends at the scheduled time.

Policy Summary:

- **If you hear thunder or see lightning stop event immediately**
- **Take Shelter in safe location – enclosed building or cars is safest option**
- **Riverview pavilion is not considered a safe shelter**
- **Event cannot resume until 30 minutes after last boom is heard or strike is seen**

7. EARTHQUAKE POLICY

- Stay outside.
- Go to an open area away from buildings. The most dangerous place is near exterior walls.
- If you are in a crowded public place, take cover where you won't be trampled.

8. EXCESSIVE HEAT GUIDELINES FOR PRACTICES

1. If the temperature is at 95 degrees Fahrenheit at practice time, please use your discretion. If you decide to train, allow for plenty and longer water breaks, minimize the running and exertion level.
2. If the temperature is above 95 degrees Fahrenheit or when the condition may not be healthy at practice time, all practices are cancelled.
3. If the Air Quality Index (AQI) is in the red zone, cancel all training and practices.

The Moorpark Air Quality Index (AQI) and California Air Pollution that can be found at:

<https://www.iqair.com/us/usa/california/moorpark>

4. Players must bring extra water and coaches need to have water available.

5. Parents that do not have their kids bring water need to be notified by coaches that child will be pulled from practice.

Let your coaches know to be vigilant and look for signs of exhaustion.

9. MOORPARK AYSO AIR QUALITY POLICY

The Air Quality Index (AQI) is the index used for reporting daily air quality developed by the EPA. AQI runs from 0-500, the higher the AQI value the greater the level of air pollution and the greater the health concern.

An AQI value of 100 generally corresponds to the national air quality standard for the pollutant, which is the level EPA has set to protect public health. AQI values below 100 are generally thought of as satisfactory. An AQI between 101 – 150 is the first unhealthy category and is considered unhealthy for sensitive groups. Children as well as adults with lung disease fall into this category and are at a greater risk from the presence of particles in the air.

Policy Summary:

- **AQI @ 120 or higher and we do not play – this includes games and practices**
- **Go to <https://www.iqair.com/us/usa/california/moorpark>**
- **We will try to make a call by 3:30 PM or 8:00am on the day of the events/games**
- **Conditions change rapidly, if event is not cancelled it is coaches and parents' responsibility to keep an eye on conditions**
- **If you can see smoke, smell smoke, or it's causing irritations than the kids should not be running around in it.**

10. OTHER HEALTH RELATED TOPICS

COVID -19

Moorpark AYSO is operating under the guidelines and restrictions put in place with the cooperation of the County of Ventura and the State of California. Our program is operated to allow all players an opportunity to be outdoors and participate in physical activity. Programs such as this are essential for the social, emotional, and physical development of young children. We run our program with the most stringent health and safety precautions in place.

Unvaccinated players should maintain six feet of social distance whenever possible and/or wear a mask. (Water break etc.). Masks are not required during field play.

If a player, parent, Official, or Coach has been exposed or tested Positive for COVID 19 please inform your Child's Coach and our Safety Director about your case as soon as possible in addition to following the procedures outlined below. Email: safety@moorparkayso.org

Moorpark AYSO programs will observe the following return-to-play guidance for participants who have tested positive for COVID-19, who have been in “close contact” with someone who has tested positive for COVID-19 and/or who have had symptoms of COVID-19.

The protocols and guidance aim to safeguard and promote the health and well-being of players, coaches, other needed volunteers, and families as much as possible in relation to COVID-19. They seek to follow AYSO National policies, regulations established by public health authorities, guidance from medical professionals and best practices being followed by other youth sports organizations. Protocols will be updated on a periodic basis to maintain compliance with AYSO and local health guidance. This guidance is subject to change as conditions and local and state regulations change.

AYSO Participants are Responsible for Documenting and Communicating Return-to-Play Guidelines. Coaches will submit a standard AYSO incident report to the Moorpark AYSO Region Safety Director (safety@moorparkayso.org) of “any participant who reports symptoms of COVID19, tests positive for COVID19 or who is exposed to someone with COVID19. The AYSO Safety Director will consider the specific case in relation to the return-to-play guidelines below and provide direction to the coach and families of the affected team on how to proceed.

11. GENERAL

- **Do you need to stretch? The conventional wisdom has always been that once children are 10 or more, they need to stretch before exercise. But a lot of evidence now seems to suggest that stretching before engaging in most sports is not particularly beneficial and may be harmful. What seems to be more useful is warming up. We aren't sports medicine experts here at Moorpark AYSO, but we invite you to check out reputable sources of information.**
- **Good, good, good, good hydrations. - that means getting liquid into the body before, during and after games. Key recommendation:**

"As one of the best means to preventing heat illness, The U.S. Soccer Federation recommends parents and coaches ensure children are well hydrated before practice and games. During activity, young athletes should drink on a schedule; because thirst is not an accurate indicator of fluid needs, athletes should drink before they become thirsty. The

Federation plans to incorporate the Heat Illness and Hydration Guidelines into its already existing coaches' curriculum, reaching thousands of youth soccer coaches across the country."

- **Soccer Accident Insurance (SAI). AYSO National provides a supplemental insurance policy for registered players and registered volunteers that covers medical expenses related to on field injuries that are not covered under your normal medical insurance coverage. The policy is a \$200.00 deductible policy that covers the injuries after your insurance has already paid. This policy is free - players and volunteers are automatically covered when they register.**

In the event of an injury taking place during an AYSO sanctioned practice or game, the coach supervising the practice or game must complete an AYSO Incident Report and then submit this report to the Safety Director, William (Bill) Murray. A copy of the Incident Report form can be found on our website under Important Documents and Forms.

It is the responsibility of the person making the claim to submit the Soccer Insurance Claim Form within 90 days of the injury, even if your insurance company has not paid yet, otherwise the claim will be denied. Here is a link to the AYSO National page with links to the SAI insurance policy as well as the claim form. The form must be filled out and signed by either the coach or an AYSO official and signed by the safety director, Bill Murray.

- Incident Report Form
- Soccer Insurance Form
- [Participation Return to Play Form \(PDF Download\)](#)

If there are any questions, please e-mail Bill Murray at safety@moorparkayso.org.

Through the national office of AYSO, Region 363 also has liability insurance, which we provide to the City and the School District.

Good mental health is important too. Start by learning to be a better person on the sidelines, whether as a coach or a **parent or other supporter**.