



COVID-19 Manual

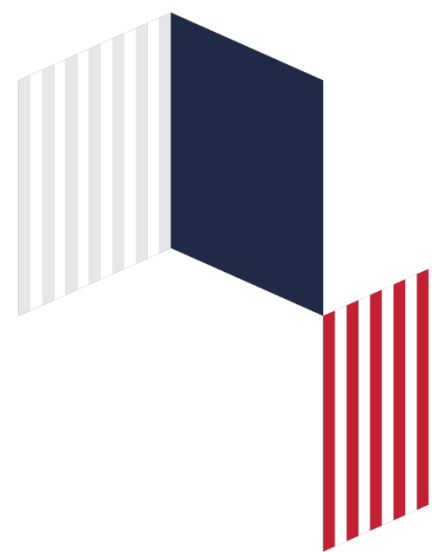

U.S. National Teams Camps and Events

Updated: January 3, 2022



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1. INTRODUCTION & GUIDING PRINCIPLES

This document is meant to establish a framework for the operation of U.S. Soccer National Teams and National Team events in a COVID-19 world. These guidelines were created using FIFA's COVID-19 tool and published documents as well as the Centers for Disease Control and the World Health Organization guidelines. Local and national laws and guidelines will also be referenced and followed. U.S. Soccer endeavors to ensure this manual is as up-to-date as possible. However, due to a number of factors including: the rapidly changing science around COVID-19, vaccination levels (in camp and worldwide), unanticipated events and situations that may occur around camps and events as well as evolving international and domestic travel restrictions and requirements, changes to U.S. Soccer's protocols may need to be made in real time. At all times the health and safety of U.S. Soccer players and staff are the priority. Every person in the team and events delegation will have a responsibility to prevent the spread of COVID-19.

The Manual provides guidance and required protocols for medical testing and screening, athlete and staff care, hotel and travel operations, training protocols, game operations, visiting federation team and match officials protocols. U.S. Soccer requires that all participating players, staff and referees adhere to U.S. Soccer's protocol and testing for each camp and game. This document will be updated to provide updated guidance given the changing public health measures to combat COVID-19.

As of January 2022, the vaccination rate in the United States has exceeded 70% threshold, therefore, certain protocols have been altered and updated for fully vaccinated individuals.

Guiding Principles

- The Manual has been created in conjunction with U.S. Soccer's Chief Medical Officer.
- The foundation needed for the success of this plan is an aggressive testing regimen, behavior compliance, correct and constant use of PPE, and contact tracing.
- The decision to host, where to host and the details on how to operate any national team camps and games will be made collectively by an internal group of U.S. Soccer stakeholders.
- Additionally, external stakeholders such as public health departments as well as other federations and or leagues may be engaged for a collaborative and comprehensive approach. Final approvals will be determined from U.S. Soccer's Chief Medical Officer.
- U.S. Soccer will establish minimum requirements to be met by any individuals, organizations or properties involved in hosting a team or staging a match.
- A COVID-19 U.S. Soccer Safety Officer (USSFSO) will be designated, and all teams will be required to have an on-site USSFSO that reports into U.S. Soccer's Chief Medical Officer to ensure compliance with Federation protocols. Dependent on the camp, this can either be a separate position or an existing staff position in the delegation.
- Testing to include PCR and Point of Care (POC) and symptoms check protocols as outlined in the Screening and Testing Protocol will be mandatory. No individuals should be part of the camp and/or game unless they have tested negative and are asymptomatic. Protocols in testing may evolve in accordance with updated scientific data.
- All mitigation and preventative strategies as directed by the World Health Organization (WHO) and Centers for Disease Control (CDC) will be implemented including but not limited to personal and team hygiene, masks usage, social distancing, symptom checks and environmental disinfection.
- Preventative actions taken by U.S. Soccer in advance of a camp will include:
 - Stay up to date on information about the transmission and testing for Covid-19.
 - Minimize the likelihood of contagious players, staff and Match Officials.
 - Minimize transmission in the confines of training and competition.
- The Teamworks App will be used to convey information and provide additional communication options virtually (administrative, media, equipment, training, sports performance, etc.)



- This Manual's priority areas of concentrations include:
 - Personnel
 - Facilities (hotel, training site, stadium, etc.)
 - Transportation
 - General hygiene and cleaning procedures
 - Player and staff physical and mental welfare
 - Compliance with governmental guidance and/or mandate

Phases of Operation

- **Phase One** - Camp will be held with no game(s).
- **Phase Two** - A game(s) will be held with no tickets sold. Only essential venue and U.S. Soccer staff, broadcast, media, referees, players and team staff will be permitted to be on-site.
- **Phase Three** - A game(s) will be held with limited tickets sold. Additional broadcast and media will be permitted to be on-site.
- **Phase Four** - A game(s) will be held with full stadium with COVID-19 protocols still in place.

Pillars to Successful Return to Play

1. Hygiene and distancing

- Masks must be worn over nose and mouth following mask usage best practices.
- Frequent handwashing with soap and water for 20 seconds, at a minimum every one (1) hour or as needed following coughing, sneezing, touching non-personal items.
- When handwashing is not possible, hand sanitizer may be used.
- Frequent full cleaning and disinfecting.
- Implementing and maintaining physical distancing measures.

2. Testing and monitoring

- All players and staff will be tested for COVID-19 as a safeguard and to build psychological confidence within the team and surroundings. (see Testing Protocol)
- Players or staff who test positive will not be allowed to participate in any activities and will be directed to follow the recommendations of the Team Doctor and the health authorities of the State in question.
- Only players or staff that test negative will be allowed to participate in training and games.
- Any inconclusive test results will be considered positive until further testing provides clarity

3. Travel and facilities

- In determining venue and sites for National Team camps and games, U.S. Soccer will review and take into account the following:
 - Minimize travel between the venue, training sites and accommodations.
 - Factor national and sport-specific regulations.
 - Consider evidence of national and local community transmission of COVID-19.
 - Determine the health and medical infrastructure available in the proposed location for National Team Camp and/or games.
 - Local health authority mandates on the size of mass gatherings.
 - Consider individuals traveling from areas with COVID-19 transmission.
 - Review travel restrictions and guidelines for travel to the proposed location for National Team Camp and/or games.



- In order to limit the possible exposure and risk of transmission within camp, activities must be limited to essential.
- When possible, limiting or restricting re-entry or later entry into camps will be considered.
- U.S. Soccer controlled transportation will be required to adhere to safety and sanitization protocols.
- Accommodation operations and cleaning, food preparation and distribution, function space usage and cleaning and etc. will follow U.S. Soccer protocols.
- Address the presence of vulnerable groups (65+ years old, individuals with pre-existing medical conditions).

USSFSO Responsibilities

- The U.S. Soccer Federation Safety Officer (USSFSO) will oversee all aspects of the implementation of the Federation's guidelines.
- The responsibilities of the USSFSO include, but are not limited to, the following:
 - Assists all delegation members with the implementation and compliance with the Federation's COVID-19 protocols including hotel and transportation staff.
 - Conduct a hotel and training site facility tour with a Head Athletic Trainer, Team Doctor and Team Administrator to review implementation of the protocol prior to the opening of a National Team Camp.
 - Consult with U.S. Soccer Chief Medical Officer to discuss and resolve issues pertaining to the implementation of the protocols.
 - Ensure compliance by all individuals and stakeholders with the cleaning and disinfecting requirements set forth in this document including instruction of facility cleaning personnel in respect of such requirements.
 - Work with the testing liaison (if applicable) and the testing companies to ensure that testing protocols and procedures are followed.
 - The facility stakeholders (hotel, training site and stadium) shall prepare daily reports certifying that each of the requirements set out in this Protocol has been satisfied and that the facilities are in compliance with the appropriate hygiene requirements.
 - USSFSO assists all delegation members include the team delegation, visiting delegation, match officials, event staff and the Event itself.
 - Responsible for review and adherence to the medical integrity of the U.S. Soccer controlled environment.
 - Reports into the Chief Medical Officer and U.S. Soccer Human Resources Department.

Participant Responsibilities

- Adhere to all rules and regulations of the controlled environment including:
 - Adhering to strict protocols from the CDC on social distancing, hand washing and personal hygiene.
 - Wearing a face mask where and as required.
 - Regularly and accurately monitor and report own temperature and symptoms.
 - Fulfilling all testing requirements as outlined by U.S. Soccer prior to, during and post camp or event.
 - Immediately reporting to USSFSO and Team Doctor if feeling unwell.
 - Notify USSFSO and Team Doctor of any changes to personal circumstances or any concerns that impact work or safety.
 - Adhere to social distancing requirements and personal safety practices.
 - Responsible for keeping personal environment clean and wipe down common spaces after use (door knobs, faucets, equipment, etc.).



- At all times remain responsible to yourself, teammates and staff and all individuals involved in National Team camps and events.

Participant Briefings

- Prior to the departure of the players and staff for the camp or game venue, U.S. Soccer's Chief Medical Officer will conduct an educational session for all camp or game participants to outline the ground rules, regulations and guidelines for the safe execution of the camp or game. Family members are welcome and encouraged to participate on the video-call.
- Upon arrival in camp, the USSFSO and Team Doctor will conduct a secondary briefing reinforcing the fundamental principles and review factors specific to the camp and game venue.

Vaccinations

- As vaccinations become more widely distributed, protocols may be adjusted for those that have been fully vaccinated.
- Fully vaccinated is defined as those who are 14 days removed from the second dose of the Pfizer or Moderna vaccination or 14 days removed from the one-dose Johnson & Johnson vaccine.
- At this time, boosters are not a requirement to be fully vaccinated.

See Something; Say Something

The infrastructure of the controlled environment is only as secure as the behaviors that take place in it by every individual at all times. It is the responsibility of every player, coach, staff member, match official and service provider that are accommodated in the controlled environment to call-out breaches of the protocols contained within this Manual. It is the responsibility of every individual to immediately address, face to face, any time a colleague, teammate, coach or etc. violates any part of an established protocol that is intended to ensure the safety of every participant in camp. Violations can result in the spread of Covid-19, jeopardizing the camp & event, and fostering sickness and possibly death.

U.S. Soccer Team Staffing

- Only essential individuals will be in camp.
- The greater the number of persons involved in a National Team camp or game, the greater the risk of possible infection therefore a scaled down, mission critical staff will be used to minimize risk of transmission.
- The following reflects the recommended staffing levels for the Senior National Teams:
 - **Phase One** (23 total) - includes Head Coach, 2-Assistant Coaches, Goalkeeper Coach, High Performance Coach, Team Administrator, Equipment Manager, Head Athletic Trainer, 2-ATC's, Sports Scientist, Team Doctor, Sports Psychologist, Data Analyst, Video Analyst, Technical Videographer, Press Officer, Content Manager, 2-Videographers, Photographer, and USSFSO.
 - **Phase Two** (24 total) - includes Phase One staffing plus Security Officer.
 - **Phase Three** (26 total) - includes Phase Two staffing plus Assistant Equipment Manager and additional Sports Scientist
 - **Phase Four** - full staffing level
- The following reflects recommended staffing levels for Youth National Teams:
 - Phase One through Four (12 total) - includes Head Coach, 2-Assistant Coaches, Goalkeeper Coach, Team Administrator, Equipment Manager, 2-ATC's, Sports Scientist, Team Doctor, Data Analyst and USSFSO.
 - Qualifying Tournaments & World Cups (16 total) - includes Phase One through Four staffing plus additional Assistant Coach, Press Officer, Content Videographer and Security Officer.
- All the above is subject to the:
 - Covid profile at the time of the camp



- Alignment with local health authorities
- CBA compliance and/or waiver from relevant PA due to extenuating circumstances.
- All individuals included in the controlled environment will be Tier 1 or Tier 2 and will be subjected to the same screening and testing requirements as the players.
- At risk individuals, including personnel with pre-existing conditions should not be involved until Phase Four at the earliest.

Events Staffing

- Only essential individuals for Phase One, Phase Two and Phase Three.
- Volunteer use will be limited in Phase One, Phase Two and Phase Three.
- All individuals included in the controlled environment (including stadium) will be Tier 1 or Tier 2 and will be subjected to the same screening and testing requirements as the players.
- In Phase Three and Four - Team Liason Officers may be used. This will be determined on a case-by-case basis.



2. MEDICAL PROTOCOLS

Screening and Testing Protocols

- All staff (collectively: team staff, events staff, hotel/transportation staff, match officials, etc.) and players associated with the camp and/or game will be required to follow U.S. Soccer testing and/or screening protocols.
- Testing Platforms
 - Utilization of a single pathway and protocol for all players and staff.
 - A registry or tracking such as a player/staff passport will provide future testing needs, immunity, insight into potential reinfection, health and safety information to the individuals and finally objective criteria to a return to normal training and games.
- All screening will be reviewed by the team doctor and/or the USSFSO.
- Any individual displaying symptoms of COVID-19, suspected of having contracted COVID-19, confirmed as a contact person of a COVID-19 positive individual, or who has tested positive for COVID-19 within 14 days prior to each match shall be precluded from participating until cleared by medical personnel.
- The Chief Medical Officer, Team Doctor and the USSFSO will have final say on any individual taking part in a camp and/or game.
- For select participants, a daily symptom check through a U.S. Soccer designated app will be required and will include the below:
 - Temperature check for fever >100.4 F
 - Symptoms and/or circumstances listed as follows:
 - COVID exposure in past 14 days (new contact with an infected individual or prolonged contact within a crowd and without physical distancing)
 - Cough
 - Sore throat
 - Shortness of breath and/or difficulty breathing
 - Chills
 - Headache
 - Sinus congestion
 - Joint and/or muscle aches and soreness
 - Nausea, vomiting or diarrhea
 - Loss of taste or smell
- Pre-Camp/Event Testing/Screening
 - All non-vaccinated players and staff will be screened with two (2) COVID-19 PCR or rapid antigen tests in their club or home environment and will be required to be negative prior to departure. One test must be completed 10 days prior to arrival and the other within 96 hours prior to arrival.
 - Fully vaccinated individuals will require at least one (1) COVID-19 PCR or rapid antigen test within 72 hours prior to arrival into camp. Two tests may be directed by medical staff.
 - Vault, Binax-Abbot, or other CMO-approved tests are permitted.
 - Phased reduced exposure protocols and self-isolation protocols will be required within the 10 day and 96 hour period prior to arrival.
 - Individuals should not travel if they or any family members within their household have any of the symptoms listed above.
 - Fully vaccinated individuals should consult U.S. Soccer medical staff before arriving into camp.
 - For any individual who tests positive within the 7-day window prior to arrival, the following should occur:



- Remain asymptomatic
- Minimum 5-day quarantine
- A negative test after 5 days or 7 days without a negative test
- Upon arrival, restricted movement for 24-48 hours per COVID+ in camp outlined below.
- Arrival Testing
 - Upon arrival and prior to any team or individual interactions all players and team staff will be subject to the following testing protocols:
 - Day 1: PCR and POC
 - Day 2: POC
 - Day 3 POC
 - Day 4 POC
 - Until initial POC test results are confirmed, individuals will be required to quarantine. With a negative POC, fully vaccinated individuals are permitted to train. Meals must be on own and virtual team meetings performed.
 - Until negative PCR and two POC results are confirmed, full group gatherings and team meals will not occur. Outdoor trainings can occur.
 - Upon arrival and prior to any individual interactions, U.S. Soccer staff not having consistent, direct contact with the team will be subject to a PCR and POC test on arrival.
 - Until initial POC test results are confirmed, individuals will be required to quarantine.
 - Staff with temporary involvement and no contact with core staff and players do not need a pre-departure test, but will require a rapid PCR upon arrival.
- Subsequent Regular Testing
 - Testing in camp will follow the approved protocol and all Tier 1 and 2 individuals are subject to the protocol.
 - Fully vaccinated individuals will be tested every fourth day including match day -2 or 1 in accordance with the event or FIFA requirements.
 - Non vaccinated individuals are subject to an additional PCR on the second day,
 - Only individuals with a PCR negative test can proceed.
 - If needed, testing prior to departure from camp may be done via rapid PCR or PCR test depending on timing.
- Post-Camp Testing
 - Upon arrival back to their club, each player should be screened and follow the team's testing protocols prior to re-joining their club team's activities.
 - Non-players may be asked to take an additional PCR test upon return to their home environment.
- If at any point a player or staff present with possible COVID-19 symptoms based on a medical exam that individual should be isolated, quarantined treated and tested when possible.
- For a player or staff who has tested COVID+ and are cleared to return the following additional protocols will apply.
 - These individuals do not need routine COVID testing (pre-screening nor testing while taking part in a National Team Camp/Event) for up to 90 days post a confirmed positive COVID-19 PCR test. A copy of the positive COVID-19 PCR test result must include the individual's name and date of the test, be within 90 days of the start the particular camp or event, and on be file with U.S. Soccer Human Resources or included in athlete medical records.
 - These individuals must continue to submit a daily symptom checklist. If symptoms consistent with or concerning for COVID are communicated, testing and isolation for COVID-19 should take place per protocol. All other COVID-19 protocols including and not limited to mask wearing, social distancing and etc. continue to be applicable.



Testing at Youth, Extended National Team Camps and Coaching Education Courses

- In our fully vaccinated individuals, including players, staff or guests, the following protocols are to be implemented:
 - A required negative pre departure COVID-19 PCR or Rapid Antigen test within 48-72 hours prior to entry into a National team camp.
 - Following this negative test, only individuals showing signs and or symptoms of COVID-19 will be tested throughout the duration of the camp.
 - Any local, tournament or national requirements will be adhered to regarding COVID-19 testing and or protocols.
 - Any travel requirements for entry or departure of a country will be followed and adhered to.
- Avoid all international travel until March 2022 (to be reassessed Jan. 25)

Medical Clearance

- Individuals will require medical clearance if they have:
 - Any pre-existing conditions - written clearance by a Physician
 - Test positive for COVID - written confirmation of a negative Covid-19 test as well as written clearance by a Physician for return to full participation in sport. In accordance with CDC guidelines and or "best clinical practice"
 - Known high risk COVID exposure - written confirmation of a negative Covid-19 test and/or quarantine following best practices.

Procedure for a positive test in camp - player or staff member remains in camp

- Notify the health authority(ies) which may include and not limited to the Chief Medical Officer, USSFSO, VP of Events, team and or staff medical leads and local public health officials and coordinate next steps.
- Immediate isolation of the individual to an isolation guest room that has been equipped with 14 days of supplies: preventative PPE, appropriate technology, refrigerator with snacks and drinks, fever reducing medications, cleaning supplies, etc. The positive test will be confirmed in accordance with the lab partner by either being re-run and or secondary testing.
 - For fully vaccinated: a 5-day quarantine is required for asymptomatic individuals.
 - Rapid test on Day 5 for clearance or can be cleared with no testing in collaboration with medical staff.
 - N95 or KN95 required for at minimum two days after quarantine period.
 - Meals in room or at table by self following quarantine period.
 - During quarantine period, exercise, walks are permitted with medical direction and guidance.
 - For unvaccinated or symptomatic individuals: a 7-day quarantine is required
- One or two such rooms will be put on hold for each team hotel.
- Continued daily symptom monitoring plus repeat testing will be done in the patient's room by Team Doctor, USSFSO and or lab partner
- Transport to hospital or other medical facility for individuals with shortness of breath or other evidence of cardiopulmonary compromise or increasing symptoms in line with best clinical practice.
- Team Doctor and/or USSFSO to be the only point of contact through isolation plus one designated team staff member to assist with meal delivery and overseeing sanitization requirements.
 - Team Doctor, USSFSO and designated team staff member plus infected individuals to have full PPE while checking on player/staff member.



- Rigorous contact tracing.
 - Observation and clinical testing for symptoms within the group.
 - Test all individuals that were a high risk contact with the positive test individual; all individuals will be required to remain in isolation until test results are known.
 - Fully vaccinated individuals do not need to quarantine after high-risk exposure when they remain asymptomatic.
- If the individual is displaying symptoms, avoid physically strenuous activities.
- In the event of a positive test without symptoms for a player, a personal training program may be carried out in isolation and in consultation with the Team Doctor and USSFSO.
- Ensure hotel room is well ventilated. i.e. keep windows cracked open.
- Avoid direct contact with body fluids, particularly those from mouth/throat area and from respiratory tracts. Appropriate PPE to be worn.
- Clean and disinfect surfaces touched frequently such as bathrooms, tables and etc. at least daily.
 - Use disposable gloves when cleaning and when handling bedlinens, stool, urine and waste (before/after: disinfect hands).
- Place contaminated laundry in a laundry bag.
 - Do not shake out unclean laundry and avoid direct contact between skin and laundry with soiled fabric.
- Hand hygiene must be carried out with water and soap; or alcohol-based hand sanitizer.
 - If water and soap are used, disposable paper towels should be used to dry hands. If these are not available, a dedicated towel should be used and replaced if damp.
- Wear a surgical mask that fits snugly against the face.
 - Do not touch or adjust mask.
 - If a mask is damp or soiled with secretions, it must be immediately replaced.
 - After replacing or removing a mask, it must be immediately discarded and hand disinfection must always be carried out afterwards.
- If it is not possible to wear a face mask, it is particularly important to follow the coughing and sneezing etiquette:
 - Keep at least a six (6) feet distance from others and turn away when coughing or sneezing.
 - Ideally, sneeze or cough into a disposable tissue.
 - Use it only once and then discard in waste paper basket with a cover.
 - If using a cloth handkerchief, it should then be washed at a temperature of at least 140°F.
 - After blowing your nose, sneezing or coughing, thoroughly wash or disinfect your hands.
 - If there is no tissue within reach and you need to cough or sneeze, hold the crook of your elbow over your mouth and nose.
- Criteria for release from isolation/quarantine:
 - Generally, 10- 14 days after start of symptoms or after exposure. Additionally, should be asymptomatic and fever free for 72 hours without medication and in line with most updated CDC guidelines
 - Alternative to the 10-14 day quarantine can include daily, or every other day, diagnostic testing over five (5) to ten (10) days, with next steps based on test results and local public health guidance.
 - Specific details on returning must be discussed with Team Doctor, USSFSO and public health authorities.
- Criteria for returning to training:
 - Requires three negative test results over a ten (10) day period and must be in line with current best practices and updated guidelines for elite athletes as well as player's



professional club. In the circumstance where an extended period of time has passed and the players test remains positive, the player may no longer be infectious and a collective decision will be made in collaboration with the players medical staff

- If recommended by medical staff, players having tested positive must also have cardiac screening completed and cleared before returning to training.

Procedure for a positive test in camp - player or staff member is able to safely return home (if local)

- Safely return to home by ground as determined by USSFSO, Team Doctor or CMO.
- Follow the quarantine procedures outlined above.
- Keep your distance from others. No physical contact with others.
- Avoid “high risk” individuals.
- Do not receive visitors.
- Members of your household should:
 - Stay in different rooms or - if not possible - maintain a distance of at least six (6) feet.
 - Sleep in separate beds.
 - Avoid close physical contact.
 - Limit joint use of rooms.
 - Use separate bathrooms if possible.
 - Constant monitoring of health status
- Ensure that rooms in the house (kitchen, bathroom) are well ventilated. i.e. keep windows open.
- Avoid direct contact with body fluids, particularly those from mouth/throat area and from respiratory tracts.
- Clean and disinfect surfaces touched frequently such as bathrooms, tables and stair railings at least daily.
- Note and notify your contacts and observe their health status.
- Do not share household items (dishes, silverware, laundry etc.) without first washing them with detergent and hot water.
- Avoid contact with potentially contaminated items (e.g. toothbrushes, dishes, drinks, towels, bedlinens).
- Use disposable gloves when cleaning and when handling bedlinens, stool, urine and waste (before/after: disinfect hands).
- Practice hand hygiene during the following activities: before and after preparing food, before eating, after all contact with someone or with a person who tested positive, after using the toilet and whenever hands are soiled.
- Do not shake out unclean laundry and avoid direct contact between skin and laundry with soiled fabric.
- Wash clothing, bedlinens, towels, etc. of an infected person with water and soap in the washing machine at 140-194°F with heavy-duty powder detergent and dry carefully, ideally in a tumble dryer.
- Hand hygiene must be carried out with water and soap; or alcohol-based hand sanitizer. If hands are not visibly soiled, hand sanitizer should be used
- If water and soap are used, disposable paper towels should be used to dry hands. If these are not available, a dedicated towel should be used and replaced if damp.
- The individual who tested positive should wear a mask when not isolated. Face coverings best practices (reference page) should be followed.
- Family members can assist the contact in day-to-day life, grocery shopping, etc.
- Criteria for release from home isolation/quarantine:



- Generally, no sooner than 14 days after exposure or 10 days following the start of symptoms.
- Specific details on returning must be discussed with the Team Doctor

Procedure for a negative test with COVID symptoms in camp

- Individuals with Covid like symptoms with neg tests.
 - Team physician
 - May be required to administer tests (Covid-19, Rapid Strep and/or Influenza)
 - Check on athlete/staff member daily.
 - Manage symptoms.
 - Document in smartbase.
 - USSF Safety Officer
 - Check on athlete/staff member 2 times per day and be accessible at all times
 - Ensure all needs are met for the athlete/staff member.
 - Meals, access to entertainment (TV/Movies/Games/etc.)
 - Report any changes in health status to team physician.
 - New fever, worsening of symptoms, mental health issues
 - Go over testing protocol with athlete/staff member (reviewed with team doctor).
 - Expected duration of room isolation.
 - What activities can be allowed outside of room.
 - Walking/jogging outside while social distancing - 10-foot distance, mask wearing, avoiding any contacts, limited work while following protocol if symptoms allow.

Hygiene Protocol

- The following safety precautions shall be maintained by all players and staff throughout camp:
 - Wash hands frequently with soap and water for at least 20 seconds.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer.
 - Wash or sanitize hands before eating and after touching possibly contaminated surfaces (such as high-touch areas).
 - Avoid touching your eyes, nose, and mouth.
 - Avoid close contact with people who are sick.
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
 - Avoid handshakes, high fives and fist bumps, even with individuals and teammates you know well.
 - Thoroughly clean and disinfect all areas with a particular focus on “high touch, high risk” surfaces.

Mental and Physical Health

- Ongoing monitoring of players and all U.S. Soccer individuals.
- Reinforce R2R principles.
- Establish appropriate frequency of contact with players for:
 - Sharing information.
 - Social support.
 - Emotional support.
 - Support of any specific concerns within the player’s club environment.
- Be sensitive to the fact that players with families (spouse and/or children) are potentially processing COVID-19 in a different way than single/younger players.
- Emphasize importance of sleep, nutrition and mitigation of stress technique.



3. ATHLETE & STAFF CARE

*The below are best practices for U.S. Soccer operations. Visiting Teams may handle differently but all operations must align with U.S. Soccer COVID-19 protocols.

Training/Performance Room(s) Policies and Procedures:

- Primary personnel permitted to Training/Performance room (Allowed access as needed/scheduled):
 - Players
 - Team Doctor(s)
 - Athletic Trainer(s)
 - Physical Therapist(s)
 - Sports Scientist(s)
 - Massage Therapist(s)
 - GM
 - Team Administrator
 - Head Coach
- Secondary personnel permitted to Training/Performance room(s) (Allowed access when no athletes present and only on business related matters)
 - Assistant Coaches
 - Equipment staff
- Tertiary personnel permitted to Training/Performance room(s) (Allowed access only during “off” hours):
 - Hotel & cleaning staff

Considerations for Design and Flow of Training/Performance Room(s)

- Spacing, flow, and staffing will be dependent on hotel and room configure.
- Room must have space sufficient for medical assessment and therapy, allowing room for social distancing ideally divided for medical vs. performance needs.
- Drapes/dividers (perhaps plexiglass) may be required to designate space and social distancing requirements.
- Number of players/providers allowed are dependant on the room size and designated by Head Athletic Trainer and USSFSO.
- Mask wearing and social distancing will be enforced.
- Treatment tables must be at least 8 feet apart to allow for social distancing.
 - Approx. 150-200 square feet per table.
 - Number of tables allowed are dependant on number of providers and size of room available.
- No free flow of people in and out of rooms.
- Performance staff will provide foam rollers/stretch straps/bands etc. to individual players to use in their rooms throughout the duration of camp and NO equipment can be shared or borrowed between players.
 - Equipment will be cleaned by staff prior to distribution.
 - Player is responsible for cleaning after each use.
 - Upon return of equipment at end of camp, athlete and staff will clean per the equipment hygiene previously outlined.
- All medical care/treatment to be documented appropriately in Smartabase.



Access to Training/Performance Room(s)

- Access to room designated by medical staff.
- Access to room by secondary/tertiary staff is restricted as outlined above.
 - Hotel staff only permitted to enter the room during “off” hours/when there are no staff or players present.
 - Additional restrictions may be required based on hotel staff access and what the requirements for cleaning and replacing linens and towels.
- All entering (players/staff) must have completed their daily questionnaire and temperature check to be cleared for room access, and sanitize hands upon entry and exit to the room.

Protocol for Scheduling Medical/Treatment Appointments

- Daily hours for medical treatment/room access.
- Athletes reporting to specific provider is preferred for contact tracing purposes, however, may not be feasible at all times.
 - This will be directed by the Head Athletic Trainer.
 - If athletes are reporting to single provider, it is imperative that the communication is given to the Head AT on the status of a player /medical care being performed and the plans for the future care required.
 - Ability to designate players to specific provider may be based on provider expertise (i.e. specific skills, dry needling, etc.), player preference and availability of staffing. Priority given to athletes with required treatments.
- Medical staff will have designated workspaces.

PPE Requirements

- Gloves should additionally be worn for each treatment and discarded.
- Gloves must be changed between appointments.
- All players and staff should wear facemasks.
- Each person should use hand sanitizer when entering and exiting the room.

Cleaning/Sterilization Procedures

- Staff required to disinfect designated work space and equipment following each appointment.
- Staff required to change PPE and sanitize hands between each appointment.
- Staff required to change linens and bed sheets; and remove any used towels between each appointment.
- All equipment to be cleaned and disinfected after each use.
- If disposable table covers are used, they must be disposed after each procedure and use; preferably in a receptacle with a lid or covering.
- No sharing of equipment between providers or players until proper measures have been taken to sanitize the equipment.
- All cleaning solutions must be hospital grade EPA List N disinfectants.
- Solutions should be allowed to set for 3 minutes to properly sterilize surfaces.
- Linens and towels to be picked up and cleaned, disinfected and delivered by same person from hotel staff.
- PPE required for hotel staff member (gloves/facemask) picking up soiled linens and towels and returning clean linens and towels.
- All equipment must stay in training and performance room unless assigned to a player for the length of a camp.
- Squeeze bottles and coolers must be cleaned and disinfected daily.



- Procedure depended on staffing and hotel capabilities.
- Preference for hotel staff to sanitize bottles and lids in commercial dishwasher.
- Bottles and lids to be returned in a sanitized crate used to store individual glasses and drinkware.
- Same hotel staff member to pick up dirty bottles and return clean bottles.
- PPE required for hotel staff member (gloves/face mask) picking up, cleaning and returning bottles.
- If hotel cannot sanitize bottles:
 - Medical or Performance staff member will clean and disinfect bottles.
 - Must utilize proper cleansing methods using at a minimum soap and warm water.
 - PPE must be worn throughout cleaning process.
 - Bottles and coolers must be dried and stored in an area with no access by other individuals (i.e. closet/cabinet, shower with door closed).

Daily Supplement, Snack and Hydration Product Provision

- These protocols are specific to any supplements, food or hydration products that are provided to players outside of standard mealtimes.
- Distribution of supplements, snacks or hydration products should be done in a manner that provides for social distancing, hygiene, and includes use of PPE when handling food and beverage items.
- Distribution should be avoided from in the performance, recovery, or medicals rooms to avoid contact exposure in areas athletes/staff need to spend dedicated time (i.e. medical assessment, therapy, recovery, etc.).
- Access will be facility dependent and can include, but not limited to:
 - Delivery to player's rooms
 - Secure communal space inside team area at hotel
 - Access in meal rooms
- Supplement/snack/hydration product provision should be managed and facilitated by the high-performance staff.
- Staff involved in making up snack packages should wash their hands before touching any food/hydration products and also wear the following PPE: gloves, mask and a faceguard.
- If whole-food snacks are provided to players directly from the hotel, these should be made and distributed via the same guidelines used to make main meals.
- Recommend athletes pick multiple snacks to have on hand for several days in their individual room.
- Supervision of process to avoid multiple handlers of food and wearing appropriate PPE.
- Snacks to be provided in individual containers.

Pre-Training Fluids and Snacks

- These protocols are specific to any supplements, hydration products or snacks that are provided to players at the field prior to the start of training.
- Distribution of pre-training fluids and snacks should be done in a manner that provides for social distancing, hygiene, and includes use of PPEs when handling food and beverage items.
- Any fluids or snacks that players consume prior to the start of training, e.g. collagen, electrolytes, gummies, gels, bars etc. should be made up by the high-performance staff.
- Staff involved in making up fluids should wash their hands before touching any fluid/hydration products and also wear the following PPE: gloves, mask and a faceguard. Ideally, fluids will be made up back at the hotel in a sanitized environment and then transported to the field inside a cooler.



- Once at the field, fluids and snacks should be distributed to players in a manner that allows for social distancing and hygiene. This can include placing at each player individual stations, which should be 6-feet apart and may also be used to house each players' belongings.
- Players should not share bottles.
- Staff are encouraged to make fluids in disposable bottles, e.g. single use water bottle.
- If reusable bottles are used, they should be disinfected and washed after each use.
- Paper cups may be used to consume drinks of smaller volumes, but they should be discarded after single use and not reused.

In-Training Fluids

- These protocols are specific to any fluids that are provided to players during the training session.
- Distribution of fluids should be done in a manner that provides for social distancing, hygiene, and includes use of PPEs when handling beverage items.
- Players should not share bottles under any circumstances.
- Players can be provided with fluids during the session via either of the following methods:
 - Single use containers that are immediately disposed of.
 - Assigned individual containers that are disinfected after each training session.
 - At individual stations that assigned bottles can be placed at.
 - By designated staff member and only consume fluids from assigned bottles.
- Fluids should be made up by sport science and medical staff.
- Staff involved in making up fluids should wash their hands before touching any fluid/hydration products and also wear the following PPE: gloves, mask and a faceguard. Ideally, fluids will be made up back at the hotel in a sanitized environment and then transported to the field inside a cooler so that lids bottles are not exposed to any forms of contamination.
- Bottles should be disinfected and washed after every session.
- Sport science and medical staff should encourage frequent drink breaks in order to support immune function and performance.
- Environment and climate should be used to inform frequency of drinks breaks.

Post-Training Shakes, Fluids and Snacks

- These protocols are specific to any recovery shakes, fluids and snacks provided to players at the field after the session has concluded.
- Distribution of post-training shakes, fluids, and snack should be done in a manner that provides for social distancing, hygiene, and includes use of PPEs when handling food and beverage items.
- Any fluids or snacks that players consume after the training session has concluded, e.g. recovery shakes, bars, electrolytes etc. should be made up by the high-performance staff.
- Staff involved in making up fluids should wash their hands before touching any post-training nutritional products and also wear the following PPE: gloves, mask and a faceguard. Ideally, shakes and fluids will be made up back at the hotel in a sanitized environment and then transported to the field inside a cooler.
- Towards the end of the session, shakes, fluids, and snacks should be distributed to players in a manner that allows for social distancing and hygiene.
- This can include placing at each players' individual stations, which should be 6-feet apart and may also be used to house each players belongings.
- Staff should wear the following PPE when distributing post-training fluids and snacks: gloves, mask and a faceguard.
- Players should not share bottles.
- Staff are encouraged to make fluids in disposable bottles, e.g. Dasani water bottle.



- If re-usable bottles are used, they should be disinfected and washed after each use.
- Paper cups may be used to consume drinks of smaller volumes, but they should be discarded after single use and not re-used.

GPS Protocols

Training

- A separate monitoring technology area should be designated adjacent to the training field. Each player will be designated a spot within the technology area.
- All GPS units will be turned on 10-15 minutes before players' arrival to training by a HP staff member wearing appropriate PPE (i.e., a mask and medical-grade gloves).
- Before training commences, all players will collect and correctly setup their individual GPS unit and heart rate monitor there.
- Players will be restricted from assisting one another with the technology setup. Instead only HP staff [e.g., sport scientist(s) and ATC(s)] may assist players with inserting GPS units into vests and fitting heart rate monitor straps.
- After training has finished, all players must return their GPS unit and heart rate monitor to their designated spot with the technology area. Again, assistance can only be provided by HP staff with removing technology.
- The GPS and heart rate monitors will be cleaned by HP staff. HP and equipment staff will coordinate daily with washing heart rate monitor straps accordingly.
- To accommodate double sessions and when laundry washing is not accessible between sessions, two straps will be packed for each player and disinfectant spray (non-skin irritant) will be used.

Competition

- All GPS units will be inserted into players' vests before players' arrival into the stadium.
- Before departing for warm-up and/or before departing for kickoff, GPS units will be turned on by a designated HP staff member.
- After the game, all GPS units will be collected from the players and cleaned by HP staff. HP and equipment staff will coordinate daily with washing heart rate monitor straps accordingly.
- Any HP staff member assisting players with monitoring technology must be wearing appropriate PPE (i.e., medical-grade gloves and mask).

Pod/Small Groups Considerations

- It is recommended to make sure the pod groups do not include multiple staff members from each department or athletes of the same position.
 - Example for staff table/pod: One Medical, Equipment, Coaching, Media personnel in one pod sitting together. If someone tests positive in that pod it wouldn't significantly impact one department/role/position

Other Considerations

- All medicine should be distributed in single dose packs.
- Packets should be labeled with player's name and date(s) of use.
- Electrodes should not be shared.
- Electrodes should be discarded at conclusion of camp.
- All food and beverages should be in single serving portions.
- Preference for players to have their own squeeze bottles for training and matches.
- Filling of coolers and bottles will be performed only by team staff.
- Must wear PPE when filling and transporting coolers, bottles and individual recovery drinks.
- Address hydration testing considerations.
- Common containers and scoops shared by individuals are prohibited.



4. TRAVEL & HOTEL OPERATIONS PROTOCOLS

Air - Commercial

- Masks must be worn at the airport and on any flights (N95 preferred).
- All individuals must travel with hand sanitizer, wipes and masks.
- Direct, non-stop flights to be provided whenever possible.
- Wipe down seat and surrounding area prior to sitting down.
- Bring your own food to minimize contact with vendors in the airport and flight attendants.
- Any payment made should be through contactless credit card methods.
- Fully vaccinated players and staff can travel without quarantine, provided it abides by all state and local guidelines.

Air - Charter

- Masks must be worn at the airport and on any flights.
- All individuals must travel with hand sanitizer, wipes and masks.
- Wipe down seat and surrounding area prior to sitting down.
- Passengers should always sit with a seat in-between them to ensure appropriate social distancing.
- Team luggage & equipment should only be loaded & unloaded by team equipment staff.
- Food & beverages served on board should be distributed by team staff to limit contact with flight attendants.
- Fully vaccinated players and staff can travel without quarantine, provided it abides by all state and local guidelines.
- Where possible fully vaccinated individuals should sit closest to non-vaccinated individuals.

Ground - Arrivals & Departures (home & in-market)

- Preference for individual car service or personal transport to and from the airport or rides provided by an immediate family member living in the same household.
- Use of a rideshare service to the airport is acceptable if a household member or fellow teammate/club staff member cannot take you.
- If using rideshare services, a mask must be worn, and windows should be open.
- Masks must be worn unless in personal car.
- Drivers must wear masks.
- Individuals should handle their own luggage.

Ground - Camp & Game

- Masks must be worn.
 - Individuals should consider wearing an N95 or KN95 mask.
- Maintain social distancing at all times while loading, riding and unloading.
- If delegation is > 80% fully vaccinated, there will be no capacity limit.
- Multiple buses may be required to provide proper distancing.
- Buses sanitized before loading.
- Where possible, fully vaccinated individuals should sit closest to non-vaccinated individuals.
- Vans should only be self-parked and not valet parked.
 - If valet parking is the only option, only fully vaccinated individuals should drop off and pick up the vehicle at the valet.

Transportation Companies (Charter and Ground) Protocols

- The following guidance is applicable to charter and transportation companies and their staff.



- All transportation and charter companies must properly clean and disinfect all areas of the vehicles and plane prior to each usage using EPA approved disinfectants and provide a daily written record of cleaning and disinfection.
- Prior to starting their shift, drivers, flight attendants, etc. will be required to do their own temperature, symptom and exposure screening.
- If an individual has a temperature or symptoms, or has been exposed to COVID-19, they should not board the plane or vehicle and the transportation or charter company should provide another individual.
- Drivers and flight attendants should wear masks at all times.
- Drivers should not load or unload luggage or equipment on or off the vehicle.
- Drivers must remain with their vehicles at all times during training or games and should not socialize with other drivers or etc.
- Buses and planes should always be loaded from back to front and social distancing must always be maintained.
- If a driver or flight attendant becomes ill or symptomatic the transportation or charter company will make U.S. Soccer immediately aware for contact tracing purposes.
- Testing of some flight attendants, drivers, etc. may be required to adhere to U.S. Soccer protocols.
 - Fully vaccinated drivers will not need to be tested.

General Hotel Operations

- Use staircases to access guest room floor(s), function space and ground floor to avoid elevators, wherever possible.
- Separate hotel entrance and dedicated service elevator for the delegation, if possible.
- Social gatherings are not permitted.
- Strict access control to team and events function areas and sleeping room floors to avoid any non-players and staff.
- Individuals are not permitted in public areas of the hotel, except as reasonably necessary to travel to a function room or their guest rooms.
- Individuals must wear masks at all times (from the moment you leave your room until returning to it).
- Strict guidelines for guests interacting with anyone that is a part of the national team environment will be in place.
- Use of sanitization technology systems to address optimal efficiencies and cleanliness of all team function rooms.

Hotel Check-In and Check-Out

- Keycards to be prepared and distributed in a non-public setting.
- Hotels shall also ensure that appropriate sanitation procedures are followed with regards to who touches key cards and key packets prior to being picked up by the Team Administrator or Events Staff member.
- Check-out procedures (including key returns and the payment of incidentals) should be handled remotely. Individuals should not need to visit the front desk upon departure.

Guests of U.S. Soccer at the Hotel

- Guests that have not been fully vaccinated may not enter the U.S. Soccer controlled environment.
- Agents, family members, friends and partners that have been fully vaccinated should provide a negative PCR or rapid antigen test taken 72 hours prior to arrival and can visit members of the delegation. If at any moment symptoms develop, they should notify U.S. Soccer medical staff.
- All guests must be approved by team administrator in advance.



- Guests who are visiting the hotel on a temporary basis (not remaining in controlled environment) must adhere to the following protocols:
 - All individuals (player/staff and guests(s)) must be fully vaccinated.
 - All individuals must wear masks and complete a symptom questionnaire.
 - Preferably meet outdoors - with proper social distancing
- Guests who are joining the controlled environment must adhere to the following protocols:
 - All individuals (player/staff and guest(s)) must be fully vaccinated.
 - Maximum of 2 friends/family at any time allowed on-site.
 - Sharing a room is permitted when allowed by team staff.
 - Guest(s) must comply with all protocols set forth in this document, including testing if required.

Guest Rooms and Floors

- Single room occupancy for all players and staff.
 - Double occupancy is permitted provided the delegation is greater than 80% vaccinated.
- No gathering in guest rooms.
- Thorough disinfection of all guest rooms and function space will take place prior to arrival.
- No in-room housekeeping in guest rooms.
- If housekeeping items are required, they will be delivered by a U.S. Soccer staff member or provided from large dispensary racks on the guest floors.
- Players and staff must be on a private, locked-down floor(s). No other non-team and events personnel may access the exclusive floor(s).
- The flow of non-players and staff guests within the hotel will be evaluated to minimize contact.
- Lower guest room floors are preferred.
- Hotel staff presence in all exclusive areas should be limited to mission critical staff.

Meal Room(s)

- Separate meal rooms to be designated for each team.
- Option 1: Meals individually packaged and delivered to individual rooms.
- Option 2: Larger meal room to address social distancing.
 - Outdoor seating, if possible
 - Masks must be worn when moving in, out and around meal room
 - Assigned seating
 - Maximum of four (4) people per table with a minimum of six (6) feet between seats
 - More than four (4) people per team are permitted at each table if more than 80 percent of the delegation is vaccinated.
 - Recommended to seat non-vaccinated individuals at a table of fully vaccinated individuals to reduce risk.
 - Individually packaged meals or buffet meals served by servers wearing appropriately PPE and behind plexiglass
 - No hotel staff may clean-up until all players and staff have left the room.
 - Ensure adequate ventilation.
 - Room set for 70 degrees F and 50-60% humidity.
- Minimal kitchen and banquet staff assigned to all team meals.
- Nutritionist to work remotely.
- Room service is permitted.
- Snacks to be provided and delivered by High Performance staff.
- Room disinfected at the start and end of the day and between meals.



- Hand sanitizer and wipes in meal room and on tables.
- Plates/containers and utensils must either be set at tables by hotel staff wearing gloves and masks or distributed directly to individuals.
- Disposable and wrapped utensils to be used.
- Contactless food delivery is permitted.

Meeting Room(s)

- Option 1: All meetings virtual.
- Option 2: Larger room to address social distancing and/or smaller group meetings only.
 - Masks must be worn
 - Assigned seating
 - All seats be to a minimum of six (6) feet apart
- Room disinfected at the start and the end of day and between meetings.
- Hand sanitizer and wipes in meeting room and on tables.
- Teamworks or other communications forms to be used where possible to convey technical information to players and improve overall communication virtually (administrative, media, equipment, training, sports performance, etc.).

Equipment Room(s)

- Option 1: Pick-up and drop-off gear from outside guest room doors.
- Option 2: Timed gear pick-up and drop-off.
- All individuals must maintain social distancing.
- Players and staff should avoid interaction with equipment and gear other than their own.
- Room disinfected at the start and end of the day.
- Masks must be worn.
- Equipment staff to wear gloves.
- Hand sanitizer and wipes in rooms and on tables.
- Team staff are responsible for handling team equipment (hotel bellmen are not to be used).
- Full PPE for laundry staff given high risk of transmission.
- Laundry containers disinfected before returning clean team equipment.

Training/Performance & Massage Room(s)

- Spacing, flow, and staffing will be dependant on hotel and room configure.
- Room(s) must have space sufficient for medical assessment and therapy, allowing room for social distancing ideally divided for medical vs. performance needs.
- Masks must be worn.
- Room disinfected at the start and end of the day.
- Hand sanitizer and wipes in rooms and on tables.
- Additional protocols and details in Section 3.

Coaches Office

- Option 1: All meetings virtual.
- Option 2: Larger room to address social distancing and/or smaller group meetings.
 - Masks must be worn
 - Assigned seating
 - All seats to be a minimum of six (6) feet apart
 - Time length of meetings
- Individuals are responsible for sanitizing & maintaining their own area.



- One person designated to handle remotes, HDMI cords etc.
- Room disinfected at the start and the end of day and between meetings.
- Hand sanitizer and wipes in rooms and on tables.

Administrative Office

- Maximum of two (2) individuals in the room at a time to maintain social distancing.
- Masks must be worn.
- Supplies needed by non-Admin. staff to be sourced and handed over by Admin. staff.
- Room disinfected at the start and the end of day.
- Hand sanitizer and wipes in rooms and on tables.
- Access by appointment only or virtual.

Communications/Interview Room

- Maximum of six (6) individuals, a minimum 6ft. apart to maintain social distancing.
- Masks must be worn by everyone not on camera.
- Room disinfected at the start and the end of day.
- Hand sanitizer and wipes in rooms and on tables.

Headquarters/Operations Room

- Maximum of fifteen (15) individuals in room to maintain social distancing.
- Masks must be worn.
- Assigned seating.
- Room disinfected at the start and the end of day.
- Hand sanitizer and wipes in rooms and on tables.

Testing Room

- Only testing personnel responsible for conducting testing, the Testing Liaison and USSFSO, and individuals getting tested should be in the room.
- Full PPE to be worn by testing personnel.
- Masks must be worn.
- Room disinfected throughout the day.
- Hand sanitizer and wipes in rooms and on tables.
- This room is only used for the purpose of testing ONLY, no other functions allowed.

Communal Areas

- Gatherings are not permitted in public communal areas.

Hotel Protocols

- When booking hotels, U.S. Soccer will incorporate these requirements plus the detailed information above into the hotel contracts.:
 - Where possible, rooms should be on lower floors so that emergency staircases can be used to avoid use of elevators.
 - Guest room locations should ensure that the delegation is isolated in the hotel.
 - Player and staff floors should not have any rooms utilized by outside individuals or groups, when possible. If not possible, U.S. Soccer will ensure there is a physical barrier or delineator.
 - Rooms must be stocked with extra towels and toiletries (provided by hotel) and water and personal sanitation items (provided by U.S. Soccer) prior to arrival.



- Any sleeping and function rooms which the group will use must be fully disinfected prior to the team's arrival and disinfected daily while onsite, including tables, chairs, doors, walls and carpets.
- Hotels must ensure that all staff who interact or have contact with the group's meals, laundry and etc. wear appropriate PPE during such interactions including but not limited to:
 - Kitchen staff
 - Banquet staff
 - Housekeeping (if used)
 - Laundry staff
- Hotel staff must wear masks when interacting with US Soccer delegation.
- Hotel staff members must wash their hands frequently.
- All information should be shared electronically, and no printed materials should be given to team members.
- Hotel to agree on security and exclusive use/access protocols as outlined by U.S. Soccer.
- Hotel to ensure adherence to local health authorities protocols and CDC guidelines.
- Screening of all hotel staff with symptoms check and medical questionnaire prior to hotel entrance.
- Testing of some staff may be required.
 - Fully vaccinated staff will not need to be tested.
- Indoor air quality in all shared spaces to meet CDC Guidelines:
 - Optimize air-handling systems (ensuring appropriate directionality, filtration, exchange rate, proper installation, and up to date maintenance).
 - Consider the addition of portable solutions (e.g., portable HEPA filtration units) to augment air quality in areas when permanent air-handling systems are not a feasible option.

Hotel Fitness Center

- Guidelines for fully vaccinated individuals can be found in Addendum D.
- Non-vaccinated players and staff may not utilize the fitness center, pool, or sauna unless it can be provided on an exclusive basis and that strict hygiene protocols and social distancing parameters are agreed upon between the hotel and USSFSO.
- In the event the fitness center can be used under these parameters, the following procedures must be followed:
 - Establish a time limit and schedule for players and staff access.
 - Capacity of space not to exceed 50% of space's maximum capacity.
 - Hand sanitizer and wipes to be fully stocked.
 - Individuals should wipe down each piece of equipment before and after each use and sanitize hands upon arrival and frequently.
 - The room shall be disinfected multiple times a day with the schedule for cleaning to be integrated into the overall room usage schedule.
 - Water fountains may not be used.
 - Doors, windows, etc. should remain open in an effort to minimize touch and maximize ventilation.
 - Consider moving certain aspects of their weight room outdoors if space allows.
 - At the end use, individuals should leave promptly and shower in their own guest room.



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5. TRAINING PROTOCOLS

Training

- Only tested and screened essential staff should be at training.
- No guests allowed at training sessions.
- Most stringent protocols for Tier 1 (High Exposure) Individuals – those with direct contact with players and coaches where proper social distancing and wearing face masks is not possible at all times including during competition and training
- Less stringent protocols for Tier 2 (Medium Exposure) and Tier 3 (Low Exposure) Individuals – Ex. security, facility management, grounds staff, etc. who will be required to wear masks and maintain social distancing at all times.
- Players & staff to dress for training at hotel in own guest rooms to limit locker room usage.
- Limit staff in all potentially high transmission areas such as locker room and gym.
- Stagger arrivals at the training field(s) where possible.
- Symptoms check prior to departure.
- Minimize intensity of contact with teammates and trainers.
- Physical contact within six (6) feet should be limited to only the training field.

Maintaining Social Distancing & Hygiene Protocols at the Training Site

- To the extent possible, and except as necessary for active training, players and staff should maintain social distancing on the way to/from the training facility and throughout the session.
- The most direct path from the team bus to the training field must be identified and used.
- From the time the players and staff leave their hotel rooms for training until the time they return, they should wear masks except when actively training or during the cool down period.
- Any surfaces (e.g., benches; door handles) which players and staff may touch during training or on their way to and from training must be disinfected prior to and after the training session.
- Any doors, gates, etc. that must be passed through should be left open during the arrival and departure windows to minimize exposure via door handles.
- Hand sanitizer and disinfectant easily available and accessible at the facilities to clean hands and equipment.
- Players and coaching staff should sanitize their hands upon arrival and regularly throughout the session.
- All equipment including balls must be sanitized before and after training.
- Assign players to specific ATC's to assist with contact tracing procedures if needed.
- Spacing of treatment tables to maintain at least six (6) feet distance.

Media at Training

- Phase 1:
 - No media allowed at training.
 - Interviews done via Zoom (as requested).
 - U.S. Soccer videographers shoot training and provide b-roll to media daily.
- Phase 2:
 - No media allowed at training.
 - Interviews done via Zoom (daily schedule).
 - U.S. Soccer videographers shoot training and provide b-roll to media daily.



- Follow outlined approach for MD-1 and Gameday.
- **Phase 3:**
 - Limited media may be allowed at training for photo and b-roll purposes only.
 - Interviews conducted via Zoom.
 - Follow outlined approach for MD-1 and Gameday.
 - Virtual press conference set-up only for media availability. No mixed zone.

Training Site Facility Guidelines

- All equipment at the training site should be cleaned and disinfected prior team arriving for training including gates, goals, corner flags, benches, etc.
- Team equipment staff will be responsible for sanitizing all team equipment such as balls and cones (See “Equipment” below)
- All equipment (goals, corner flags and benches) should not be used by any other groups for the duration of the camp.
- Training sites should be secured so only Tier 1 and Tier 2 individuals can access.
- All staff from the training site must leave the perimeter of the field in advance of the team arriving to training to decrease risk of exposure.
- Any facility staff accessing the training site when the team is not present must wear facemask and gloves.
- Provided proper social distancing can be obtained, and the equipment has been cleaned prior to use, a training site’s indoor facilities can be used.
- Hand sanitizer stations or hand washing stations will be on-site and available for players and staff at the training site.

Preparation/Scheduling for Training

- Limit coaches and staff attendance to allow for social distancing.
- Disinfect training equipment including balls, cones, freekick mannequins, ladders, sticks, etc.
- Communication of guidelines to individuals:
 - Travel to training.
 - Arrival at training.
 - Start of training.
 - Hydration or other breaks.
 - Completion of training.
 - Departure from training.
- Post and Review Social Distancing recommendations regulations:
 - Include hygiene recommendations (include avoid spitting).
 - Adherence to local regulations.

Arrival at Training

- Staggered arrival times
 - Designate staggered training “entrance time”.
 - When conducting small group sessions, each group should arrive at a different time.
- Personal Protective Equipment (PPE)
 - Coaches and staff wear PPE (masks/face covers) when not physically active.
 - Players wear PPE upon arrival and when not training or physically active.
 - Recommend all PPE be disposed or thoroughly cleaned after each training session.



- Masks should be breathable and can consist of cotton or wick type material and follow CDC guidelines.
- Guidelines may change or edited based on medical and health information availability as well as local state or federal guidelines.
- Player Preparation Areas and Personal stations for players.
 - A location six (6)-feet apart in an area to the side of the training field should be provided for each individual to serve as their 'personal station' for the training session.
 - Players and coaches are advised not to bring any unnecessary belongings.
- Recommend players arrive at training site fully dressed.
- Sanitizing material and hydration receptacle need to be clearly marked and not shared at the same time.
- Sanitation sites should have hand sanitizer and sanitizing wipes.
- Players may only use personal hydration bottles and there can be no sharing.
- Restrooms at the field(s) must be private and not public.
- Only one person should use restroom at a time.
- Hands should be washed by all staff and players before arriving at the training site and after returning from the training site.

Training Session Environment

- Recommend all trainings happen outdoors.
- Ensure the facility and training equipment are cleaned to WHO hygiene standards.
- Ensure the facility has extensive signage and information regarding precautions for managing COVID-19.
- If team meetings must take place, they should ideally take place outdoors.
- Contact tracing:
 - Maintain a list of all facility users, participants and all attendees at trainings and games, including:
 - Date
 - Venue
 - Name
 - Phone
 - Email Address
 - Specific training session i.e. time/field/coach etc.
 - Team Administration will work with High Performance to collate these details for every training session.

Training Session Equipment

- Team equipment:
 - Field set up should aim to use minimal equipment to limit transmission of virus.
 - All field equipment (e.g. balls and cones) should be disinfected prior to the start of the session and at the end of the session with anti-bacterial or at least 60% ethanol or 70% isopropanol.
 - Recommend for goalkeeper training, soccer balls should not be shared.
 - Recommend field players not handle soccer balls with hands unless wearing gloves.
 - Players are 100% responsible for the transport, handling and cleaning of their own trainers/shoes/cleats/boots.
 - Gaiters may only be worn during training. Masks are mandated at all other times.
 - Where possible, bibs should not be used. If bibs are used, they should only be used by one player and not shared or rotated amongst players.



- If bibs are used, they should be collected from the players personal station instead of being handed out by coaches and staff.
- Any bibs used should be washed afterwards in order to decrease the transmission of the virus.
 - After every session:
 - Training gear should be cleaned and disinfected.
 - Cleats should be stored right after practice and before heading to team accommodations in a disposable bag (this bag should not be re-used). Cleats should be cleaned and disinfected after every session.
 - Shin guards should be stored right after practice before heading to team accommodations in a disposable bag (this bag should not be re-used). Shin guards should be cleaned and disinfected after every session.
 - Headbands if re-usable, should be stored right after practice and before heading to team accommodations in a disposable bag (this bag should not be re-used). Headbands should be cleaned and disinfected after every session.
 - If head bands are not reusable, then throw away before departing the venue.
 - Once mouthguard is placed in mouth, it should never be taken out during practice to limit the transmission of virus.
 - If for some reason the mouth guard has been in contact with hands or the floor or ground, the mouth guard should not be re-used until it has been washed thoroughly.
- Upon arrival at team accommodations, the player should immediately wash his/her hands, bathe, including washing hair, and launder or clean items used.



6. MATCH OPERATIONS PROTOCOLS

PHASE TWO - Official Games with No Spectators

General Operations Overview

- U.S. Soccer’s testing and symptoms protocols to minimize COVID-19 risk will provide players, staff and match officials with a general comfort level, however, common sense and the strictest social distancing practices must be upheld at all times.
- All individuals must be tested and/or screened prior to entering the venue following U.S. Soccer’s screening and testing protocols applicable to their tier grouping.
 - If required to fulfill state and/or local guidelines, U.S. Soccer will refuse entry to anyone who has a temperature at or above 100.4 F or answers affirmative to any of the symptom-related questions on the medical questionnaire.
 - For those taking part in the testing regime, U.S. Soccer will refuse entry to anyone with a positive test.
- U.S. Soccer to provide personal protective equipment, PPE for all competition related personnel (teams, team staff, event staff, referees, etc.) to include hand sanitizer, gloves and masks.
- The venue is responsible for providing PPE for their staff.
- EMS staff should provide their own PPE and in any athlete or staff interaction wear masks, eye protection, gloves and gown.
- Broadcast, media and other contractors are responsible for providing their own PPE.
- Entry to the venue will require a credential for authorized personnel.
- The venue selection process will address:
 - Work and function areas (offices, locker rooms, media spaces, etc.) must be spacious enough to provide for required social distancing while accommodating our event needs.
 - Exclusive use of pertinent venue areas during the Exclusive Use Period.
 - Stadium administration adhering to the strictest hygiene protocols, including U.S. Soccer’s mandated screening and testing protocols.

Tiered Staffing

- All individuals gaining access to the venue will be segmented into Tier 1, Tier 2 or Tier 3.
- Tiering will determine access.
- Tiers are based on exposure to other individuals without proper social distancing or wearing masks.
- Tiers will be given color-specific lanyards:

Tier	Conditions/Testing
Tier 1 (High Exposure) Green Lanyard	Individuals where proper social distancing and wearing face masks is not possible including competition and training. Tier 1 individuals are tested for COVID-19 regularly.
Tier 2 (Medium Exposure) Yellow Lanyard	Individuals who might come into contact with Tier 1 individuals, but can reasonably maintain proper social distancing and wear face masks. Tier 2 individuals are tested for COVID-19 at least on MD-2 or MD-1.
Tier 3 (Low Exposure) Red Lanyard	Individuals who will be on-site but do not come in contact with Tier 1 individuals. Tier 3 individuals are NOT tested for COVID-10 but are required to complete a symptom screening



	questionnaire and have their temperature checked prior to entering the building (if required)
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Tier 1 - GREEN LANYARD

Medical Screening Requirements	Must test negative per testing protocols and complete medical questionnaire.
Cleared Individuals	<p>Essential Team & Team Support Staff</p> <ul style="list-style-type: none"> • Players • Essential Team Officials • Press Officers & Content Staff • USSFSO <p>Competitions Related Individuals</p> <ul style="list-style-type: none"> • Match Officials • Match Commissioner (if WCQ)* • Doping Staff (if WCQ)*

TIER 2 - YELLOW LANYARD

Medical Screening Requirements	Must test negative per testing protocols
Cleared Individuals	<p>Competitions Related Individuals</p> <ul style="list-style-type: none"> • Referee Assessor (if WCQ)* • Additional Team Officials or VIPs • EMTs <p>Events Staff</p> <ul style="list-style-type: none"> • U.S. Soccer Event Staff <p>Venue Staff</p> <ul style="list-style-type: none"> • Grounds Crew • Operations Staff • Security Staff <p>Vendors</p> <ul style="list-style-type: none"> • TGI/LTL/Etc. <p>Broadcast</p> <ul style="list-style-type: none"> • Broadcaster Crew

TIER 3 - RED LANYARD

Medical Screening Requirements	Must not have symptoms and/or a temperature above 100.4 F on event day (if required)
Cleared Individuals	<p>Events Staff</p> <ul style="list-style-type: none"> • U.S. Soccer Event Staff <p>Venue Staff</p> <ul style="list-style-type: none"> • Operations Staff • Game Production Staff • Security Staff <p>Vendors</p> <ul style="list-style-type: none"> • TGI/LTL/Etc. <p>Media</p> <ul style="list-style-type: none"> • Written Press



	<ul style="list-style-type: none">• Photographers Broadcast <ul style="list-style-type: none">• Broadcast Crew
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Radios

- Regardless of tier, staff should attempt to limit direct communication by the use of two-way radio and phone.
 - Two-way radios and headsets will be assigned to each staff member daily.
 - Staff member is responsible for sanitizing before and after charging.
 - Staff member is responsible for bringing their own earpiece

Access

- Specific stadium access will be given based on job function.
- Any area where Tier 1 individuals will access will be cleared out of all Tier 3 individuals no less than 60 minutes prior to arrival of the first Tier 1 individual.
- Tiering and Access will be denoted on all accreditations.
- U.S. Soccer Tier 2 Staff who have been fully vaccinated are able to interact with Tier 3 staff and fans on an as needed basis only. Interaction must be pre-approved by Director of Events.
 - Interaction may only occur if both parties are wearing masks and maintain social distancing.

Accreditation Information

- Credentials will be applied for using the U.S. Soccer Sports Systems platform.
- Only essential staff will be approved for match credentials. Guest credentials will not be issued until further notice.
 - An approved credential application does not guarantee access to the venue. All approved credential requests are subject to additional screening, including a “Symptom Screening” that must be completed every day prior to arriving to the venue.
 - All approved credential holders must receive information on the tier grouping, parking and pickup at least 12 hours prior to the event.
- All Tier 3 individuals can pick up credentials at a single checkpoint outside the venue.
 - Prior to picking up credentials, individuals will have temperature taken and must have symptom screening questionnaire completed, if required by state and local guidelines.

Vendor Access

- A pre-event timeline will be established for vendor venue access to ensure work is completed prior to any competition related individuals having access to the venue.
- Vendor access to the venue on training or matchdays will be limited, if at all.
- The venue will be thoroughly cleaned following install.

Venue Operations

- General venue operations will be determined by venue and approved by U.S. Soccer.
- Non-essential venue operations will not be allowed during the exclusive period to ensure a clean environment.
- Hand Sanitizer will be placed at all entrances and throughout the venue where staff, team, media or broadcasters will be located.
- U.S. Soccer will work with the venue to create a movement plan (stairways, elevators, hallways, etc.) to ensure social distancing can be upheld throughout the building.



- Individuals will be required to wear masks.
- U.S. Soccer and venue personnel will work together to post signage in all areas, encouraging social distancing.

COVID-19 Materials Needs

- Hand sanitizer stands
- Surface disinfectants including wipes
- Face masks
- Goggles or Face Shields
- Gowns
- Gloves
- Sufficient trash and recycling bins

Covid-19 Medical Room & Operations

- A location in the venue will be designated to serve as the Covid-19 Medical Room.
- If an athlete and or Tier 1 or 2 staff display symptoms while in the venue they will be required to go to the Medical Room for consultation and contact tracing.
- Tier 3 staff should be directed to Local and Stadium EMS for screening and evaluations.

Catering

- Boxed lunches are preferred for all meal functions. Buffet-style meals will only be permitted in Tier 3 areas.
- Coffee & tea service for locker rooms is permitted if proper sanitizing takes place between each use.

Game Production & Control Room

- Essential Staff Only
- If the control room does not allow for proper social distancing, ancillary spaces may be used.
- Non-vaccinated Tier 1 & 2 individuals may not be in same booth(s) as Tier 3 individuals.
- Vaccinated Tier 1 & Tier 2 individuals may be in the same booth (s) as Tier 3 individuals provided masks are worn at all times, social distancing can be adhered to and windows are open.
- Ensure cleaning after installing and after using comms pack at on-field and booth locations.

Team & Referees Arrival

- Teams and referees arrivals at the venue must be completely separate, with no overlap.
- If same entrance is used, a time gap should be observed between the arrival of each team and the referees.
- Players, team staff and referees are required to wear masks at all times in the venue with the exception of the field of play.
- Substitutes, team staff and the 4th official are always required to wear masks.
- The head coach can take off their mask when standing away from the bench and giving instructions.
- Any surfaces (e.g., benches, massage tables, door handles, etc.) which players, staff or referees may touch must be disinfected frequently. If there are indoor areas where individuals are likely to touch the same surface, these should be disinfected before and after each use.
- If security can be maintained, any doors, gates, etc. that must be passed through must be left open during the arrival and departure windows to minimize exposure to surface contamination.
- Teams and referees will be provided with hand sanitizer and disinfectant that is located in easily accessible areas (throughout the back of house areas and outside of the locker room).
- Individuals should disinfect their hands upon arrival and as frequently as possible.



- Team and referee hotel departure and venue arrival times will be communicated to liaisons and team administrators in real-time via mobile communication.

Warm-ups

- When exiting the locker room for warmups, players, staff and referees should comply with social distancing requirements.
 - Once leaving the locker rooms, teams should head directly to the field.
 - Referees should enter separate (before or after) the teams.
- Where possible social distancing should be maintained during warm-ups.
- Upon the conclusion of warmups, social distancing should resume.

Pre-game Ceremony/Walkouts

- When exiting the locker room for the game, players, staff and referees should exit at staggered times to comply with social distancing requirements.
- Teams are able to enter the field at the same time.
- Once on the field, the starting line-ups will stand across from the team bench allowing for space between each person and will immediately take up their playing position for kickoff following the national anthem.
 - Players in the starting lineup do not need to wear masks during this time.
 - There will be no handshakes following the anthem.
- Masks must be worn at the fourth official's table, technical areas and team benches by all personnel, coaching & technical staff, substitutes and etc.
- Flags will only be flown at the stadium and will not be displayed on field.
-

In-Game

- All persons at field level not actively playing in the game must wear masks. Players who have just come off the field may have a "cool down" period before they put on a mask, provided they are socially distanced. The cool down period should not exceed 10 minutes.
 - The only exception is when the Head Coach standing in the Technical Area is providing instruction to the team on the field. Social distancing should be in place at these times.
 - The Head Coach and players must wear a mask during close-up interactions (substitutions, water breaks, etc.).
- Trainers and/or doctors treating players must have masks and gloves.
- Hand sanitizing stations located in both Technical Areas.
- Players should sanitize their hands following their exit from the field of play or prior to entering the field of play during substitutions.
- Cleaned and sanitized bibs will be available in a separate bag for players to use that have come off the field of play.
- Balls will be stationed on ball stands around the field, at least two (2) yards from the touchlines,
- Ball retrieval duties are to be performed by a Tier 1 or Tier 2 individuals who must proper PPE.

Player Considerations

- Avoid spitting.
- Players must avoid surrounding match officials and mass confrontations.
- Jersey exchanges are prohibited. Clean jerseys can be exchanged.
- Avoid pre and post-match handshakes for extended periods of times.

Team and Referees Post-game and Departure



- The path to the locker rooms and field will be clear of all individuals during team movements and all traffic must be moving in the same direction.
 - No foot traffic will be allowed until all players, staff and referees have entered or cleared the field.
 - Dependent on venue, teams could use different exits to reach locker rooms post game.
- Following the match, players, staff and referees must stagger their locker room exits to comply with social distancing requirements.
- The most direct path from the locker room to the transportation area must be identified and communicated before the match.
- Masks must be worn during stadium egress.

Team and Referee Locker Rooms

- Equipment brought to the venue and into the locker rooms should be kept to a minimum.
- Time spent in the locker-room to be kept to a minimum with six (6) feet social distancing imposed.
- Both interior and exterior doors should remain open where possible and avoid use of handles.
- Teams should arrive at the locker rooms ninety minutes prior to kick-off, in an effort to restrict the time spent in a confined space.
- Team and referee movements will be communicated via the gameday timeline and radio communications with team administrator or team liaison.
- Players, staff and referees should adhere to the six-foot social distancing requirement from the time they enter the locker room until the time they leave (including during team meetings).
- If additional locker room space is available adjacent to the locker rooms, that space should also be utilized.
- If required, use of the locker rooms should be staggered so that players, staff and referees have the ability to socially distance while using the facilities.
- Players, staff and referees must wear masks when in the locker room.
- All locker rooms (including restrooms) must be fully disinfected and sanitized at the following points on matchday.
 - Prior to the teams and referees arrivals.
 - After the teams and referees have left the venue following match.
- If proper social distancing measures can be put into place, players, staff and referees are able to shower at the venue before departing to the hotel.
- Soiled towels should be placed by the individual directly into a laundry bin.
- Ice baths, hot tubs, saunas should be used on an individual basis.
 - Fully vaccinated players are able to do ice baths, hot tubs, saunas together, if needed.
- Any individual who is scooping ice from a shared ice machine must use disposable, single-use gloves or, alternatively clean the handle of the ice scooper prior to and after each use.
- If possible, regular treatments (taping, etc.) should take place at the hotel. Training tables may only be used in the locker room if social distancing requirements continue to be satisfied. If this is not possible, an alternative space must be identified for the training table.
 - Prior to treating a player, the trainer and player must disinfect their hands (using hand sanitizer or by washing hands with warm water and soap for at least 20 seconds) and any equipment that will be used during the treatment session (including the training table).
 - The player and Athletic Trainer must both wear a mask during treatment.
 - A clean towel must be utilized as a barrier on the table.
 - Following treatment, the Athletic Trainer and the player must again disinfect their hands (using hand sanitizer or by washing hands with warm water and soap for at least 20 seconds) and any equipment that was used during the treatment session (including the training table).
 - Post-game treatments should be limited to fifteen (15) minutes where at all possible.



Benches

- Extra space on benches is not required. Each venue bench configuration will be reviewed to allow for distancing, is possible.
- If needed, extra benches or chairs shall be provided to each team to allow for more social distancing space on the bench (at a minimum, only use every third seat).
- Sports Drink, Water & Towels:
 - U.S. Soccer staff will setup ice coolers in locker rooms and at benches.
 - U.S. Soccer will provide single-use paper cups, if requested by teams.
 - Towels will be provided for each match. All used towels will be thrown away or laundered. Towels should not be shared among team members.
 - All product will be individual bottles.
 - U.S. Soccer will not provide visiting teams with squeeze bottles.
- Hand sanitizer will be placed close to the Fourth Official's table for players and technical staff use.

Referee Equipment and Operations

- Referees should travel with their own communication system & headsets, flags and etc.
- Referees are responsible for sanitizing their equipment before and after use.

Team Technical Filming

- Each team will have a designated technical filming location.
- All positions will be at least six (6)-feet apart.
- U.S. Soccer will utilize and reserve separate booths when possible.
- Access to technical filming booths may be restricted based on location and path to travel to the booth.

Doping Control Rooms & Operations as determined by CONCACAF or FIFA

- A separate doping control room is required for each team located in a restricted back of house area to Tier 1 and select Tier 2 individuals.
- Doping control will be Tier 1 or Tier 2 individuals.

Operations Room

- This area must be spacious, well ventilated and have the doors open wherever possible.
- This room should be located in a restricted back of house area to Tier 1 and Tier 2 individuals.

X-Ray Room

- This area must be spacious, well ventilated and have the doors open wherever possible.
- This room should be located in a restricted back of house area to Tier 1 and Tier 2 individuals.

Video/Content Room

- This area must be spacious, well ventilated and have the doors open wherever possible.
- This room should be located in a restricted back of house area to Tier 1 and Tier 2 individuals.

Stretcher Crew

- U.S. Soccer to have 4-8 members of a stretcher crew. Individuals will be Tier 2, abide by Tier 2 testing requirements, and wear proper PPE.
- EMTs will be on-site for emergencies.
- Stretchers to be disinfected after each use

Media Operations



- Due to health and safety guidelines, there will be a Tier 1, 2 and 3 media operations point of contact at the venue, responsible for the following:
 - **Tier 1 Media Operations (Press Officers):** May interact with players, coaches, and have access to field and back of house areas for media availability. This includes setup and coordination of press conferences, broadcast interviews and lineup confirmation. Workspace will be either be at designated row in an open seat section or suite/TV booth.
 - **Tier 2 Media Operations Staff:** May have access to field and back of house areas for media availability, however must maintain social distance and wear a mask. This includes setup and coordination of press conferences, broadcast interviews and lineup confirmation. These individuals will service TV Rights Holders. May work out of the Tier 1/2 Operations Room. If vaccinated, may have limited interaction with Tier 3 media.
 - **Tier 3 Media Operations Staff:** Will serve as the point of contact for media in the designated press tribune including written press, photographers and TV non-rights holders. May work out of the Tier 3 Operations Room or Press Box.
- These groups should maintain social distance from each other at all times on match day.

Media Health & Safety Guidelines

- All media personnel are subject to Tier 3 screening requirements prior to entering the venue.
- Reference “Tiered Staffing” above for an overview of these requirements. Media at the venue must adhere to all Tier 3 guidelines in addition to:
 - Media personnel should source their own face mask, but U.S. Soccer will have face masks available upon request.
 - Media personnel must practice physical distancing from one another and others at all times while inside the venue.
 - Media personnel are required to wash and/or disinfect their hands frequently.
 - At no point should media personnel (written press, photographers, ENG crews, etc.) enter the field of play, locker rooms, or come into contact with Tier 1 authorized personnel unless an in-person press conference is taking place. This includes players, coaches, match officials, and select team/event staff.
 - If meals are available, food must be individually packaged.

Media Credentialing Process

- The number of media credentials available for venue access will be determined by the number of people that can safely occupy media facilities while adhering to social distancing guidelines in the space. The following will be considered for each event:
 - A separate accreditation process for virtual access only (i.e. participate in MD-1 and postgame press conference).
 - For visiting team international press, restrictions and guidelines on international travel will be taken into account. Federation will work closely with visiting team PR staff to accommodate traveling press, if possible.

Media Bibs

- Photographers and TV/NRH/ENG crews are required to wear bibs at all times while in the venue.
- Bibs will be distributed upon entering the venue and collected from the designated photographer location at the conclusion of the match.
 - Bibs should be placed by media directly into a launder bag (staff should avoid collected the bib by hand).
 - Bibs should be freshly laundered prior to the event and must be collected and laundered immediately following the event.

Press Box & Photographer Work Room



- Space in the Press Box and Photographer Work Room will be arranged to accommodate social distancing guidelines.
- If physical distancing is not possible in existing media infrastructure, outside space will be identified to accommodate media with a working space, power and wireless internet.
- Distribution of game notes, rosters, lineups and stats will be done electronically to avoid hand-to-hand contact.

Photographer & ENG (TV NRH) Positions

- Designated photographer and ENG crew positions will vary per venue.
 - These two groups will be permitted to access field level in venues where a minimum of 20 ft. distance can be accommodated behind field boards.
 - In venues where this can't be accommodated, field media will be assigned positions in the lower bowl. If field access is permitted, a field tunnel will be designated to media that does not intersect with Tier 1 personnel.
- A live hit position for TV Non-Rights Holders will be identified 48 hours prior to the match.
 - TV Non-Rights Holders will not be permitted to access field level, player tunnels, or any back of house areas for hits.
- Robotic cameras behind goals will not be permitted until further notice.

Media Availability

- Media access, including access for media credentialed for the match, will be conducted via video conference.
- In-person press conferences are permitted if space allows for all individuals to safely socially distance. Mixed zones are not permitted.

Press Conference (MD-1 & MD)

- Press conferences are permitted to be either in-person or via video.
- All media members will be required to wear a mask during an in-person press conference.
- Players and coaches will be required to wear face masks for all interviews unless they are safely distanced.
- Press conference areas must be cleaned and disinfected before and in between each player or coach interviews per the minimum standards set by the facility.
- One (1) broadcast camera and one (1) team camera will be permitted in the press conference room.
 - Cameras must be placed and operated by individuals that are Tier 1 or 2 individuals.
- Press conference will be streamed and played in the press box for credentialed media.
- A live stream of the press conference will be available for media covering remotely.

In the event that media are not permitted to cover the match in person:

- A credential process will still take place and approved media will receive a link to cover the post-match press activities via video conference.
- Distribution of game notes, rosters, lineups and stats will only be done electronically.
- Postgame press conference and mixed zone will be via video conference call and there will be a process for media to ask questions.

Broadcast Operations

- Due to health and safety guidelines, the Tier 2 media operations point of contact at the venue, will be responsible for servicing onsite broadcast partners.
- A return to play plan for broadcast will be discussed with broadcast partners to ensure that all parties are comfortable and in agreement with the operations and coverage plans for the match.



- The majority of broadcast personnel in attendance will be Tier 3.
- In some cases, broadcast staff will be designated as Tier 2 and permitted access to the field
 - These individuals will be required to follow U.S. Soccer screening and/or testing protocols as well as tier restrictions (i.e. no contact with players or team staff).
- Broadcasters will share their “return to play” guidelines on how they plan to provide a safe and healthy work environment at the venue for crew four (4) weeks in advance of the event.
- MD-1 coach/broadcaster meetings will be conducted via video conference.
- Only primary broadcaster is permitted to call the match onsite.
 - The visiting team should call the match offsite. An exception could be made if there are plans to produce a reverse production.

Broadcast Health & Safety Guidelines

- All broadcast personnel are subject to Tier 3 screening requirements prior to entering the venue on MD-1 (set day) and MD. Broadcast personnel at the venue must adhere to all Tier 3 guidelines in addition to:
 - Broadcast personnel should source their own face mask, but U.S. Soccer will have face masks available upon request.
 - Broadcast personnel must practice physical distancing from one another and others at all times while inside the venue.
 - Tier 3 broadcast personnel must maintain physical distance from Tier 1 and Tier 2 individuals and must wear a mask at all times.
 - Tier 2 broadcast personnel must maintain physical distance from Tier 1 individuals and wear a face mask at all times.
 - Broadcast personnel are required to wash and/or disinfect their hands frequently.
 - If meals are available, food must be individually packaged and “to-go.”

Broadcast Credentialing and Bibs

- Broadcast credentials will be limited and issued only to individuals who are essential for the production of the match.
- Guest credentials will not be accommodated.
- Broadcast camera operators are required to wear bibs on match day. Tier 2 Individuals approved for field access will be assigned a different color bib (i.e. orbiter operator, handheld, etc.).
- Bibs should be freshly laundered prior to the event and must be collected and laundered immediately following the event.

Broadcast Set Day

- Only essential broadcast crew for set day will be permitted in venue.
- Broadcast crew will remain away from the field of play during team training sessions and away during team press activities to keep the number of people in a space at a minimum.

Broadcast Flash Interviews

- Broadcast personnel designated as Tier 2 are permitted to film player arrivals, maintaining 10 feet of social distance from Tier 1 individuals, in an area designated and outlined near the bus arrival drop-off point.
- Pre-game, post-game, and flash interviews will be permitted (and required) subject to the following guidelines:
 - All broadcast personnel will be required to wear face masks while conducting interviews, operating cameras, setting up equipment, etc.
 - Players and coaches will be required to wear face masks for all interviews.
 - Distance between player and reporter must be at least six (6) feet and interviews will be conducted with an elongated microphone or sanitized headset.



- Broadcast personnel are prohibited from entering the locker rooms at any time.

Broadcast Booths

- If utilized, broadcast booths will be assigned and labeled clearly.
- Access to booths will be limited to essential production crew only.
- Booths must be cleaned and disinfected per the minimum standards set by the facility.

PHASE THREE/FOUR - Official Matches with Spectators

The following guidelines are in addition to the guidelines listed above and are subject to stadium policy.

Front of House Operations

- On MD, cleaning by venue staff members will take place at periodic intervals throughout front of house areas. This will include doors, trash cans, recycling cans, water fountains, public restrooms, concession stands, railings, etc.
- Temperature checks at each entrance (to be determined based on local and stadium guidelines).
- Stadium will provide hand sanitizer or hand washing stations at following areas. Stadium will replenish as necessary.
 - Concession Stands Point of Sales
 - Restroom Exits (if doors cannot be propped open)
 - All entrances (staff + public)
 - Elevators
 - Throughout concourse and public areas
 - Outside each suite or private room
 - At each retail point of sale
 - Any other high-traffic areas that the stadium deems necessary
- U.S. Soccer will work with the Stadium Operator and Concessionaire on venue specific protocols.

Ticket Sales

- Mobile Tickets only
- At time of purchase, fans will receive U.S. Soccer Policies and Match Day Information.
 - U.S. Soccer will send out match day information including a stadium map with any special crowd control measures that are being taken (special entrances, one-way walking traffic, etc.).

Parking

- U.S. Soccer will work with each venue on specific parking arrangements.
- If possible, parking lots will be pre-paid or credit card only.
- If possible, only mobile mobile parking passes will be permitted..

At Gates

- For games with a high attendance expected, gates will be opened at least 60 minutes prior to kick-off to allow for additional time getting into the venue.
- Dependent on the stadium layout, considerations may be made to limit stadium entrances to specific sections.
- If required by local and stadium guidelines, all fans are subject to undergo a temperature and symptom screen before being admitted into the venue.



Box Office (inside and outside of venue)

- Box Office Staff to wear masks.
- Plexiglass installed if no windows to ensure a physical barrier between fans and staff.
- Mobile ticket delivery will be the preferred method for delivery.

Seating

- Seats will be sold based on local guidelines and restrictions.
- Total stadium capacity will be approved by U.S. Soccer's Chief Medical Officer.
- Reserved seating only; no general admission.
- U.S. Soccer will keep adequate distance between spectators and areas such as the bench and the players tunnel, but the first and second rows may be sold.

Organized Supporters - American Outlaws, Barra 76, Sammers & Other Local Supporters Groups

- Early entry will be permitted; however, only essential individuals will be allowed into the Organized Supporters section(s).
- Banners and drums can be brought into the stadium. The individual who brings in their item will be the only individual who is permitted to hang or use it.

Fan Experience

- Player escort honorees may be used in select situations given the following guidelines.
 - Must be approved by CMO, teams, and visiting teams for each event
 - All individuals must be fully vaccinated
 - All individuals must show proof of negative COVID-19 test within 48 hours of matchday.
- Fan/Player interaction must adhere to social distancing guidelines, when possible.
- The following pre or post-match activities can be offered to offered to fans, Insiders or Sponsors given the applicable guidelines:
 - Behind the scenes tours
 - Dependent on areas of access, must abide by all Tiered testing requirements.
 - Pre-match Field Access
 - Dependent on areas of access, must abide by all Tiered testing requirements. Those behind the LED field boards in Tier 3 areas will not require testing.
 - Post-match Photos in the Goal
 - Post-match event will not take place until field is cleared of all Tier 1 players and staff.

Insiders Lounge

- If offered, the Insiders Lounge will operate at a capacity permitted by local guidelines and restrictions.
- Markings will delineate the locations and maximum capacities of seats/tables
- When possible, all food & beverage will be pre-packaged and single-serve items and will be grab and go.

Matchday Upgrades (Match ball, banners, & pennants)

- Standard merchandise upgrades will still be offered for fans to purchase.
- Banners & pennants each come in their own packaging.
- If a fan buys a match ball, U.S. Soccer will sanitize the ball before delivery.

Retail Operations



- Expanded regulations referenced in the Legends Covid-19 Preparations and SOP.
- Essential Staff only
- All individuals must adhere to the U.S. Soccer Medical Screening Requirements specific to their tier.
- All U.S. Soccer/Legends vendors and subcontractors are also required to determine if their workers meet the standards outlined in the U.S. Soccer Legends Covid-19 Preparations and SOP documents.
- If possible, moveable barriers, such as plexiglass partitions, should be erected at all points of sale.
- To avoid extra handling and to decrease employees at the venue, employees are encouraged to use direct deposit or cash cards – increased focus on providing contact-less payment when possible.

Event Activations

- Giveaways can occur on egress only.
- U.S. Soccer Staff must be wearing masks at all times.
 - Preferred for items to be left on a table to eliminate direct contact between fans and staff
 - Preferred for staff interacting with fans to be fully vaccinated
- Wipes and sanitizer should be made available close to all activations
- Activations are permitted to have displays provided the following measure are in place:
 - Cleaning of high-touch areas frequently
 - Hand sanitizer available to those looking at the display
 - Promotion of social distancing surrounding the display
 - Open-air or outdoor is preferred
- All activations must be approved by U.S. Soccer Medical Team.

Media Operations

Media Health & Safety Guidelines

- Media at the venue must adhere to all Tier 3 guidelines in addition to:
 - Media personnel approved for field level access, such as photographers, must either provide proof of being fully vaccinated against Covid-19 or submit a negative PCR test to U.S. Soccer at least 24-hours prior to kickoff. The test must be performed within 72-hours of kickoff. Additionally, media personnel approved for field access are required to wear a face mask while on the field or in back of house areas at all times.
 - Face masks are optional for vaccinated media personnel in areas outside of the field, unvaccinated media are required to wear a face mask.
 - Meals are permitted to be served buffet style.

Photographer & ENG (TV NRH) Positions

- Designated photographer and ENG crew positions will vary per venue.
 - Media personnel with a working function at field level, such as photographers, are permitted to shoot from behind the field boards farthest from the team benches as long as they are compliant with the Media Health & Safety Guidelines listed above.
 - A field tunnel will be designated to media that does not intersect with Tier 1 personnel.
 - Photographers/ENG that fail to provide proof of being fully vaccinated against Covid-19 or submit a negative COVID-19 test will be assigned a position in the lower bowl.
- Robotic cameras behind goals are permitted as long as escorted by a U.S. Soccer staff member

Press Conference (MD-1 & MD)

- In-person press conferences are permitted for media members that comply with the Media Health & Safety Guidelines listed above and if space allows for all individuals to safely socially distance.
- All media members will be required to wear a mask during an in-person press conference.



- Players and coaches will be required to wear face masks for all interviews unless they are safely distanced.
- A handheld microphone for media questions is permitted and should be disinfected between questions.
- Personal recording devices should not be placed on the head table.

Mixed Zone (MD-1 & MD)

- In-person MD-1 and postgame mixed zones are permitted for media members that comply with the Media Health & Safety Guidelines listed above and if the area is adequately ventilated and a strictly limited number of media personnel are present.
- All individuals present, including players and staff, must wear a face mask covering the nose and mouth.



7. Addendum A - Testing of U.S. Soccer Players and Staff who have previously tested positive

Added November 23, 2020, Updated Jan. 3, 2022

For a player or staff who has tested COVID+ and are cleared to return per the protocol (page 8) the following additional protocols will apply.

These individuals do not need routine COVID testing (pre-screening nor testing while taking part in a National Team Camp/Event) for up to 60 days post a confirmed positive COVID-19 PCR test. A copy of the positive COVID-19 PCR test result must include the individual's name and date of the test, be within 60 days of the start the particular camp or event, and on be file with U.S. Soccer Human Resources or included in athlete medical records. These individuals may still require testing for travel requirements per specific country travel guidelines.

All players and staff must continue to submit a daily symptom checklist. If symptoms consistent with or concerning for COVID are communicated, testing and isolation for COVID-19 should take place per protocol. All other COVID-19 protocols including and not limited to mask wearing, social distancing and etc. continue to be applicable.

If these individuals develop symptoms, testing should commence and CMO should be made aware.



8. Addendum B - Management of Youth National Identification Centers

Added February 23, 2021

This addendum to the U.S. Soccer Federation Covid-19 Manual expands upon its guidance and required protocols for National Team events, specifically Youth National Team (YNT) Identification Centers. To scout and monitor top talents, YNT Identification Centers are resuming in strategically located markets based on geographical density of YNT player pools, climate factors, and the in-question U.S. state's Return to Play status. U.S. Soccer requires that all participating players, staff, and referees at these YNT Identification Centers adhere to U.S. Soccer's protocols, as every person will have a responsibility to prevent the spread of COVID-19. Adherence to local and/or state guidelines must be followed.

Staffing and Player Participants

- Only essential individuals will be in attendance.
- The following reflects staffing levels for the YNT Identification Centers [8 total] and includes YNT Head Coach, Talent ID Manager, 3 YNT Network Scouts (or 2 YNT Network Scouts and 1 Assistant/Goalkeeper Coach), Athletic Trainer (ATC), Referee, and Videographer.
 - All traveling U.S. Soccer staff will be tested for COVID-19 as a safeguard, excluding the ATC, Referee, and Videographer.
 - The ATC's role at the event is for critical and emergency purposes only. They will not be performing other duties, such as taping or other injury prevention strategies.
 - The ATC in attendance will be wearing an N95 mask or KN95 mask at all times during the event.
 - The referee will exercise social distancing at all times during the event and while performing their duties, such as officiating scrimmages.
 - The videographer will adhere to strict physical distancing by filming the Identification Centers from a distance and share film with staff by uploading onto shared U.S. Soccer Box.
 - The ATC, referee and videographer will submit upon arrival a completed questionnaire containing health screening questions that are aligned with the CDC's "Coronavirus Self-Checker" to affirm medical clearance to participate.
 - Staff undergoing testing who test positive will not be allowed to participate in any activities and will be directed to follow the recommendations of the health authorities of local health authorities.
 - Only staff that test negative will be allowed to participate in the YNT Identification Centers.
 - Any inconclusive test results will be considered positive until further testing provides clarity.
- The following reflects player participants selected for the YNT Identification Centers [28 players total].
 - Players attending must be within a 5 hour driving distance from the training site facility hosting the event in order to eliminate the requirement for overnight hotel stays.
 - All player participants will be asked to complete and submit the health screening questionnaire previously described above.
 - The questionnaire will be completed and submitted by the player participants on two occasions: 3-4 days before the event and upon arrival at check-in. Any participant with symptoms should not arrive on-site for the event.

YNT Identification Centers Protocols, Guidelines and Recommendations

The YNT Identification Centers Protocols have been adapted from the Training Protocols published in the U.S. Soccer Federation COVID-19 Manual and include specific modifications to fit the unique, dynamic operations of an ID Center event. Further, guidelines and recommendations were created using U.S. Soccer's PLAY ON, FIFA's COVID-19 tool and published documents, as well as the Centers for Disease Control (CDC) and the World Health Organization (WHO) guidelines.

Maintaining Social Distancing & Hygiene Protocols at the YNT Identification Centers (ID Centers)



- To the extent possible, and except as necessary for active participation, players, referees and staff should maintain social distancing on the way to/from the host training facility and throughout the ID Center event.
- Masks must be worn over nose and mouth following mask usage best practices (see Personal Protective Equipment Recommendations).
- Any surfaces (e.g., benches; door knobs) which players and staff may touch during the ID Center event or on their way to and from the event must be disinfected prior to and after the event.
- Any doors, gates, etc. that must be passed through should be left open during the arrival and departure windows to minimize exposure via door handles.
- Hand sanitizer and disinfectant easily available and accessible at the facilities to clean hands and equipment.
- Players, referees, and staff should sanitize their hands upon arrival and regularly throughout the event.
 - Frequent use of hand sanitizer at a minimum of every one (1) hour or as needed following coughing, sneezing, touching non-personal items.
- All equipment including balls must be sanitized before and after the event.

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

- All participants (players, coaches, referees, administrators, and medical professionals) are recommended to wear new or clean masks upon arrival, departure and when not physically active for any drill or scrimmage exercises held during the ID Centers.
 - For the duration of a scrimmage exercise, coaches and substitute players should wear masks on the sidelines.
 - The referee should wear PPE when entering and exiting the field.
- PPE should cover the nose and mouth, be breathable, consist of cotton or wick-type material and follow CDC guidelines.
- PPE should be new or clean for each training session or match and disposed or thoroughly cleaned after each training session or match.
- Provided all screening, hygiene and social distancing measures are followed, masks are not mandatory for players, coaches, and referees during exertional moments of training or competition (i.e. when physically active during a training exercise or during game play).
 - PPE may obscure vision, increase respiratory challenges, or increase other injury risk while being physically active.
- For players, referees or staff who choose to wear PPE while physically exerting themselves, the following should be considered:
 - 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.
 - PPE should be breathable and not prevent or disrupt ventilation.
 - PPE should not obscure the individual's vision.
 - PPE should not pose a risk to another participant.
 - PPE should be in good maintenance, at the responsibility of the individual.
- If ID Centers are hosted into the summer, heat and humidity may lead to increased discomfort or respiratory challenges wearing masks throughout the day. Coaches and referees are recommended to take "PPE breaks" throughout training or game day.
 - To take a PPE break, simply ensure you are more than 10 feet away from another participant and remove your mask.
 - Should another participant move within 10 feet, return your mask to covering your nose and mouth.
- Consider having a replacement mask available if your PPE becomes wet due to sweat or environmental conditions.
 - Sanitize your hands following the removal of a used mask and replacement of clean mask.
- Recommendations may change based on evolving medical and health information, as well as local, state or federal guidelines.



Training Site Facility Guidelines

- The training site facility must have a single-entry access and check-in point for all player participants at the ID Centers.
- Designate clearly marked “entry” and “exit” points the facility and fields, coordinating with check-in locations for arrivals. Foot traffic should flow IN the entry and OUT the exit at all times.
- For arrival at the ID Centers, create “personal prep stations” - individual areas for participating players and staff (coaches, referees, instructors, administrators, medical professionals).
 - Set up a line of cones 6-feet apart in an area to the side of the field of play.
 - Arrange one cone per participant (player, coach, referee, etc.)
 - When a participant arrives, designate a cone as their “personal prep station” for the duration of the ID Centers event. The individual should place their bag, water bottles, towels, etc. at this cone.
- Align benches so that they are not within close proximity to each other and expand benches to allow for six feet of space between each player and/or coach.
 - If inventory does not allow for extended benches, similar to “personal prep stations,” create a line of cones 6-feet apart (or use paint or other markings to clearly delineate) where players can sit socially distanced along the bench-side sideline.
- All equipment at the training site should be cleaned and disinfected prior to players’ arriving for ID Centers including gates, goals, corner flags, benches, etc.
- All equipment (goals, corner flags and benches) should not be used by any other groups for the duration of the ID Centers.
- All staff from the training site must leave the perimeter of the field in advance of the players’ arriving to the event to decrease risk of exposure.
- Any facility staff accessing the training site when the players are not present must wear facemask and gloves.
- A training site’s indoor facilities should not be used including gyms, locker rooms and showers.
- Hand sanitizer stations or hand washing stations will be on-site and available for players and staff at the training site.

Preparation/Scheduling for ID Centers

- Limit staff attendance to allow for social distancing.
- Disinfect training equipment including balls, cones, freekick mannequins, ladders, sticks, etc.
- Communication of guidelines to all individuals 24-48 h prior to event:
 - Arrival at training site
 - Start of ID Center event
 - Hydration or other breaks
 - Completion of ID Center event
 - Departure from training site
- Post and review Social Distancing Recommendations regulations signage:
 - Include hygiene recommendations (include avoid spitting).
 - Adherence to local regulations.
- A pre-event questionnaire to understand participants who have been vaccinated might be required.
 - Proof of vaccination should be treated as a medical record and handled as such

Player Participants Getting Ready for ID Centers

- All player participants should prepare and pack individual water bottles.
 - Pack at least two bottles of water for the ID Centers event, to limit the need for refills.
 - You should not share water bottles and should avoid public water fountains if possible.
 - Clearly mark your name on your water bottle.
- Get dressed at home in your gear so that you can arrive to the training site facility ready to play.
- Avoid bringing any unnecessary belongings to the ID Center.
- Follow PPE (face mask) procedures outlined above.
- Wash your hands before departing for the ID Centers event.

Testing

- **Fully vaccinated participants**



- No COVID-19 testing required for fully vaccinated individuals pre- or -post travel in or upon return for an ID camp or scouting purpose.
- Daily symptom questionnaire to be completed prior to start of daily programming
- If COVID-19 symptoms become present in a fully vaccinated participant, the individual should not participate and/or depart immediately. The individual should notify the program lead.
- If vaccinated individual is exposed to someone who has tested positive for COVID-19, no additional testing required per CDC guidance.
- If COVID-19 symptoms become present in a fully vaccinated staff member, staff member will take at at-home rapid test. Clearance will be given by U.S. Soccer medical team once results are received.

Player Participants' Travel to ID Centers

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

Arrival and Check-In for ID Centers

- Staggered arrival times
 - Designate staggered training site "entrance times" to limit congestion during check-in and accessing the training field.
- Players should exit vehicle and move through the entry access point and check-in one-at-a-time to maintain social distance.
 - Ground marking should be used in order for the queue to keep social distancing. These marks should be at least 6-feet apart.
- Player's parent/legal guardian should remain at training site facility's adjacent parking lot and in their vehicle for the duration of the ID Centers in the event of Inclement Weather (see Inclement Weather).
- Upon arrival, all player participants will be asked to submit the health screening questionnaire.
- Confirm all participants have brought adequate hydration from home.

ID Centers Environment

- All ID Centers events will happen outdoors.
- Ensure the facility and training equipment are cleaned to WHO hygiene standards.
- Ensure the facility has extensive signage and information regarding precautions for managing COVID-19.
 - Signage should be posted at the entrance and/or at the arrival/check-in location.
 - This should include clear signage indicating PPE should be worn
 - General social distancing signage should be posted around the training site facility including field areas.

ID Centers Equipment

- Team equipment:
 - Field set up should aim to use minimal equipment to limit transmission of virus.



- All field equipment (e.g. balls and cones) should be disinfected prior to the start of the session and at the end of the session with anti-bacterial or at least 60% ethanol or 70% isopropanol.
- Recommend for goalkeeper training, soccer balls should not be shared.
- Recommend field players not handle soccer balls with hands unless wearing gloves.
- Players are 100% responsible for the transport, handling and cleaning of their own trainers/shoes/cleats/boots.
- Gaiters may only be worn during training. Masks are mandated at all other times.
- Where possible, bibs should not be used. If bibs are used, they should only be used by one player and not shared or rotated amongst players.
 - If bibs are used, they should be collected from the players personal station instead of being handed out by coaches and staff.
 - Any bibs used should be washed afterwards in order to decrease the transmission of the virus.
- After every ID Centers event, training equipment should be cleaned and disinfected.

Inclement Weather

- In the event of Inclement weather, all participants will be encouraged to return to their vehicles.
 - Social distancing must be observed, and PPE should be worn during this process.
 - Participating players should not take off their equipment during the delay.
 - When possible, individuals in the car should be limited to members of the immediate family. If non-family members must be present in the vehicle, everyone in the vehicle should wear PPE.
 - If possible, have a back-up option for those who were dropped off or do not have a vehicle on-site. This location should only be used as a last resort.
 - The number of people in these locations should be pre-determined and posted on the wall.
 - In accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance, a minor and an adult who is not the minor player's parent/legal guardian may not be alone in a room together.



9. Addendum C - Vaccinated Individuals at Coaching Education Programs

Added May 1, 2021; Updated Jan 3, 2022.

All coaching education programs should be virtual until further notice.

This addendum to the U.S. Soccer Federation Covid-19 Manual expands upon its guidance and required protocols for National Team events, specifically surrounding policies about vaccinated individuals at coaching education programming. U.S. Soccer requires that all participants at this programming adhere to U.S. Soccer's protocols, as every person will have a responsibility to prevent the spread of COVID-19. Adherence to local and/or state guidelines must be followed.

- A pre-event questionnaire to understand participants who have been vaccinated might be required.
 - Proof of vaccination should be treated as a medical record and handled as such

Vaccinated Individuals

- A required negative pre departure COVID-19 PCR or Rapid Antigen test within 72-96 hours prior to entry into a National team camp.
- Following this negative test, only individuals showing signs and or symptoms of COVID-19 will be tested throughout the duration of the camp.
- Any local, tournament or national requirements will be adhered to regarding COVID-19 testing and or protocols.
- Any travel requirements for entry or departure of a country will be followed and adhered to.

Non-vaccinated Individuals

- COVID-19 testing required as follows:
 - 72 hours prior to departure and/or the start of the event or program
 - 24 hours prior to departure and/or the start of the event or program
 - Test result should be confirmed before leaving home
 - Day One of event
 - Every 72 hours during the event
 - Five days after return home following the event
- Daily symptom questionnaire to be completed prior to start of daily programming



10. Addendum D - Revised Protocols for 80% Vaccination Rate of Delegation

Added May 1, 2021; Updated Jan 3, 2022.

The below revised protocols ONLY apply when a delegation within a controlled environment (players and staff) reach an 80%+ rate of fully vaccinated individuals. The 80% threshold can be adjusted by U.S. Soccer based on the COVID infection rates and vaccination rates.

Additionally, based on the local positivity rate and/or prevalence of possible variants in the market of venue or training camp, U.S. soccer can alter some or all of the revised protocols for delegations that meet the 80% vaccination threshold.

Fully Vaccinated - means you have received either the 2 dose vaccines (Pfizer or Moderna) with a full 2 weeks post the 2nd dose OR you have received the single series (Johnson & Johnson) with a full 2 weeks post administration. At this point, fully vaccinated does not include the requirement for a booster.

If >80% of the delegation is "fully vaccinated" the below measures and steps can be amended into U.S. Soccer's Play On COVID-19 manual:

Masks

- Masks should be worn in all high person capacity moments of air travel (commercial) including when walking through the airport, check-in and until you are in your seat. If flights require masks at all times, this must be complied with. N95 or KN95 masks should be considered
- 3 ply masks are required when indoors and outdoors in high traffic areas (or when required by local regulations). N95 or KN95 masks should be considered
- Masks will continue to be worn during matches on the bench by all staff while fans are in stadiums, until mask requirements and or mandates are lifted.
- Masks should be worn in car/bus services to and from airport and hotel.
- Recommend a K95 or N95 on car or bus transportations for non-vaccinated individuals.

Travel/Transportation

- During charter flights, masks are required for those who are fully vaccinated.
- Masks should be worn on all team bus travel.
 - N95 or KN95 masks should be considered
- Bus transportation can proceed with normal seating provided that masks continue to be worn (i.e. no 50% capacity).

Rooms

- Double-occupancy rooms are permitted.

Meals

- Tables can increase from 40% capacity to 60% capacity and assure 3ft social distancing.
- Pod seating should be maintained but a one time change in camp is acceptable.
- Planned outdoor team and staff meals are allowed for fully vaccinated individuals. It is preferred to be in a separated zone of the restaurant, when possible.
- Fully vaccinated players and staff are free to dine at restaurants with preferred outdoor options when possible.

Training (Pitch)

- Masks are not required on the pitch prior to or during training, when conducted within our controlled environment. This includes all staff and players.
- If there is a scrimmage or use of outside of our controlled environment personnel and or teams, masks should be worn at all times by all, other than when on the field of play and being physically active.

Daily Health Screen

- Daily symptom questionnaire and pre-travel questionnaire mandatory for select participants.



Testing

- Refer to Section 2 - Medical Protocols - for testing information.

Medical Care

- The provider of one on one care should continue to wear a mask .
- If either individual is non-vaccinated both individuals should wear a mask and the provider should wear an N95 mask - this includes ATC, massage and procedures which may exceed 15 minutes in duration.

Weight Room Fitness Center

- Exclusive use of fitness center is preferred. If exclusive to US Soccer, masks are not required.
- Fully vaccinated individuals are able to use a non-exclusive fitness center. If proper social distancing cannot be maintained, masks are required. State and local guidelines should also be adhered to.
- Traditional one on one facilitations and/or needs are allowed.

Guests of U.S. Soccer at the Hotel

- Guests that have not been fully vaccinated may not enter the U.S. Soccer controlled environment.
- Agents, family members, friends and partners that have been fully vaccinated should provide a negative PCR taken 72 hours prior to arrival and can visit members of the delegation. If at any moment symptoms develop, they should notify U.S. Soccermedical staff.
- All guests must be approved by team administrator in advance.
- Guests who are visiting the hotel on a temporary basis (not remaining in controlled environment) must adhere to the following protocols:
 - All individuals (player/staff and guests(s)) must be fully vaccinated.
 - All individuals must wear masks and complete a symptom questionnaire.
 - Preferably meet outdoors - with proper social distancing
- Guests who are joining the controlled environment must adhere to the following protocols:
 - All individuals (player/staff and guest(s)) must be fully vaccinated.
 - Maximum of 2 friends/family at any time allowed on-site.
 - Sharing a room is permitted when allowed by team staff.
 - Guest(s) must comply with all protocols set forth in this document, including testing if required.

Hotel Staff/Transportation

- When possible, the use of fully vaccinated staff is desired.
- Masks should continue to be worn.
- If any COVID-19 symptoms arise, the person should notify their manager, be removed from the rotation or post and be tested and isolated.

Referees

- Should meet and/or exceed CONCACAF or FIFA requirements.

Media

- Outdoor interviews and or conferences can be minimum 3ft Social distancing mask off (if desired).

Leisure

- Outdoor walks and or runs are allowed (pending no local restrictions).

Hygiene

- Continue strict use of hand washing measures and use of hand sanitizer.
- Hotel sanitization measures remain in place.



*The above amendments have been reviewed by U.S. Soccer's COVID-19 Task force and are subject to change only with approval of the Chief Medical Officer as more COVID-19 guidance is released.



11. APPENDIX

- [USOPC Coronavirus Resources](#)
- [USOPC - Coping with the Impact of Coronavirus for Athletes](#)
- [CDC Coronavirus Updates](#)
- [CDC Advice - How to Protect Yourself and Others](#)
- [FIFA COVID-19 Resources](#)
- [WHO Hand Washing Steps \(Video\)](#)
- [WHO Mass Gathering Guidelines Worksheet](#)
- [WHO Advice for Public](#)
- [Travel for Elite Athletes During COVID-19 - A Graphical Guide](#)