



Missouri Youth Soccer Association  
926 Hemsath Road, Suite 102, St Charles MO 63303  
missourisoccer.org

## Missouri Youth Soccer Family

Given current health and travel concerns, MYSA wanted to provide you with an overview of the steps USYS is taking to keep our community safe and informed. They are proactively engaged in ongoing communications with all travel providers, related government agencies, and our soccer community at the national, regional and local level.

For all upcoming domestic events and travel, we advise our soccer community to frequently check our website at [usyouthsoccer.org](http://usyouthsoccer.org) as well as follow us on social media. At this time, it remains safe to travel to our scheduled destinations, but we will continue to monitor and advise as needed. Should there be any domestic travel advisories or alerts that impact our upcoming events, we will alert all USYS stakeholders as well as the broader USYS community. You should also check all tournament websites for updates to that particular tournament.

If you wish to stay informed of any US Government travel advisories, we invite you to review current US State Department Travel Advisories here:

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>

You can find CDC Travel Health Notices here:

<https://wwwnc.cdc.gov/travel/notices>

In addition to our organizational efforts, USYS encourages our soccer community to take all reasonable measures to mitigate the risk of COVID-19 in their daily lives. Coronavirus and influenza are spread by exposure to droplets via coughing and by contact with surfaces touched by an infected person. Touching an infected surface and then touching your face, eyes, mouth or nose is a preventable route of transmission.

Here are some basic rules to help you and your family stay safe:

- **Refrain from shaking hands with teammates and opponents before and after games**
- **No celebrations after goals/saves like dog piles, chest bumps etc. where contact with others is involved**
- **Wash your hands frequently with soap and water (at least 30 seconds)**
- **Avoid touching your mouth, eyes or nose with your hands.**
- **Clean or disinfect all areas of your training area after every use.**
- **Use alcohol-based sanitizers in addition to frequent handwashing. Carry small bottles of alcoholic disinfectant to use when hand-washing facilities are unavailable.**





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- During camps, training and tournaments, maintaining hygiene is extremely important. Clothes should be washed after workouts.
- Support your immune system with a varied, vitamin-rich diet with sufficient vegetables and fruit. Fruit containing vitamin C, such as oranges or grapefruits, are particularly important.
- Keep hydrated and drink enough to keep mucous membranes moist.
- Flu vaccines are always recommended.
- If an athlete, coach or staff member has symptoms such as coughing, fever and general malaise; they should contact and be evaluated by their physician. They should NOT attend practice.

As a source of information and support, USYS will continue to provide up-to-date information and resources when available to aid in information distribution, event preparation and organizational response. We will continue to make all efforts to ensure that our members and athletes are informed, safe and ready to compete. Please use our website for more information:

<https://www.usyouthsoccer.org/usys-health-and-travel-update/>

For continuous updates please visit our medical partner webpage below that will be updated continuously as new developments/information present themselves:

<https://www.bjc.org/coronavirus>

Thank you for supporting the beautiful game!

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