



COVID-19 Return to Play Plan for Fall Soccer:

Supervisor Responsibility

- Supervisor will be responsible for ensuring that the COVID-19 Safety Plan is being adhered to.

Safety Training

- A safety briefing must be conducted at the beginning of each day of soccer to reemphasize the protective measures for everyone to include maintaining social distancing, sanitation protocols, and pre-session screening.

Pre-Program Screening

- Place signage at facility/area entrances to instruct participants that they cannot enter if they have been diagnosed with COVID-19 (have not recovered or are still within the required 14-day quarantine), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days).
- A temperature screening and/or questionnaire of participants may occur before each soccer skill session at the facility entrance.

Drop-off and pick-up

- Wash hands or use hand sanitizer before and after signing in and out. No pen should be shared. Parents should use their own pen when signing in but if not, wipe off the pen after every use. If check-in is electronic, provide alcohol wipes and frequently clean the screens or keyboards.
- If more than one group, do not combine groups.
- You may wish to alternate drop off and pick up times for each small group to avoid a large number of people congregating outside the facility or in front of the facility.

Social Distancing

- Organize classes into the smallest practical group sizes and to the extent possible keep groups consistent throughout the program. No larger than 6 people total, including children and adults (e.g., one adult and five children, two adults and four children, etc).
- Organize players and staff into "pods" that practice and do most group activities together.
- Incorporate social distancing within groups to the degree possible, aiming for at least three to six feet between children and minimizing the amount of time children are in close contact with each other.
- PPE (masks or face covering) should continue to be worn by all participants when not participating in physically exertional activities; however, coaches should especially plan ahead for "PPE breaks" to avoid the discomfort or respiratory challenges that heat and humidity may cause.
- Mitigation to minimize mixing, physical distancing between "pods" and facial coverings (as age and developmentally appropriate) when distancing cannot be accomplished.
- Consider creating socially distance "Family Zones" for members of the same household to watch training, clearly marked and spaced at least six feet from the next family's zone.
- Avoid "high fives," handshakes, or other types of physical touching
- Coaches may welcome each player as they come to the field but should not make physical contact with the player and should stay a minimum of 6 feet away when greeting players.



- Coaches should wear appropriate face coverings during training sessions.
- Non-participants attending training session shall wear appropriate face coverings and follow social distancing.
- Create clear pathways into and out of complex so players are not coming into contact upon entering or exiting the facility.
- Leagues/clubs should post reminder signage throughout facilities where possible to remind all players, coaches and spectators to maintain social distancing.
- Establish designated drop off and pick up zones, and parents should drop off and pick up their youth players at the zone area.
- If a youth player needs supervision while waiting for pickup, adults should maintain social distancing.
- No Congregating Policy for players or parents in parking lots, at drop off zones, at entrance/exit areas of facility, or before or after training session.

Program Equipment

- The handling of all training items, i.e. cones, discs, flags, goals, etc. should be limited to coaches.
- Avoid or minimize equipment sharing when feasible.
- When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned first and then disinfected with an EPA approved disinfectant
- Assign a "station" for each player to place their equipment & bag, and each player should return to their "station" during breaks.
- In all steps, soccer balls must be disinfected prior to and after each session.
- In all steps, no one should share water bottles/containers, towels, or any personal equipment. This includes, but not limited to shin guards, tape, hairbands, jersey/uniform.

Hygiene Practices

Practice frequent hand washing with soap and water for at least 20 seconds, and require handwashing upon arriving at the center, when entering the facility, before meals or snacks, after outside time, after

- going to the bathroom, and prior to leaving for home. Help young children to ensure they are doing it effectively.
- If soap and water are not readily available, using an alcohol-based hand sanitizer with at least 60% alcohol.
- Advise children, families, and staff to avoid touching their eyes, nose and mouth with unwashed hands.
- Cover coughs or sneezes with a tissue, then throw the tissue in the trash and clean hands with soap and water or hand sanitizer (if soap and water are not readily available).
- Providing adequate supplies for good hygiene, including clean and functional handwashing stations, soap, paper towels and alcohol-based hand sanitizer.
- Railing and other surfaces that are touched frequently should also be cleaned and disinfected at least daily. Have hand sanitizer and disinfectant wipes available.
- If permanent bleachers are available for spectators, clubs should display signage on or near the bleachers reminding spectators to maintain 6 feet distancing from non-family members.
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Employee Protection

- Screen all employees reporting to work for COVID-19 symptoms with the following questions: * Have you been in close contact with a confirmed case of COVID-19? * Are you experiencing a cough, shortness of breath, or sore throat? * Have you had a fever in the last 48 hours? * Have you had a loss of taste or smell? * Have you had vomiting or diarrhea in the last 24 hours?
- Ask employees to take their temperature at home prior to arriving to work, or take their temperature when they arrive. Thermometers used at the facility shall be 'no touch' or 'no contact' to the greatest extent possible. If a 'no touch' or 'no contact' thermometer is not available, the thermometer must be properly sanitized and disinfected between each use. Any employee with a temperature of 100.4°F or higher is considered to have a fever and must be sent home.
- Employees will be sent home if they're sick or feel sick. If an employee reports feeling sick and goes home, the area where the person worked should be immediately disinfected.
- Employees must wear face coverings and other personal protection items as required by the Washington State Department of Labor & Industries. Training on personal protective equipment based on CDC guidelines and in accordance with the Washington State Department of Health guidelines will be provided.
- Employees must wash hands frequently with soap and water and use hand sanitizer.

Return to Play Responsibilities

Player:

- Follow all Return to Play guidelines
- Take your temperature daily and especially before activities with others
- Wash hands thoroughly before and after all activities
- Bring and use hand sanitizer with you to every training
- Wear a face covering or mask before and immediately after all training
- Ensure all your equipment is sanitized prior to and after any activity
- Do not share water, food, or equipment
- Respect and practice social distancing, as required in these guidelines
- Place equipment bags, etc. at least 6-feet apart
- No high-5's, handshakes, hugs or group celebrations

Parent:

- Ensure that your player is healthy; check your child's temperature prior to attending any activity
- Notify your club/coach if your player becomes ill for any reason
- No carpooling of players unless from the same family
- Parents and spectators should observe from their cars if possible
- Parents and spectators should maintain proper social distancing
- When at training, wear a mask if outside your car
- Ensure player's clothing is washed after every activity
- Ensure all equipment is sanitized prior to and after any activity
- Supply your player with individual sanitizer at every training
- Adhere to all social distancing guidelines
- Ensure your player has plenty of water





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