Southlake Soccer Return to Play Guidelines

## Masks:

Masks required for athletes/participants directly before and directly after sporting activities and strongly encouraged whenever not engaged in strenuous activity. Any spectators must wear facial coverings per the Department of Health facial covering order. Coaches, referees/umpires, trainers, managers, spotters, and any other paid or volunteer staff must wear face coverings at all times, with an exception for referees that need to run in the field of play.

## Physical Distance:

Physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times with exceptions for training and medical personnel and volunteers performing their medical duties. Six feet of distance must be maintained among athletes when not engaged in sporting activities, huddles and team meetings must be physically distanced.

## Hygiene:

Athletes, coaches, umpires/referees and any other paid or volunteer staff are required to practice good hygiene including washing their hands frequently and covering their sneezes and coughs. Wash hands often with soap and water for at least 20 seconds before and after practice, especially after touching shared objects or blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth. If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content. Cover all surfaces of your hands and rub them together until they are dry. Athletes should not share water bottles, uniforms, towels, or snacks and should not spit (saliva, sunflower seeds, etc.). Provide handwashing or hand sanitizing stations at training and contest locations.

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## Cleaning:

Clean high touch surfaces and disinfect shared equipment before and after each use. Ensure restrooms are cleaned and disinfected regularly. Current CDC guidance for cleaning and disinfection for COVID-19 states that disinfectants should be registered by the EPA for use against the COVID-19. Find the current list here: [List N: Disinfectants for Use Against SARS-CoV-2 (COVID-19).](https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19) Disinfectants based on hydrogen peroxide or alcohol are safer than harsher chemicals. The University of Washington has [a handout with options for safer cleaning and disinfecting products that work well against COVID-19.](https://osha.washington.edu/sites/default/files/documents/FactSheet_Cleaning_Final_UWDEOHS_0.pdf)

## Transportation:

Limit exposure to those outside the household unit during travel. Encourage only those in the same household to travel together, and if not in the same household, travel in separate vehicles if possible.

For travel groups, (groups that include more than one household in the same vehicle whether in a carpool or on a bus) all members of the travel group, including the driver, must wear a face covering and spread out as much as possible within the vehicle. Limit travel groups to those who have been in regular contact (e.g. team members). Encourage family members to sit together. Maximize ventilation in the vehicle by opening windows.

## Records and Contact Tracing:

 Keep a roster of every athlete, staff and volunteer present at each practice, training session, and contest to assist with contact tracing in the event of a possible exposure. Similarly keep a roster and seating chart for each travel group. Attendance rosters and seating charts must be kept on file for 28 days after the practice, contest, or trip.

## Club Responsibilities:

* Create and distribute field maps on their website that have entrance and exits clearly marked,
* and home and away sidelines.
* Provide WYS with any rules that are specific to our fields to be shared with visiting teams.
* Post signs at their field(s) that clearly mark the entrances and exits (if a multi-field complex)
* All clubs are responsible for providing their coaching staff/managers hand sanitizer.
* Home clubs are responsible for field set-up and sanitization of all equipment at the beginning of
* the day, and in between games.
* All clubs are responsible for keeping attendance for which players are at every game.
* Have an effective communication plan in place, identify strategies for working with public health to notify adult leaders, youth and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth
* activity, while maintaining confidentiality as per law.
* Have an action plan in place, in case of a positive test.
* Train and educate all staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information.
* Be prepared to shut down and stop operations. Develop plans for temporary closure of outdoor activities to allow for contact tracing procedures and quarantine as needed.
* Provide adequate field space for social distancing.
* Clubs will publish all relevant materials including SSUL, NPSL and Local League Protocols on their website.
* Clubs will forward by email to coaches, players and parents all league protocols, policies, and expectations around game day.
* Clubs will email their referee group about all league protocols, policies, and expectations around game day.
* Clubs will communicate any cancelations or shutdowns as quickly as possible to all team administrators and club leadership.
* Clubs will designate a COVID-19 contact person for any positive case to communicate with opposing teams should a case arise around a game weekend.
* Clubs should communicate with coaches, players and parents that COVID-19 protocols will follow local public health and CDC guidelines.
* Club will communicate to coaches and families the current phase local counties (King and Pierce) are in for phase requirements. (See section below **County COVID-19 Activity Level guidance**)

## Coach Responsibilities:

* Always wear a face mask, maintain physical distance requirements from players (>6 feet) based on state and local health requirements.
* Use hand sanitizer before and after interacting with your team.
* Make sure that your team has left the field within 5 minutes of the game ending.
* Make sure the home team provides 3 balls per half that have been sanitized. Game balls from 1st half can be sanitized by the home team at half time.
* **No coach that is sick or has signs or symptoms suggestive of COVID-19 should attend.**
* **Clustering of players should be avoided. There should be no gathering and socializing before or after games or practices by players. Coaches should not assemble their teams closely together for instruction; players should be spaced at least 6 feet apart for team meetings or instruction.**
* **No handshakes or fist bumps during or after games and practices.**
* Coaches will follow all additional requirements below based on the phase that King County is in on any given day for practices. (See section below **County COVID-19 Activity Level guidance**)

## Parent Responsibilities:

* Drop player off no earlier than 30 minutes prior to kickoff.
* **Do not loiter around field.**
* **No parent or player that is sick or has signs or symptoms suggestive of COVID-19 should attend.**
* Spectators should not touch any game day equipment, including balls, cones, goals, etc

## Player Responsibilities:

* **Cannot enter the field area until previous teams have left the field- Entry and Exit points will be marked.**
* **Masks should be worn by players to and from the field.**
* Wear masks, before and immediately after all games, while on the bench, and during halftime. Masks are optional during warm-ups and when playing in the game.
* **No player that is sick or has signs or symptoms suggestive of COVID-19 should attend.**
* Soccer bags should be placed at least 6 feet apart from one another.
* Use hand sanitizer before and after the game.
* **Clustering of players should be avoided. There should be no gathering and socializing before or after the game by players. Coaches should not assemble their teams closely together for instruction; players should be spaced at least 6 feet apart for team meetings or instruction.**
* **No handshakes or fist bumps during or after the game.**

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## County COVID-19 Activity Level guidance:

The data used by Southlake Soccer to determine high or moderate level can be found here: <https://coronavirus.wa.gov/what-you-need-know/covid-19-risk-assessment-dashboard>

**HIGH LEVEL COUNTY COVID ACTIVITY** **>75 cases/100K/14 days OR >5% positivity**

Team practices and/or training can continue if players are limited to groups of six in separate parts of the field/court, separated by a buffer zone. Brief close contact (ex: 3 on 3 drills) is permitted. It is preferable for the groups of six to be stable over time.

Attendance rosters should include group contact information.

Scrimmages, intra-team competitions, and league games are **NOT** allowed.

No tournaments allowed.

No spectators allowed except for one parent/guardian/caregiver for each minor-aged participant allowed. Spectators must maintain physical distance of at least six (6) feet between each person.

**MODERATE LEVEL COUNTY COVID ACTIVITY** **>25-75 cases/100K/14 days AND <5% positivity**

Attendance rosters should include group contact information.

Scrimmage, intra-team competitions, and league games allowed.

No tournaments allowed.

No spectators allowed except for one adult parent/guardian/caregiver for each minor-aged participant allowed. Spectators must maintain physical distance of at least six (6) feet between each person. No spectators allowed for participants 18 and older.

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## Reporting Positive Cases:

When a player is diagnosed with COVID-19:

* **Have the player stay home.**
* If the infected player was in contact with their team within 48 hours of diagnosis, have the team quarantine – contact each of the parents/guardians that “someone” on the team has tested positive for the virus (The name of the infected individual will **not** be revealed). It is recommended each of these players should also be tested for COVID-19.
* If the infected player played in a game with their team within 48 hours of diagnosis, the Southlake Soccer COVID Contact must notify the opposing team immediately, as well as the relevant League (SSUL, NPSL, Local),
* Infected players cannot return to practice or games until they have written medical clearance from their physician.
* **Disinfectant all equipment.**

When a coach comes in contact with or is infected with COVID-19:

* **Get tested and stay home.**
* **Contact your club immediately**.
* Inform the team – if you have maintained social distance from all your players your
* players do not necessarily need to get tested but may choose to
* **Disinfect all equipment.**

## Southlake Soccer COVID-19 Contacts:

Primary Contact:

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