

ISC GUNNERS RETURN TO PLAY SAFETY PLAN

Criteria

In order to participate in any soccer activities other than individual activities at home, an individual including, but not limited to, players, coaches and Club staff ("participants") must satisfy the following criteria:

- No signs or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has been ill in 14 days.
- Take temperature before participating in any soccer activity.
- There shall be no activities that would require direct or indirect contact between players.
- Cleaning schedule/protocol of equipment with disinfectant before, during, and after training.
- IF TRAVELING:
 - If you are experiencing *any* COVID-19 symptoms, please stay home – call your health provider to be screened and scheduled for testing. Remain at home until you receive your results.
 - If you do not have any symptoms AND if no one in your travel group is sick, please return to the training sessions with your team and exercise the usual precautions, including symptoms monitoring, social distancing, masking, and excellent hand hygiene.
 - If others in your travel group are or become sick, please call your health provider for an evaluation.

General Plan:

- The Gunners will be following the Safe Start King County Guidelines as described [HERE](#).
- Parents, Players, and Coaches will all be responsible for monitoring the health of players in the program.
- Players will be dropped off at training, met by a volunteer for a temperature check, then directed to their practice field.
 - IF a player arrives at training with temperature of **100.4** or higher OR feels ill we will follow the PLAYER SICK AT TRAINING PROTOCOL (Page 6).
- Coaches will follow social distance practice guidelines (Page 3).
- If a player is diagnosed with COVID-19, we will follow the POSITIVE TEST PROTOCOL on Page 6.

IF YOU HAVE ANY QUESTIONS OR ARE UNSURE OF SAFETY MEASURES, PLEASE CONTACT MARK TIMKO at mark.timko@iscgunners.org or 509-859-3141

CLUB RESPONSIBILITIES

- Create and distribute protocols to its members
- The Gunners will have safety coordinator at the LSSP and COSTCO for all training sessions.
- Have an effective communication plan in place and identify strategies for working with public health to notify Club officials, youth and their families if the organization learns a participant has developed COVID-19 and may have been infectious to others while at a soccer activity. The confidentiality of the participant will be strictly maintained.
- Have an action plan in place in case of a positive test.
- All return to play activities must be published as being voluntary. Be sensitive and accommodating to players and parents that many be uncomfortable with returning to play too quickly.
- Train and educate all Club staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information.
- Train staff to recognize the symptoms of COVID-19.
- Develop plans for a temporary closure of facilities and to cancel activities to properly disinfect and ensure other adult leaders or youth are not infected.
- Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, etc.)
- Ensure that Honey Bucket restrooms are cleaned frequently to meet State guidelines.
- All soccer activities must be outdoors.
- Staff participating in any soccer activity (e.g. player registration) must wear face masks and observe social distancing at all times.
- Provide adequate field space for social distancing.
- Provide hand sanitizing stations and waste receptacles at fields.
- All Club staff and coaches must take their temperature before each soccer activity and report any high or abnormal temperature to the Club before participating.
- Develop a relationship and a dialog with local health officials.

COACH RESPONSIBILITIES

Before Leaving Home:

- Follow best safety practices as defined by Governor Inslee (follow social distance guidelines as stated in the active Washington State re-opening plan)
- Take temperature. Do not participate in any Gunners activities if you are ill. Inform the Gunners immediately if you are ill.
- Wear freshly washed clothes.

At Practice

- Ensure the health and safety of all players
- Before each soccer activity, a Coach must organize "stations" for each player at or around the bench area that are at least 6 feet apart in which players must keep all of their belongings. This can be done with cones. They shall be required to return only to their "station" only during breaks.
- Before each soccer activity, ask all players how the athletes are feeling and whether they are experiencing any signs or symptoms of COVID-19 (e.g., cough, fever, or loss of taste or smell).
- If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider.
- Ensure all athletes have their individual equipment (ball, water, bag, etc.)
- Coach is the only person to handle all training equipment (e.g., cones, disk, flags, etc.)
- Wear a face mask, when not actively coaching, maintain social distance requirements from players based on state and local health requirements.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.
- The use of scrimmage vests or pinnies is prohibited.

Social Distance Training Guidelines

- Players are limited to groups of 5 in separate parts of the field.
 - Groups of 5 will be fixed and remain the same throughout social distance training.
- Groups have a buffer zone in between one another
- Practices follow social distancing of 5 feet with no contact.
- Wash equipment between training sessions.

After Practices

- Wash clothes and equipment when you get home.
- Continue to follow social distance guidelines.

PLAYER RESPONSIBILITIES

Before Leaving Home:

- Follow best safety practices as defined by Governor Inslee (follow social distance guidelines as stated in the active Washington State re-opening plan)
- Take your temperature
- Use the restroom, "go before you go". We will have Honey Buckets at training, but we want to minimize usage.
- Wash your hands.
- Wear a freshly washed uniform.

Getting to Practice:

- Carpooling is not preferred, but limited if required.
 - If you are carpooling, wear a mask in the vehicle.

At Practices:

- Follow directions by coaches or volunteers. Volunteers will be wearing bright yellow shirts and will greet you when you arrive at training.
- You will be met by a volunteer who will introduce themselves and take your temperature.
- After taking your temperature, they will direct you to your training field.
- Wear a mask to your training field- a coach will let you know when to remove it.
- Bring a ball to training. Please have it labeled.
- Other than a ball, please do not touch anyone else's gear (water bottle, backpack, etc...)
- Respect social distancing. Coaches will have a cone set out for each player to place their gear.
- No celebrations- please refrain from high fives, back slaps, or group celebrations.

Leaving Practices:

- Coaches will dismiss each team in a specific order; players will follow coaches' direction.
- Follow the specific route to exit LSSP. Volunteers will be there to help you.
- Meet your parent/driver.

After Practice:

- Wash all of your gear once you get home (clothes, balls, etc.).
- Continue to follow social distance guidelines.

PARENT RESPONSIBILITIES

Notify the Gunners immediately if your player has become ill for any reason. Do not bring them to any training sessions if you suspect they are sick.

Before Leaving Home:

- Follow best safety practices as defined by Governor Inslee (follow social distance guidelines as stated in the active Washington State re-opening plan)
- Do your best to ensure your player is healthy before all training session
- Take your player's temperature.
- Please have your player in a washed uniform at training.
- Please have your player use the restroom before practice. We will have Honey Buckets at training, but we want to minimize usage.
- Ensure that you player has a labeled ball to bring to training as well as a water bottle, hand sanitizer, and a mask.
- Have the Sports Engine software app on their mobile phones and active.
- Review account on Sports Engine to ensure that all contact information is accurate.

Getting to Practice:

- Carpooling is not preferred, but limited if required.
 - If you are carpooling, wear a mask in the vehicle.

At Practices:

- Follow directions by coaches or volunteers. Volunteers will be wearing bright yellow shirts and will greet you when you arrive at training.
- Drop off will be at the main entrance to our fields at LSSP- follow yellow ropes and signs as you enter the parking lot.
- You will be dropping off your player; you will not be permitted to park at the main entrance.
- Please do not drive away from drop off until your player has had their temperature checked and is cleared to participate.
- You will not be able to watch practice. The fields will be limited to coaches, players, and volunteers.
- After drop off, you will be able to park in the main parking lot at LSSP and wait for your player there.

After Practices

- Pick up your player in the main parking lot at LSSP
- Wash clothes and equipment when you get home.
- Continue to follow social distance guidelines.

PROTOCOLS/ACTIONS PLANS

PLAYER SICK AT PRATICE PLAN:

All players, staff, and volunteers will have their temperature checked upon arrival.

IF a player has a temperature of 100.4 or above at drop off, they will be returned to you immediately. The player will not be allow to participate in practice. We are asking parents and player to follow all safety guidelines and not return to the field until healthy. It will be the responsibility of parents to follow the appropriate guidelines.

We understand that players may have elevated temperature above 100.4 unrelated to COVID.

IF a player informs a coach during training that they are not feeling well, the coach will inform the on-site safety coordinator. The safety coordinator will separate the player from their group of 5 and call the child's parents. The safety coordinator will wait with the child until parents arrive at the drop-off location. It is VITAL that parents review their contact information on Sports Engine to confirm accuracy.

POSITIVE TEST ACTION PLAN:

If a player or anyone in their household tests positive for COVID-19 we will act as follows:

- Inform your club coach immediately or the Executive Director at mark.timko@iscgunners.org or 509-859-3141.
- Follow the 14-day post fever quarantine protocol established by the CDC. CDC information can be found [HERE](#).
- The Club will inform the players in your child's training group of 5 that there has been a positive test in their group.

TEMPORARY CLOSURE PLAN:

The Gunners will actively communicate to our membership using the Sports Engine software platform. All families must review contact information on Sports Engine to confirm accuracy. All families must have the Sports Engine App on their mobile devices as this will be the primary communication tool used by the Gunners.

In the event of a temporary closure, the Gunners will email and send a text alert via Sports Engine to the mobile device(s) listed on each family's Sports Engine account.