

# ISC GUNNERS RETURN TO PLAY SAFETY PLAN

---

Updated 3/25/2021

## Criteria for Players

**In order to participate in any soccer activities other than individual activities at home, all ISC Gunners players 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.

Players and Coaches must wear a mask at all times during trainings & games when not in the field of play or when on the bench waiting to play. - Players may remove masks during competitions only and only while in the field of play.

### **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 test results.

If you have travelled out of the state, you can choose from the below two options:

1) Quarantine can end after day 7 with a NEGATIVE COVID TEST and NO SYMPTOMS during daily monitoring

OR

2) Quarantine can end after day 10 WITHOUT testing if NO SYMPTOMS have been reported during daily monitoring

When option 1 above is selected, proof of a negative COVID test must be provided via email to the team coach.

If others in your travel group are or become sick, please call your health provider for an evaluation.

## Criteria for Coaches and Staff

Any and all ISC Gunners staff who've traveled out of state for work (any event/activity required on behalf of ISC Gunners also noted as essential travel) are required to provide a negative COVID test upon their return to the state of Washington to the Director of Soccer Operations before they can return to any in-person work duties (training sessions, games, in-state events, etc.). Any and all ISC Gunners staff who are traveling out of state for work are expected to follow at a minimum the same guidelines required by the State of Washington while out of state. Any Coach or Staff traveling out of state for reasons other than ISC Gunners work must follow the player quarantine guidelines set forth above before returning to in-person contact with players and staff.

# ISC GUNNERS RETURN TO PLAY SAFETY PLAN

---

General

Updated 3/25/2021

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, parents cannot stay to watch training sessions.

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 Adam Collins at [adam.collins@iscgunners.org](mailto:adam.collins@iscgunners.org)**

## **CLUB RESPONSIBILITIES**

---

Create and distribute protocols to its members.

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 may 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.

Staff participating in any soccer activity must wear face masks at all times.

Follow local health official & government protocol as to how many players may train/play on a field at one time.

Provide hand sanitizing stations and waste receptacles at fields.

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 reopening plan)  
Do not participate in any Gunners activities if you are ill. Inform the Gunners immediately if you are ill.

## **At Practice**

Ensure the health and safety of all players.  
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.  
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 allowed but pinnies cannot be shared and must be washed prior to being used again.

## **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 reopening plan).

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.

Follow the specific route to enter LSSP per the club's guidelines which have been emailed out to families.

## **At Practices:**

Follow directions by coaches or volunteers.

Wear a mask to your training field and during all soccer related activities.

Bring your own water – water bottles cannot be shared.

## **Leaving Practices:**

Coaches will dismiss each team in a specific order; players will follow coaches' direction.

Follow the specific route to exit the fields that have been emailed out to families.

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 reopening plan).  
Do your best to ensure your player is healthy before all training session.  
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 your player has 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.  
You will be dropping off your player; we ask that parents do not stay for the duration of the training as the parking lot becomes overcrowded.  
You will not be able to watch practice. The fields will be limited to coaches, players, and volunteers.

### **After Practices**

Pick up your player at the designated "pick up" location as emailed out by the club.  
Wash clothes and equipment when you get home.  
Continue to follow social distance guidelines.

## PROTOCOLS/ACTIONS PLANS

---

### **PLAYER SICK AT PRACTICE PLAN:**

If a player informs a coach during training that they are not feeling well, the coach will remove the player from the team and call their parents. Parents will be instructed to return to the fields immediately to take the player home. After exhibiting symptoms the player must either get a negative Covid test or quarantine for 14 days prior to returning to training.

### **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 [adam.collins@iscgunners.org](mailto:adam.collins@iscgunners.org)

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.