



# 2020 Sky River Youth Soccer Club

## Return to Practice and Play Guidance

The club is preparing for the upcoming Fall 2020 soccer season. We are paying attention to

[Washington Youth Soccer's recommended return to play guidelines](#).

Please be aware that this plan is subject to change at any given time to stay current with the changes directed by our governing bodies.

Sky River Soccer Club's #1 priority is to PLAY ON...SAFELY!

Players and their families' health and safety come first; their physical and mental health is of utmost importance to us. Getting our kids outside, in fresh air and playing soccer safely is our goal. When our kids play, their body produces endorphins, which are a natural mood booster that can fight stress and depression. Feelings of empowerment, relaxation, and optimism follow. Play not only promotes healthy weight and cardiovascular fitness, but also enhances the efficacy of the immune, endocrine, and cardiovascular systems.

SRSC's general obligation is to keep a safe and healthy environment, including games and practices, in accordance with state and federal law, and comply with COVID-19 work site specific safety practices, as outlined in Governor Inslee's "Safe Start" Proclamation 20-25.4, the Washington State Department of Labor & Industries General Requirements and Prevention Ideas for Workplaces, and the Washington State Department of Health Workplace and Employer Resources & Recommendations.

There will be no practices/games while in Phase 2.

### Phase 3

**In Phase 3, teams may train and resume playing games.** Total gathering at any one training/game cannot exceed 50 individuals. For sporting complexes with multiple fields or other playing surfaces, the 50-individual limit is counted on a per-field, not a per-complex basis.

Coaches and Players must be SYMPTOM-FREE to participate in practices or games.

Coaches and Players with any of the following signs or symptoms should not participate or attend practices or games.

Fever over 100.0 degrees,

Cough,

Shortness of breath/difficulty breathing,

Chills, body or muscle aches,

Diarrhea,

Vomiting,

Sore throat,

Headache,

Loss of taste or smell

Players with a family/household member that is sick at home with suspected COVID-19, or waiting for a test result, should also NOT participate in practice or games.

Coaches and Players that have either contracted or are suspected to have COVID-19 must notify their coach and the club immediately at [Skyriversoccerclub@yahoo.com](mailto:Skyriversoccerclub@yahoo.com).

Washington State has mandated that no more than 50 people are allowed on the field at a time. For U8-19 ages, due to roster sizes and coaching staff, NO PARENTS/SPECTATORS will be allowed on the sidelines at practices.

### **Player Responsibilities**

- a) Take the temperature daily. Notify the coach and club if the temperature is over 100.0 or if you have any other COVID-19 symptoms.
- b) Wash hands thoroughly before and after practices and games.
- c) Wear a mask to the field before and after all practices and games to protect teammates and family members.
- e) Do not use anyone else's equipment.
- f) Bring 2 water bottles with the player's name on it. Do not use anyone else's water container.
- g) Players will maintain 6 feet of separation with their personal belongings on the sidelines at practices and games.
- h) No group celebrations with players closer than 6 feet, no high fives, hugs, cheers, tunnels, etc.
- i) Coaches are discouraged from using team benches. If your player wants their own individual chair, you may provide one for their use at games.

### **Coach/Volunteer Responsibilities**

- a) Ensure the health and safety of your players. Inquire how players are feeling, send them home if they act, or discuss feeling ill.
- b) Make sure that players use their own equipment i.e. bag, water bottle, etc. and prohibit them from sharing.
- c) Coaches must take attendance for all practices and games.
- d) Coaches must always wear a face mask and social distance from players when required.
- e) Wash and sanitize your own equipment after every practice or game.
- f) The use of pinnies is not recommended. Suggest certain players wear specified color t-shirts to practice.
- h) Maintain 6 feet of separation on the sidelines of games. Do not use team benches. Encourage players to bring individual chairs if needed.
- i) When you are the home team, provide the referee 3 game balls that have been sanitized just prior to the start of the match.
- j) Only coaches will handle team equipment such as cones.

k) If a player needs medical attention, the coaching staff will provide assistance which may include physically contacting the player. Coaches should wear disposable gloves.

l) Make sure that sidelines during games are enforced per state rules and club rules.

m) If a player reports symptoms of COVID-19, you must notify the club and opposing coaches that you have played within the last 14 days.

### **Parent Responsibilities**

a) Ensure players are healthy, check their temperature daily.

b) Limited or no carpooling.

c) Stay in your car when at training or games. Wear a mask at all times if outside your car.

d) Ensure the child's clothing is washed after every practice or game.

e) Label your child's equipment.

f) Sanitize your child's equipment, cleats, ball, etc. after every practice or game.

g) Notify the coach and the SRSC immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.

h) Do not assist coaches with their equipment.

### **Club Responsibilities**

a) Provide coaches and parents all updates requiring COVID-19 and youth sports requirements.

b) Provide coaches with a washable mask, hand sanitizer, and equipment sanitizer.

c) All equipment (balls, coach's bags, cones, uniforms, etc.) that is provided by SRSC will be sanitized before it is handed out.

d) Maintain an action plan in case of a positive test. If a person is diagnosed with COVID-19, the entire team must return to self-isolation until symptoms-free for 14 days.

e) Provide field space that will ensure 6 feet of separation between players, parents, and coaching staff.

f) Enforce all federal, state, and local rules regarding COVID-19.

### **Phase 3 Training Outline-**

Training sessions at the team level for groups of 20 or less are allowed (maximum of 50 people per field). Light contact is allowed, (scrimmage / opposed play) but efforts to social distance should otherwise continue (no team huddles, high fives, unnecessary contact). Masks required per Player/Coach responsibilities (above).

Practice will consist of 1 session a week, 1 hour in length (U7-U8). Ages U9-U16 will consist of 2 per week 1.5 hours in length max. Training sessions may include all soccer-related activities provided direct personal contact is limited to game-like actions.

Exercises will be designed to limit unnecessary physical contact. Maintain social distancing of a minimum of 6 feet between participants throughout training, except within the flow of play.

Plan for a thoughtful, well-managed increase in training load overtime and educate your players about how to get adequate rest and recovery to minimize the risk of injury as they work back to full match fitness.

SRSC strongly recommends that parents and guardians stay in their cars for pick up and drop off; if a parent or guardian would like to walk their child to the field, we ask that parents and guardians wear mask.

### **NCYSA Recreational Season Format**

a) Season will only operate during Phase 3 or 4.

b) Goal is to provide 10 game season; season will be 9/12/20 to 11/14/20. Minimum 6 games.

c) If, at any time, 6 games cannot be finished by end of season, season will be cancelled at that point. Last date for start would be weekend of October 10/11. Schedule will be built for full season.

d) When we start/re-start the season, schedule for current weekend(s) will be used. I.E. if we start Sep 26/27, we would use that weekend for the schedule, not week 1.

e) There will be no accommodation in scheduling for coaches with multiple teams.

f) If the season is cut short, a prorated refund may be provided, understanding that NCYSA's major source of income is the rec league season and therefore refunds may have an impact on financial results for NCYSA.

g) If, at any time during the season on a day with scheduled games, if league cannot operate under Phase 3 or Phase 4, either due to new restrictions for the phase or movement to a previous phase, games for those days will be cancelled and will not be re-scheduled.

h) Games that are missed due to a team being unable to play may not be re-scheduled.

i) At NCYSA discretion, league may cancel a weekend of play to provide for re-scheduled games in #11 above if the 6-game minimum can still be met for the entire season.

j) Home games may be played at another facility, outside of the home club boundaries, if the original facility or a replacement facility within home club boundaries is not available. Similar to spring league, NCYSA will work with home club to facilitate cost sharing to pay for host field.

k) Games - Spectators at field will be limited based on team size per age group.

l) Total gathering at any one game cannot exceed 50 individuals. For sporting complexes with multiple fields or other playing surfaces, the 50-individual limit is counted on a per-field, not a per-complex basis

**COVID-19 Refund Policy**

Refund policies provide for full or prorated refunds should the season be cancelled, or you simply are not comfortable and choose to withdraw:

**Before September 7th:** 100% refund.

**After September 7th until the 1st game:** 100% refund minus \$20 admin. fee & uniform fees.

**After 1st game until 5th game:** Prorated, minus \$20 admin. fee & uniform fees.

**After 6th game:** No Refund.

All coaches/parents should review RTP guidelines and best practices outlined by Washington Youth Soccer.

Latest updates available at <https://washingtoneyouthsoccer.org/washington-youth-soccer-return-to-play-guidelines/>