



RETURN TO PLAY
FC Cascade
May 28, 2020

FC Cascade Board of Directors, in consultation with Oregon Youth Soccer Association (OYSA) and other clubs in the state of Oregon, are determined to begin club activities while ensuring the safety of our families, players, coaches, and our community. This Return to Play document will outline the responsibilities required from our families, players, and coaches so that we adhere to new training protocols during Covid-19.

These guidelines acknowledge best practices as we understand how the virus spreads. We will continue to adapt based on new medical information and guidance from our Governor and the Oregon Health Authority. As each family makes their own determination of risk involved, participation is not mandatory. Families should only attend activities that they deem comfortable. As we enter various phases, risk factors increase for the spread of the virus. This document outlines protocols that we can take to minimize risk.

Communication Plan

FC Cascade will appoint a single point of contact for all Covid-19 matters.

Criteria for Participation in Activities for Players, Coaches, and Staff

- Sign Club Waiver and Return to Play Document
- 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 30 minutes before going to training
- Answer coach's wellness questions before training begins

Training Schedule and Activities

FC Cascade intends to use Morning Star and Three Sisters for the upcoming season. During Phase I, all sessions will be done remotely. During Phase II, sessions will be on our fields. Each session during Phase II will be 45 minutes in length. We will start with once a week and you can expect an adjustment to twice a week during Phase II. Players will stay in the same pod (grouping of players). We strongly discourage carpooling. There will be time between sessions to allow group to leave before bringing next group out.

Morning Star Field

Morning Star has one field. During Phase II, the field will be divided in half and one coach will work with approximately 5 players on individual drills. During Phase III, entire teams will be able to practice together and contact is permitted. There will be physical distancing between players and coach during Phase II.

During all phases, parents will be asked to park in designated spots and remain in their cars or drop off their child. Spots will be in the front and spots will be on the back side as well for the second group. Each half of the field will have marked areas for players to place their equipment. In addition, each side will have a sanitation station to clean their ball before and after practice. There will be no sharing of equipment, snacks, or water bottles.

Three Sisters Field

Three Sisters has two fields. During Phase II, the larger field will be divided in half and one coach will work with approximately 5 players on individual drills. The smaller field will be used by another coach with approximately 5 players. During Phase III, entire teams will be able to practice together and contact is permitted. There will be physical distancing between players and coach during Phase II.

During all phases, parents will be asked to park in designated spots and remain in their cars or drop off their child. Spots will be marked based on the three practice areas. Each half of the field will have marked areas for players to place their equipment. In addition, we will have three sanitation stations to clean their ball before and after practice. There will be no sharing of equipment, snacks, or water bottles.

Tentative Dates for Various Phases and Overview of Activities

Phase I (Began May 15)

Online training only

Phase II (Earliest date to begin phase is June 5)

Small Group Practices, Individual Training, No Contact, No Shared Equipment, Outside Field

Phase III (Earliest date to begin phase is June 19)

Full Team Practices, Contact Permitted, Outside Field

Phase IV (Earliest date to begin phase is July 3)

No Restrictions

Introduction of Principles and Responsibilities

Club Responsibilities

- Create and distribute protocols to our families
- Monitor all health guidance from OYSA, OHA, and state and local governments
- Provide adequate spacing for social distancing
- Accommodate various levels of discomfort with returning to play too quickly
- Provide sanitation stations at all fields
- Maintain action plan in case of a positive test

Coach Responsibilities

- Follow all protocols to ensure social distancing and a safe training space
- Only coaches handle cones and disks, no pennies
- Ask wellness questions prior to training
- Have fun and stay positive

Parent Responsibilities

- Ensure child is healthy and take their temperature 30 minutes before practice
- Avoid carpooling to the best extent possible
- Stay in car
- Sanitize personal equipment
- Go over social distancing and field arrival protocols with your child
- Immediately notify the club if your child becomes ill

Player Responsibilities

- Sanitize yourself and your equipment before and after each practice
- Bring and use hand sanitizer
- No sharing with your teammates
- Practice social distancing
- No spitting or group celebrations
- Have fun!

Additional Club Resources

Please visit Oregon Youth Soccer Association's COVID-19 Info Page at:

<http://oregonyouthsoccer.org/about-oyasa/covid-19-info>

PARENT SIGNATURE _____

PARENT NAME _____

PLAYER NAME _____

DATE _____