



## North Clackamas Soccer Club Operational Plan

North Clackamas Soccer Club is dedicated to protecting the health and safety of all people who participate in our club and league play. The purpose of this document is to provide athletes, parents, and coaches with information on how NCSC and our leagues play protocols in the context of COVID-19. Our procedures and responsibilities rely upon rules and regulations set forth by our public health authorities.

RETURN TO PLAY. COVID-19 North Clackamas Soccer Club January 30th, 2021. NCSC is following the Oregon Health Authority, Clackamas County, North Clackamas School District, North Clackamas Parks and Rec District and seasonal league mandates.

Resources will be followed and checked regularly for updates.

- Disease Spread Table (Metrics that determine county risk status) [Click Here](#)
- County Risk Levels (Map) [Click Here](#)
- County Risk Level Table (What is allowed for activities for county risk status) [Click Here](#)
- Statewide Freeze Guidance – Masks, Face Coverings, Face Shields [Click Here](#)
- Guidance FAQs - Statewide Mask, Face Shield, Face Covering Guidance [Click Here](#)
- Statewide Freeze Guidance – Outdoor Recreational Sports, Limited Return to Play for Specified Sports [Click Here](#)
- Statewide Freeze Guidance FAQs – Sports [Click Here](#)

Prior to taking the fields, every NCSC member and coach must sign and return the agreement form to follow the Return To Play Club Operational Plan.

In the case that a player / coach is found COVID positive.

- Must contact coach and the NCSC Board
- NCSC Board will contact Clackamas County / OYSA / NCSD / NCPRD / Current seasonal governing league and or whomever fields and properties we are using.
- Exposed players and coaches on the he team will be contacted and asked to self - quarantine for 14 days.

Current Phase January 30<sup>th</sup> 2020

- All coaches and players will adhere to and answer all questions of the participant form.
  - Coaches will record and turn in completed forms to NCSC Board
  - Must take temperature 30 minutes prior to arriving for the soccer session
  - Do you have a fever of 100.4 degrees?

- Any fever last 4 – 8 hours
- Coughing
- Shortness of Breath
- Close Contact with anyone with Covid – 19
- Last time traveling out of state
- All players and coaches will wear face coverings
  - Oregon Covid-19 Mask Requirements
    - <https://govstatus.egov.com/or-oha-face-coverings>
- Coaches will limit shared equipment
  - Shared equipment will be sanitized after each use
  - Coaches will be the only one handling cones
- Players are responsible to sanitize and bring their own equipment
  - Appropriate clothing
  - Cleats
  - Shin Guards
  - Pennie
  - Goal - Keeper equipment

**Coach Responsibilities:**

- Wash or sanitize hands thoroughly before and after training.
- Follow all state and local health protocols, including social distancing guidelines.
- Inquire how the athletes are feeling, send them home should you believe they act or look ill.
- Ensure all athletes have their individual equipment that should be appropriately spaced out (ball, water, bag etc.)
- Coach is the only person to handle cones, disks, etc.
- Always wear a face mask, maintain social distance requirements from players based on state and local health requirements.

**Parent Responsibilities:**

- Ensure child is healthy, check your child's temperature daily 30 minutes prior to training.
- Limited or no carpooling.
- Stay in car or adhere to social distance requirements, based on state and local health requirements, when at training wear mask if outside your car.
- Ensure all clothing, equipment, cleats, ball, shin guards etc. are sanitized before and after every training.
  - <https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19>
- Notify club immediately if your child becomes ill for any reason.

- Be sure your child has necessary sanitizer and a mask with them at every training.

### **Player Responsibilities: 10/1/2020**

- Wash or sanitize hands thoroughly before and after training.
- Bring and use, hand sanitizer with you to every training.
- Wear mask, when playing and when social distance cannot be achieved
- Do not touch or share anyone else's equipment, water, snack or bag.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, no high 5's, Hugs, handshakes etc.
- No spitting.

### **Club Resources**

What to do if someone is confirmed to have Covid-19?

Contact Local Public Health Authority – County Contact List  
What to expect if you have been diagnosed with Covid-19  
Small Business Navigator – help interpret OHA Guidance, ask questions  
USYS Positive Case Tip Sheet

<https://www.oregon4biz.com/Coronavirus-Information/>

### **National Resources**

Center for Disease Control and Prevention – Coronavirus (Covid-19)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- How to Protect Yourself and Others

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

- Guidance for Administrators in Parks and Recreational Facilities

<https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/park-administrators.html>

- Guidance Documents

<https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html?Sort=Date%3A%3Adesc>

- Symptoms of Coronavirus

<https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html?Sort=Date%3A%3Adesc>

- Schools and Childcare Programs

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

- Cleaning and Disinfecting our Home

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

- Cleaning and Disinfection for Households

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

- Print Resources

<https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc>

- Considerations for Youth Sports

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

- Use of Masks to Help Slow the Spread of Covid-19

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

o Selecting, How to Wear, Considerations, Making, and Washing United States Olympic and Paralympic Committee Coronavirus Updates

<https://www.teamusa.org/coronavirus>

- Return to Play – Risk Assessment Tool

<https://www.aspenprojectplay.org/return-to-play>

- Coronavirus & Youth Sports: How Should Youth Sports Return to Play?

[https://www.aspenprojectplay.org/coronavirus-and-youth-sports/webinars/how-should-youth-sports-return-to-play?utm\\_source=iContact&utm\\_medium=email&utm\\_campaign=how-should-youth-sports-return-to-play&utm\\_content=Coronavirus+and+Youth+Sports+Webinar+5+post-event](https://www.aspenprojectplay.org/coronavirus-and-youth-sports/webinars/how-should-youth-sports-return-to-play?utm_source=iContact&utm_medium=email&utm_campaign=how-should-youth-sports-return-to-play&utm_content=Coronavirus+and+Youth+Sports+Webinar+5+post-event)

- Wild West: Youth sports providers weigh liability risks

<https://www.aspenprojectplay.org/coronavirus-and-youth-sports/reports/2020/5/8/wild-west-youth-sports-providers-weigh-liability-risks>

- Survey: 50% of parents fear kids will get sick by returning to sports

<https://www.aspenprojectplay.org/coronavirus-and-youth-sports/reports/2020/5/12/survey-50-percent-of-parents-fear-kids-will-get-sick-by-returning-to-sports>

- Will youth sports embrace apps tracking return to play rules?

<https://www.aspenprojectplay.org/coronavirus-and-youth-sports/reports/2020/6/9/will-youth-sports-embrace-apps-tracking-return-to-play-rules>

National Recreation and Park Association – Slowing the Spread of Covid-19

<https://www.nrpa.org/our-work/Three-Pillars/health-wellness/coronavirus-disease-2019/slowing-the-spread-of-covid-19/>

US Soccer Play On

<https://www.ussoccer.com/playon>

US Youth Soccer Return to Play Resources

<https://www.usyouthsoccer.org/resources/return-to-activity-resources/>

US Youth Soccer Activity Guide

<https://www.usyouthsoccer.org/resources/us-youth-soccer-activity-guide/>

FIFA Covid-19 Medical Considerations

<https://oregonyouthsoccer.org/wp-content/uploads/bsk-pdf-manager/2020/06/FIFA-COVID-19-Medical-Considerations.pdf>

Environmental Protection Agency – List of approved disinfectants

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>

Southeast ADA Center – The ADA and Face Mask Policies

<https://www.adasoutheast.org/ada/publications/legal/ada-and-face-mask-policies.php>

## **Oregon Resources**

Governor Kate Brown Website - <https://govstatus.egov.com/or-covid-19>

- Reopening Oregon: Details on Restarting Public Life and Business – May 7, 2020

**Oregon Health Authority -**

[https://govsiteassets.s3.amazonaws.com/2pRIAJbhRBuSTm0lqy6p\\_Reopening-Oregon-Details-on-Restarting-Public-Life-and-Business.pdf](https://govsiteassets.s3.amazonaws.com/2pRIAJbhRBuSTm0lqy6p_Reopening-Oregon-Details-on-Restarting-Public-Life-and-Business.pdf)

- Outdoor Recreation Guidance – July 1, 2020

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2342E.pdf>

- Summer Camp Guidance – July 24, 2020

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2357.pdf>

- Fitness Related Organizations – July 24, 2020

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2352.pdf>

- Guidance for the General Public

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2342D.pdf>

- Reopening Guidance Tool

<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2689.pdf>

- Statewide Recreational Sports, Limited Return to Play for Specified Sports – September 15, 2020

<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2351G.pdf>

o FAQ's – September 16, 2020

<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2390g.pdf>

- Statewide Reopening Guidance – Gatherings – September 15, 2020 o FAQ's – August 20, 2020

<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2351G.pdf>

- Oregon COVID-19 Contact Collaborative (Contact Tracing Information)

<https://govstatus.egov.com/OR-OHA-Contact-Collaborative>

- Oregon Covid-19 Mask Requirements

<https://govstatus.egov.com/or-oha-face-coverings>

Guidance, FAQs. And Facts

<https://govstatus.egov.com/or-oha-face-coverings>

Oregon School Activities Association

[http://www.osaa.org/docs/osaainfo/OSAA\\_Media\\_Release\\_May\\_20.pdf](http://www.osaa.org/docs/osaainfo/OSAA_Media_Release_May_20.pdf)