



Washington East Soccer Club

# **Return to Play Guidelines**

For clarity and simplicity, we will follow Governor Inslee's Washington State Phased Approach model. We can only advance to the next phase of our plan if Governor Inslee has approved Spokane County's request to advance to the next phase of the Safe Start Washington plan.

Washington East's Return to Play Safety Protocol was developed following Governor Inslee's Washington State Phased Approach with guidance from the CDC, Washington State Department of Health, U.S. Club Soccer and Puget Sound Premier League.

We understand that both the physical and mental well-being of our players are enhanced by physical activity and social contact with their teammates, friends and coaches and it is our goal to get players back on the field as soon as possible with a reasonable assumption of risk. We also understand that while children often do not suffer severe effects from COVID-19, they can be easily infected and become vectors for the disease, putting vulnerable populations around them at risk. COVID-19 remains highly contagious, so we must do everything that we can to minimize the risk of spreading the virus in our efforts to bring some normalcy back to the lives of our players and families.



# RETURN TO PLAY RECOMMENDATIONS

All youth and amateur sports organizations want to get back on the field or court. The following are recommendations for returning to play in phases. The following should be applied regardless of the Return to Play Phase:

1. Check players temperature prior to coming to any training session, if  $>100.3$  then have player stay at home.
2. At risk individuals, youth, or adults, STAY HOME.  
Notify club immediately if your child becomes ill for any reason.
3. Players, coaches, staff are recommended to wear masks to and from the field.
4. Players will be assigned a station to place their bag/equipment to maintain social distancing during prep and breaks.
5. Players should bring their own water bottle, hand sanitizer and any required equipment.
6. Players/Coaches should use hand sanitizer before, during breaks and after training.
7. Surfaces that may be contacted and shared by players (benches, balls, etc.) should be disinfected before and after use.
8. Equipment used by staff (cones, small goals, etc.) should not be handled by players or other attendees and should be disinfected after use.
9. Finish and start times will be staggered to allow teams to completely leave the field prior to the next team arriving.
10. We encourage parents/attendees to remain in their vehicles during the training session.
11. Families, spectators and attendees at the complex should be limited and should maintain social distancing as defined by the CDC.
12. Respect for everyone's choices must be the top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations made if necessary.
13. If parents and/or players are not comfortable with returning, don't. Families' situations and circumstances differ, and it is ultimately the decision of the family on when your child returns to play.



# PHASE 1: TRAINING AT HOME

1. Stay home and stay healthy.
2. Individual training at home using your own equipment.
3. Only Virtual Coaching allowed.



# PHASE 2: SMALL GROUP TRAINING AT FACILITIES

\*On June 4, 2020, Governor Inslee issued a memo providing clarification on Phase 2 and 3 for Recreational Sporting Activities – Proclamations 20-25 and 20-25.4.

1. Players are limited to groups of five in separate parts of the field, separated by a buffer zone.
2. More than one group may train simultaneously, but each group should train in a designated area, a minimum of 6' from other groups.
3. Should prioritize grouping players who share living spaces where possible (siblings, for example).
4. Players should avoid all physical contact with each other, including celebrations, handshakes, high-fives, etc.
5. No heading, throw ins or involving goalkeepers– goalkeeper should train as a field player.
6. All coaches and players must maintain a social distance of at least 6 feet to reduce the risk of disease transmission.
7. Players should wear gray training jersey or like type top to training for uniformity and to lessen the usage of training bibs.
8. Each group should be given a designated time to arrive and depart the training grounds or facility.
9. Incoming players should wait till the field is fully vacated by the previous training group before leaving their vehicles.
10. Individuals should maintain social distancing guidelines during arrival and departure from training.
11. Other individuals in attendance (family members, for example) must remain in their vehicles during the training session.
12. In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.



# PHASE 3: TEAM TRAINING

\*On June 4, 2020, Governor Inslee issued a memo providing clarification on Phase 2 and 3 for Recreational Sporting Activities – Proclamations 20-25 and 20-25.4.

1. Return to full squad training with no more than 50 individuals (players, coaches, attendees) per field.
2. Light contact is allowed (scrimmage/opposed play) but efforts to social distance should otherwise continue (no huddles, handshakes, high fives, etc.)
3. In Phase 3, teams can resume playing games. Total individuals (players, coaches, attendees) at any one game cannot exceed 50 individuals per field.
4. Goal keeping is allowed with the introduction of scrimmage/opposed play.
5. Individuals should maintain social distancing guidelines during arrival and departure from training.
6. Players should wear gray training jersey or like type top to training for uniformity and to lessen the usage of training bibs.
7. Each group should be given a designated time to arrive and depart the training grounds or facility.
8. Incoming players should wait till the field is fully vacated by the previous training group before leaving their vehicles.
9. Other individuals in attendance (family members, for example) are recommended to remain in their vehicles during the training session.
10. In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.



# PHASE 4 – RESUME ALL RECREATIONAL ACTIVITY

1. Regular training sessions can be held.
2. Social distancing should be maximized as appropriate and available, especially for spectators.

