

# Somerset West Soccer Club COVID-19 Return to Play Plan

We ask that our players, coaches, club officials, and families follow these guidelines closely and diligently. Many of these guidelines are recommendations; however, they closely follow the recommendations of the Oregon Health Authority. We kindly ask that all members be respectful of each individual's personal liberties.

**The League and its participating clubs will not tolerate bullying in any form.**

Parents, coaches and players **must** wear a **face covering** following OHA Guidance - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2351e.pdf>

At this time, coaches and players 5 and up must wear a **face covering** during practices / games. No **Parents/Guardians allowed on fields at anytime.**

## Club Responsibilities

- Adopt a Return to Play plan and submit to OYSA.
- Develop and implement a communication plan for all RTP aspects, make all resources available through the club's website or other accessible tool.
- Identify/develop/distribute guidance, procedures and other relevant documents to coaches, players, and parents/guardians.
- Adopt the OYSA or an equivalent Assumption of Risk waiver and ensure all coaches/parents/guardians sign it prior to the start of practices.
- Designate a primary person or persons to communicate updates on local COVID-19 requirements to coaches and parents/guardians as needed.
- Provide coaches with a form, tool, or other process for tracking attendance at practices and games.
- Provide a process for coaches and parents/guardians to notify the club if a coach/assistant, the parent/guardian, or player, is found to have COVID-19. This includes any imposed isolation/quarantine orders that affect the team.
- Monitor guidelines from Oregon Governor and Oregon health authorities.
- Educate coaches, players, and families on healthy behavior while on the field.

## Coach Responsibilities

- Follow all practice and game requirements.
- Monitor personal health and hygiene, including taking your temperature prior to attending training/activity—stay home if you feel sick.
- Wear a face covering at all times when working with your team.**
- Notify the club's designated point of contact if you or a member of your team (including parents/guardians) test positive or are isolated/quarantined; do not share the names of anyone who tests positive or is placed in isolation/quarantine.
- Wash hands before and after practices; wash and sanitize equipment before and after each practice.
- Ensure all players have their own personal equipment and store it properly; ensure only coaches handle team equipment; do not use shared pinnies.
- Take attendance at the start of every practice/game.
- Agree to and sign an Assumption of Risk Waiver before starting practices.
- Show up no earlier than 5 minutes before practices and 30 minutes before games, end practice 5 minutes before scheduled end for safe transition.

## Player Responsibilities

- Follow all practice and game requirements/responsibilities.
- Have your parent take your temperature 30 minutes before soccer activities.
- Let your parent/coach know if you are not feeling well, stay home if sick.
- Wear a face covering during practices and games.**
- Bring hand sanitizer and use it as appropriate at practices and games.
- Bring your own soccer ball and water bottle to all trainings; do not touch anyone else's equipment or share your own with others.
- Wash and sanitize your equipment before and after training.
- Do not assist the coach with equipment before or after training or games.
- Practice social distancing before, during, and after training; do not gather in small groups before or after practices/games, no physical contact including group celebrations, hugs, handshakes, or any contact with other players.
- Show up no earlier than 5 minutes before practices and 30 minutes before games; check in with your coach for attendance tracking.

## Parent Responsibilities

- Review and familiarize yourself and your child with these guidelines/responsibilities before player attends any soccer activities.
- Follow all practice and game requirements/responsibilities.
- Agree to/sign your club's Assumption of Risk waiver before practices begin.
- Monitor and ensure your players' personal health and hygiene, take your players' temperature prior to all soccer activities and keep your player home if he/she is or feels sick.
- Carpooling to practices is discouraged unless no other options are available.
- At this time, Parents/Guardians are not allowed on the field and must remain in their cars or in the parking area. Parents/guardians must follow current OHA face covering guidance.**
- Wear a face covering based on OHA Guidance.**
- Ensure player equipment is sanitized before and after training.
- Notify the club's designated point of contact(s) if you, your player or another family member tests positive for COVID-19 or is directed to isolate/quarantine due to close contact with a COVID positive case.

# Somerset West Soccer Club COVID-19 Return to Play Guidelines

## League Responsibilities

- Ensure each participating club has adopted a Return to Play plan and submitted it to OYSA.
- Coordinate field access efforts directly with THPRD and with out-of-district field providers through the appropriate club representatives (i.e., Sherwood, Tigard, and Tualatin).
- Schedule games for all Grade 2-8 and High School programs while ensuring that more time is allowed between games at every site to maximize social distancing and minimize social interaction.
- Schedule referees for all Grade 2-8 and High School games while ensuring that referees have been properly instructed in health and safety game management requirements/ expectations.
- Receive **general** reports of COVID positive tests of players, coaches, and parents/guardians from participating clubs and, in cooperation with the reporting club, determine if a team must be removed from a game schedule due to public health-imposed isolation or quarantine orders.

## Rules of Play Modifications for all Recreational games

### \*\* Include Grade K-8 and High School

- Disallow throw-ins at all age levels and instead require that restarts arising from the ball crossing over the touch line be initiated with an indirect free kick.
- Disallow headers at all age levels.
- Treat intentional spitting at, coughing, or heavily breathing on another player, coach, official, or parent as a "Red Card" offense requiring dismissal from the game.

## Field Guidelines

- TBD \*\* Need to add as we get closer with OHA/BSD/THPRD/OYSA info

## Game Guidelines

- Coaches and players must be healthy, have their temperature checked at least 30 minutes before attending games, and not have a fever.
- Carpooling to games is discouraged unless there is no other option.
- Coaches and players should show up no earlier than 30 minutes and must be wearing a **face covering at all times**.
- **At this time, Parents/Guardians are not allowed on the field for games and must remain in their cars or in the parking area. Parents/guardians must follow current OHA face covering guidance.**
- Players must practice social distancing before, during, and after games; do not gather in small groups before or after practices/games, no physical contact outside of the play of the game, including group celebrations, hugs, handshakes, high fives, etc.
- Coaches must record player attendance using a club provided recordkeeping document or tool.
- Player equipment and water bottles should be separated by six feet
- Players must not share water bottles.
- When the game ends, players must promptly pick up their personal equipment, and leave the field.
- Coaches should be the last to leave while ensuring all personal equipment and any refuse is cleared from the area.