



Jefferson County Soccer Club (JCSC) Return to Play Protocol Summer-Fall 2020

In accordance with Washington Youth Soccer (WYS), Jefferson County Soccer Club's #1 priority is to play on ... safely!

"Players and their families' health and safety come first; their physical and mental health are of utmost importance to us. Getting our kids outside, in fresh air and playing soccer safely is our goal." - Washington Youth Soccer

At JC Soccer Club, the health and safety of our players, coaches, and families is our top priority. Along with WYS and our Kitsap, Mason, and Clallam county soccer partners, we have been working to develop a Return-to-Play protocol for our JC Soccer Club teams.

The current Return to Play requirements, as designated by Governor Inslee's office in early June, stand as follows:

- In Phase 2, team practice can resume if a) players are limited to groups of five in separate parts of the field, separated by a buffer zone and b) practice can follow social distancing of a minimum of six feet between players with no contact. Each league, organization, or club must publish and follow a "return to play" safety plan. Parents and household members must not congregate on the sidelines during practice.
- In Phase 3, teams can resume playing games. 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.

At this time, Jefferson County Parks will allow JC Soccer Club to hold full team practices with strict social distancing protocols. To adhere to the state and local guidelines, JCSC will implement the following return to play safety protocol for our club. Please review the following pages to allow you and your family to best prepare for return to play safely.



General Return to Play Protocols:

1. Be smart: if you are sick, stay home. This applies to everyone: players, coaches, and parents. All families and coaches need to **actively monitor the health of players and household members.** If a player or family member has any of the symptoms of COVID-19, that player must temporarily withdraw from training and games. If a player or family member receives a positive COVID-19 test result, the team coach and club must be notified immediately and anyone who has come into contact with that participant must comply with a 14-day quarantine.
2. Sanitize: have hand sanitizer available and encourage hand washing before and after all activities.
3. Group play: all activities must be limited to the max number allowed in the current phase.
4. Physical play: facilitate soccer activities that eliminate physical contact. All drills and small-sided games should have as little physical contact as possible. Tackling, shielding, etc. should not be included in small-sided games or drills.
5. No high-fives, handshakes, or hugs: as much as we want to physically connect, this is not a safe practice for anybody right now.
6. Masks: coaches and spectators should wear a mask before, during, and after practice. Players should wear a mask when not actively practicing, including when walking to and from the field.
7. Drop-off/pick-up: if possible, parents should remain in the car for drop-off and pick-up. All spectators must remain 6 feet apart.
8. Equipment: players will be required to take extra responsibility for their own gear and equipment. Families should clean and sanitize gear after each use. Please no sharing of equipment.



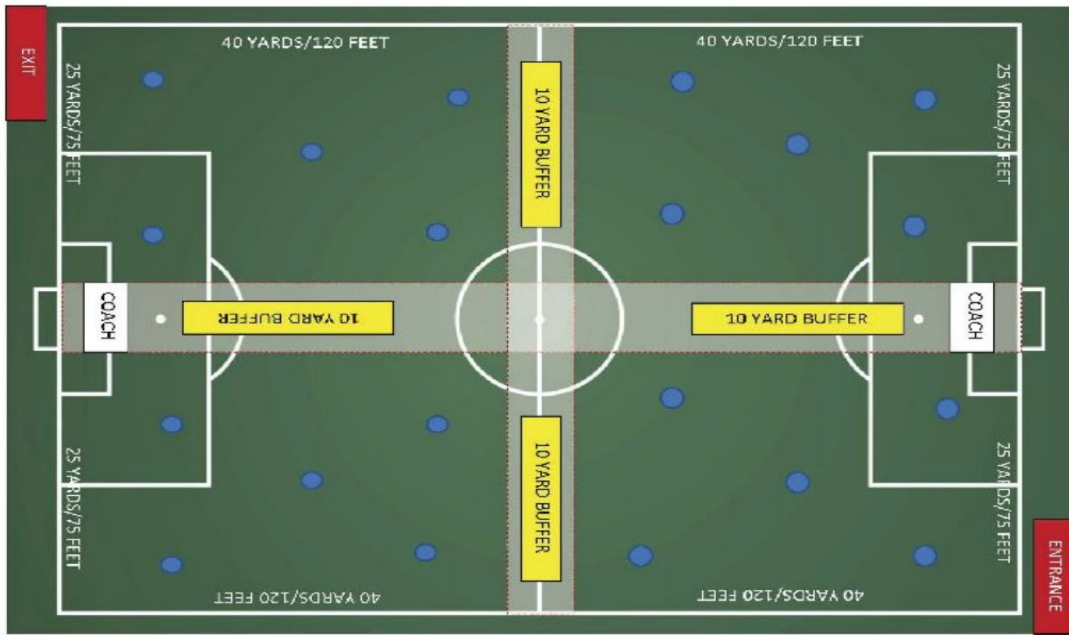
Specific JCSC Phase 2 Safety Measures:

- Phase 2 practices will have strict social distancing policies with groupings of no more than 5 kids per zone/quadrant of the field.
- Coaches are expected to give players a “safety briefing” before the first training session and periodically during the season, to acquaint them with the JCSC and WYS safety measures.
- Coaches must design the practice area and practice drills to accommodate social distancing (see field maps on next page) for each zone.
- Coaches can work 2-4 zones so they can work with the entire team.
- Coaches are to stay outside of the player zones.
- Drills/workouts are to be designed to ensure no contact with players maintaining at least 6 feet between each other.
- No gathering before and after practice.
- Masks should be worn before and after practice.
- As players arrive and depart, they are to maintain at least 6 feet from each other and move directly to their designated practice areas or return to their cars.
- Players are to set their gear and water at a spot clearly 6 feet away from teammates. Players will be assigned a soccer ball and pinnie at the beginning of the season. They are responsible for these items.
- Parents/guardians should stay in their cars or stay 50' away.
- Sanitizer should be present and used before and after practice.
- Sharing of any equipment, food, water, etc., is prohibited.
- When players arrive home, remove clothing for immediate washing, wash hands, and shower.

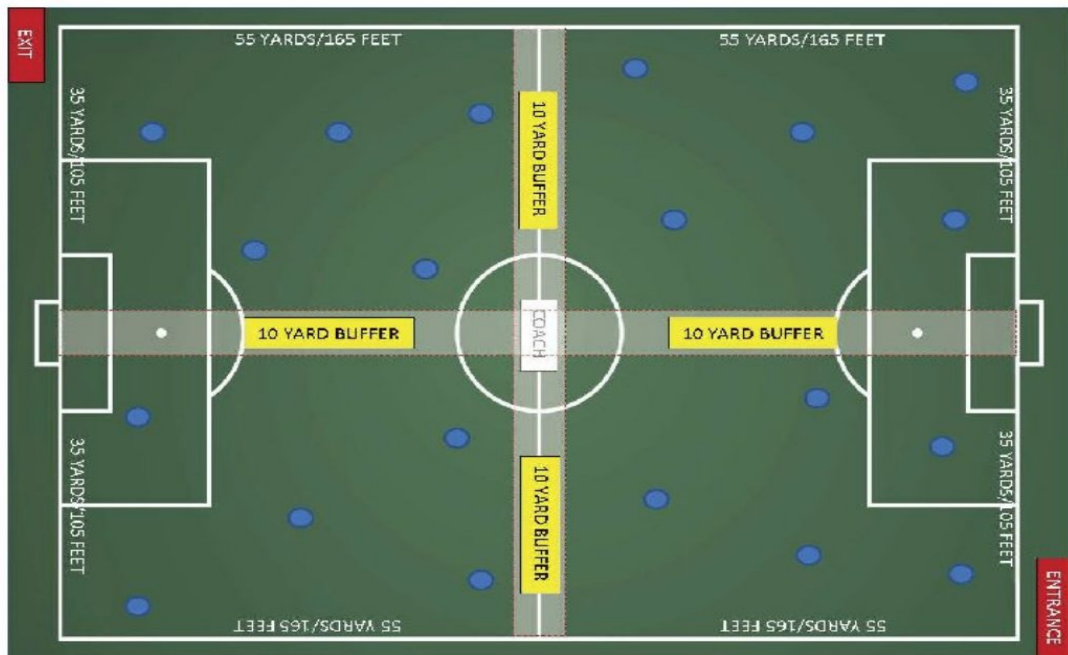


Below: Examples of full-team practice layout using strict social distancing.

9v9 Field: 5 players per 9000 sq. feet or 1000 sq. yards or 0.2 acres



11v11 Field: 5 players per 17,325 sq. feet or 1925 sq. yards or 0.4 acres





Specific JCSC Phase 3 Safety Measures:

- In Phase 3, game-like practice conditions may resume and games against other teams may resume, with social distancing protocol in play before and after sessions.
- Coaches are expected to give players a “safety briefing” before the first training session and periodically during the season, to acquaint them with the JCSC and WYS safety measures.
- If a player or family member receives a positive COVID-19 test result, the team coach and club must be notified immediately and anyone who has come into contact with that participant must comply with a 14-day quarantine.
- Fields cannot exceed the 50 person maximum, so it is likely that parents **may not be able to** view games from the sidelines.
- No gathering before and after practice/games.
- As players arrive and depart, they are to maintain at least 6 feet from each other. Sidelines will be set up so that players maintain 6 feet between each other when they are not on the field.
- Sanitizer should be present and used before and after practice/games.
- Breaks should include social distancing of 6 feet.



JCSC Parent Responsibilities:

- Speak with your player and familiarize them with Return to Play protocols before the season begins.
- Adhere to all Return to Play Protocols.
- If not comfortable having your child return to play, don't.
- Notify the club (your coach and president@jcsoccerclub.org) if you or a household member has tested positive for COVID-19.
- Ensure athletes are healthy, check their temperature daily.
- Limited or no carpooling.
- Stay in the car or social distance when at the field.
- Wear a mask always if outside your car.
- No parents/family on the field/sidelines except for team coaches at all practices and games, unless otherwise specified.
- Ensure child's clothing is washed after every training session.
- Label your child's equipment to guard against cross-contamination.
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized after every training.
- Coach may assign pinnies to players. Players will be responsible to clean after each training session.
- Do not assist coaches with equipment before or after training.
- Be sure your child has necessary sanitizer and cleaning supplies with them at every training.
- Notify the club immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.
- JCSC is NOT liable for COVID-19 related illness.



JCSC Player Responsibilities:

- Adhere to all Return to Play Protocol.
- If not comfortable returning to play, don't.
- If you have a temperature, do not come to training, please notify coach.
- Notify coach if you or a household member has tested positive for COVID-19.
- Wash hands thoroughly before and after training.
- Bring and use hand sanitizer with you at every training session.
- Limited or no carpooling.
- Wear a mask before, after and while on the sidelines of all training sessions. JCSC masks will be provided, but you can wear any mask of your choosing.
- Do not touch or share anyone else's equipment.
- Practice social distancing.
- Place bags 6 feet apart from your teammates' equipment during sessions.
- Coach may assign pinnies to players. Players will be responsible to clean after each training session.
- Wash and sanitize all equipment before and after every training session.
- No contact-related celebrations, no high 5's, etc.

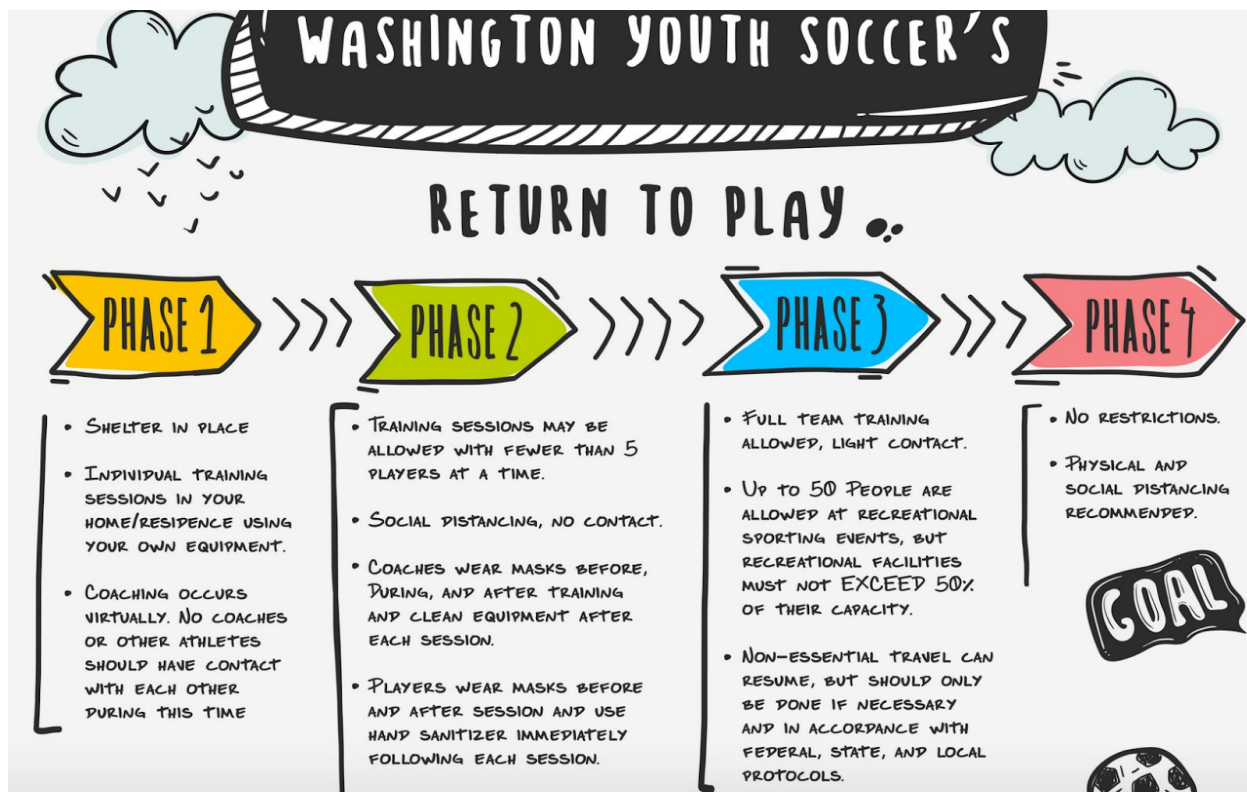


JCSC Coach Responsibilities:

- Adhere to all Return to Play Protocols.
- If JCSC receives any reports that coaches and players are not adhering to social distancing guidelines as outlined in this RTP, then we will be forced to modify the RTP to only include up to 5 players at a practice.
- If not comfortable returning to play, don't.
- If you have a temperature, do not come to training, notify the club.
- Notify the club (President@jcsoccerclub.org) if you or a household member has tested positive for COVID-19.
- All training must be outdoors, and coaches must strictly enforce social distancing per the current phase guidelines.
- Keep attendance for each practice or event. JCSC will provide checklists for this task.
- Distribute pinnies and balls at first practice. They become the responsibility of players and parents to clean and bring to each practice.
- Ensure all athletes have their individual equipment and prohibit them from sharing anything.
- Equipment placement & bags should be spaced at least 6 feet apart.
- The coach is the only person to handle cones, disks, goals, etc.
- Coaches must wear a mask to and from training sessions and social distance from players when required.
- Wash and sanitize your own and team equipment after every session.
- Emphasis should be placed on exercises that allow players and buddies to practice skills with 6 feet of distance from each other, if possible.
- Exercises should avoid transitions that involve "physically tagging a teammate" such as relay races or tag. Use alternative visual cues.
- No contact-related celebrations, no high 5's, etc.
- Hand sanitizer should be part of your equipment. JCSC will provide for the team.



WYS Visuals:



>When a member is showing symptoms, or thinks they may have contracted the virus, their Club should direct that person to be tested and follow up with their local or state health department. Players with symptoms or having been exposed to anyone with the virus should not participate in team activities until they receive a negative test result.

>Any player that tests positive, or has been in contact with a person that tests positive, should be removed from training. That player, and all those that have been in contact with them should self-quarantine. according to CDC and local health guidelines.

>When a member has tested positive and the case is confirmed by local health officials, all members of the Club and their families should be notified that a member of the Club has tested positive.

>The Club should not identify the individual, but rather leave that communication to local health officials.

>All members should follow their local or state guidelines for contact tracing and quarantine requirements.

>Clubs, in cooperation with their local health department, should clean and sanitize their entire facility. Clubs should work with local health officials to determine when their facility can be reopened.