

# NKSC Return to Play Protocol

COVID-19

North Kitsap Soccer Club

Return To Play Protocol



WASHINGTON'S PHASED APPROACH Reopening Business and Modifying Physical Distancing Measures				
	1 Phase 1	2 Phase 2	3 Phase 3	4 Phase 4
<b>High-Risk Populations*</b>	Continue to Stay Home, Stay Healthy	Continue to Stay Home, Stay Healthy	Continue to Stay Home, Stay Healthy	Resume public interactions, with physical distancing
<b>Recreation</b>	Some outdoor recreation (hunting, fishing, golf, boating, hiking)	All outdoor recreation involving fewer than 5 people outside your household (camping, beaches, etc.)	- Outdoor group rec. sports activities (5-50 people) - Recreational facilities at <50% capacity (public pools, etc.)	Resume all recreational activity
<b>Gatherings (social, spiritual)</b>	- None - Drive in spiritual service with one household per vehicle	Gather with no more than 5 people outside your household per week	Allow gatherings with no more than 50 people	Allow gatherings with >50 people
<b>Travel</b>	Only essential travel	Limited non-essential travel within proximity of your home	Resume non-essential travel	Continue non-essential travel
<b>Business/ Employers</b>	- Essential businesses open - Existing construction that meet agreed upon criteria - Landscaping - Automobile sales - Retail (curb-side pick-up orders only) - Car washes - Pet walkers	- Remaining manufacturing - New construction - In-home/domestic services (nannies, housecleaning, etc.) - Retail (in-store purchases allowed with restrictions) - Real estate - Professional services/office-based businesses (telework remains strongly encouraged) - Hair and nail salons/Barbers - Housecleaning - Restaurants <50% capacity table size no larger than 5	- Restaurants <75% capacity/ table size no larger than 10 - Bars at <25% capacity - Indoor gyms at <50% capacity - Movie theaters at <50% capacity - Government (telework remains strongly encouraged) - Libraries - Museums - All other business activities not yet listed except for nightclubs and events with greater than 50 people	- Nightclubs - Concert venues - Large sporting events - Resume unrestricted staffing of worksites, but continue to practice physical distancing and good hygiene



# WASHINGTON YOUTH SOCCER'S

## RETURN TO PLAY



- SWELTER IN PLACE
- INDIVIDUAL TRAINING SESSIONS IN YOUR HOME/RESIDENCE USING YOUR OWN EQUIPMENT.
- COACHING OCCURS VIRTUALLY. NO COACHES OR OTHER ATHLETES SHOULD HAVE CONTACT WITH EACH OTHER DURING THIS TIME

- TRAINING SESSIONS MAY BE ALLOWED WITH FEWER THAN 5 PLAYERS AT A TIME.
- SOCIAL DISTANCING, NO CONTACT.
- COACHES WEAR MASKS BEFORE AND AFTER TRAINING AND CLEAN EQUIPMENT AFTER EACH SESSION.
- PLAYERS WEAR MASKS BEFORE AND AFTER SESSION AND USE HAND SANITIZER IMMEDIATELY FOLLOWING EACH SESSION.
- NO NON-ESSENTIAL TRAVEL

- FULL TEAM TRAINING ALLOWED, LIGHT CONTACT.
- UP TO 50 PEOPLE ARE ALLOWED AT RECREATIONAL SPORTING EVENTS, BUT RECREATIONAL FACILITIES MUST NOT EXCEED 50% OF THEIR CAPACITY.
- NON-ESSENTIAL TRAVEL CAN RESUME, BUT SHOULD ONLY BE DONE IF NECESSARY AND IN ACCORDANCE WITH FEDERAL, STATE, AND LOCAL PROTOCOLS.

- NO RESTRICTIONS.
- PHYSICAL AND SOCIAL DISTANCING RECOMMENDED.





# NKSC Club Protocols

- If Player or a household member has tested positive for COVID-19:
  - Notify Team Coach, who will in turn notify appropriate Program Director
- If Coach, Team Staff or a household member has tested positive for COVID-19:
  - Coach or Team Staff will notify the appropriate Program Director:
    - Competitive Program: Darcy Dormaier, NK Competitive Program Director at [nkfc@northkitsapsoccer.org](mailto:nkfc@northkitsapsoccer.org)
    - Recreational Program: Kate Leibold, NK Recreational Program Director at [fullfield@northkitsapsoccer.org](mailto:fullfield@northkitsapsoccer.org)
- Program Director will notify the NKSC Board and Kitsap County Health Department. (Keep names private)
- Coach will notify all team members who were in contact with infected party. (Keep names private)
- Team players/staff members will self-isolate for 14 days.



# Coach, Player & Parent Protocol

## Coach

- 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, notify club.
- Notify club if you or a household member has tested positive for COVID-19.
- Keep attendance for each practice or event.
- 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.
- All training must be outdoors, and coaches must strictly enforce social distancing per the current phase guidelines.
- Coaches must wear a mask to and from training session and social distance from players when required.
- Wash and sanitize your own and team equipment after every session.
- Pinnies and bag will be cleaned after every practice.
- Pinnies will not be shared with other players during practice.
- No contact related celebrations, no high 5's, etc.
- Hand sanitizer should be part of your equipment.

## Player

- 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, notify club.
- Notify club 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. Especially at the beginning and end of sessions.
- Limited or no carpooling.
- Wear mask before, after and while on the sidelines of all training sessions.
- 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.

## Parent

- Adhere to all Return to Play Protocol.
- If not comfortable returning to play. Don't.
- Notify club if you or a household member has tested positive for COVID-19.
- NKSC is NOT liable for COVID-19 related illness.
- Ensure athletes are healthy, check their temperature daily.
- Limited or no carpooling.
- Stay in car or social distance when at field, wear mask always if outside your car. No parents/family on the field/sidelines except for team staff at all events.
- 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.
- Notify club immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.
- 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.



# NKSC Training Preparation

- Attendance Tracking of club events per team staff.
- Each field will be limited to 50 individuals (coaches, athletes, referees).
- Coaches will be cleaning and sanitizing equipment after each training session.
- Coaches should be the only individuals touching goals, cones, etc.
- Coaches will wear masks to and from the training sessions.
- Players will wear masks to and from the field also while on the sidelines.
- Training schedule will be created to support social distancing.
- Training session plans will support social distancing.
- Everyone should clean hands before and following training.
- Coaches/Players should limit touching the ball with hands.
- Coaches/Players will bring own personal equipment such as hand sanitizer, water bottle and face masks.
- Coaches/Players will keep all personal equipment in own bag and placed 6ft apart.