NKSC Return to Play Protocol

COVID-19

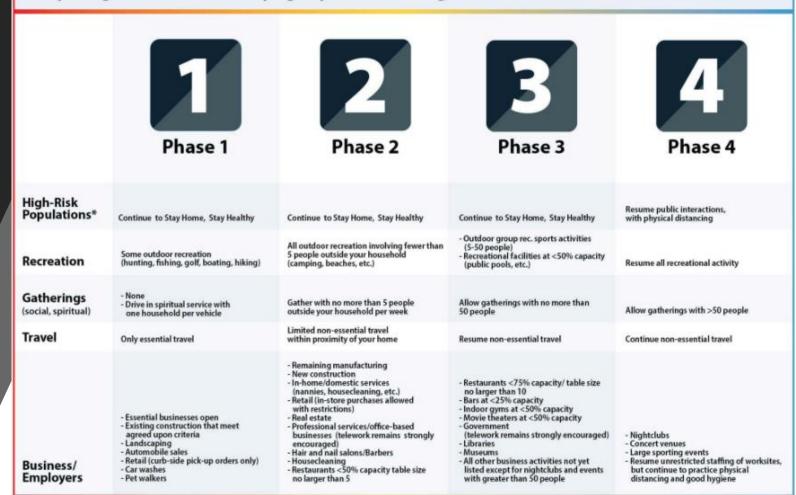
North Kitsap Soccer Club

Return To Play Protocol



WASHINGTON'S PHASED APPROACH

Reopening Business and Modifying Physical Distancing Measures







RETURN TO PLAY ...



- . SHELTER IN PLACE
- Inpinipual training sessions in your home/resipence using your own equipment.
- COACHING OCCURS VIRTUALLY. NO COACHES
 OR OTHER ATHLETES
 SHOULP HAVE CONTACT
 WITH EACH OTHER
 PURING THIS TIME

- Training sessions may be allowed with fewer than 5 players at a time.
- . SOCIAL PISTANCING, NO CONTACT.
- COACHES WEAR MASKS BEFORE ANP AFTER TRAINING ANP CLEAN EQUIPMENT AFTER EACH SES— SION.
- PLAYEES WEAR MASKS BEFORE AND APTER SESSION AND USE HAND SANITIZER IMMEDIATELY FOLLOWING EACH SESSION.
- . NO NON-ESSENTIAL TRAVEL

- FULL TEAM TRAINING AL-LOWEP, LIGHT CONTACT.
- Up to 50 People are al-LOWED AT RECREATIONAL SPORTING EVENTS, BUT RECREATIONAL FACILITIES MUST NOT EXCEED 50%.
 OF THEIR CAPACITY.
- NON-ESSENTIAL TRAVEL CAN RESUME, BUT SHOULP ONLY BE PONE 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:
 - o 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

Recreational Program: Kate Leibold, NK Recreational Program Director at <u>fullfield@northkitsapsoccer.org</u>

- 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 crosscontamination.
- 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.