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Washington Youth Soccer’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. When our kids play, their body produces endorphins, which are a natural mood booster that can fight stress and depression. Feelings of empowerment, relaxation, and optimism follow. Play not only promotes healthy weight and cardiovascular fitness, but also enhances the efficacy of the immune, endocrine, and cardiovascular systems.

Below is the phased approach to reopening Washington State businesses and modifying physical/social distancing. Washington Youth Soccer has built its recommended approach around this model.

WASHINGTON’S PHASED APPROACH Reopening Business and Modifying Physical Distancing Measures				
	1 Phase 1	2 Phase 2	3 Phase 3	4 Phase 4
High-Risk Populations*	Continue to Stay Home, Stay Healthy	Continue to Stay Home, Stay Healthy	Continue to Stay Home, Stay Healthy	Resume public interactions, with physical distancing
Recreation	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
Gatherings (social, spiritual)	- 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
Travel	Only essential travel	Limited non-essential travel within proximity of your home	Resume non-essential travel	Continue non-essential travel
Business/Employers	- 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

* High-risk populations are currently defined by CDC as: persons 65 years of age and older; people of all ages with underlying medical conditions (particularly not well controlled) including people with chronic lung disease or moderate to severe asthma, people who have serious heart conditions, people who are immunocompromised, people with severe obesity, people with diabetes, people with chronic kidney disease undergoing dialysis, and people with liver disease; people who live in a nursing home or long-term care facility.

KNOW YOUR ROLE! KNOW THE PROTOCOLS. The following best practices are intended to offer guidance to our Washington Youth Soccer community. Adherence to these considerations and recommendations does not ensure immunity from exposure. Washington Youth Soccer makes no representations and assumes no responsibility for individual activity or participation decisions by Associations, Clubs, Coaches, Parents, or Players.

Club Considerations:

- Distribute these protocols to your members.
- Have an effective communication plan in place, identify strategies for working with public health to notify adult leaders, youth, and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.
- Small group sessions need to maintain the same group of players. This helps with contact tracing and limits exposure.
- Have a written action plan in place, in case of a positive test. If a person is diagnosed with COVID-19, the entire group must return to self-isolation until symptom-free for 14 days.
- Distribute your written action plan to administrators, coaches, managers, and parents, electronically or otherwise.
- In your action plan include both a communication chain for team personnel, including volunteers and managers, as well as triggers for executing the action plan.
- Be prepared to shut down and stop operations. Develop plans for temporary closure of indoor facilities and cancel outdoor activities or camps to properly disinfect and ensure other adult leaders or youth are not infected.
- Provide adequate field space for at least six feet of social distancing per player.
- Develop a relationship and a dialogue with health local officials. (identify Risk Tolerance)

Coach Considerations:

- Ensure the health and safety of your players. Inquire how the athletes are feeling, send them home if they act or discuss feeling ill.
- Follow all established federal, state, and local protocols.
- Ensure all athletes have their individual equipment (ball, water bottles, bag, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least 6 feet apart.
- The coach is the only person to handle cones, disks, etc.
- All training must be outdoors and coaches must strictly enforce social distancing per the current phase guidelines.
- Coaches must always wear a face mask per current phase protocol and social distance from players when required.
- Wash and sanitize your own equipment after every session.
- The use of scrimmage vests/pinnies is not recommended.
- Increase your communication with parents, they need to know what you are doing as a coach and club to maintain their safety.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.

Parent Recommendations:

- Ensure athletes are healthy, check their temperature daily.
- Limited or no carpooling.
- Stay in car or social distance when at training, wear mask at all times if outside your car.
- 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.
- When traveling, take responsibility to sanitize hotel rooms.

Player Recommendations:

- Take temperature daily.
- Wash hands thoroughly before and after training and any contact outside your home.
- 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 and after all training sessions. This protects others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment.
- Bring your own ball to training, label it as your own.
- Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
- Wash and sanitize all equipment before and after every training session.
- No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.

General Protocols:

1. BE SMART - IF YOU ARE SICK, STAY HOME. THIS APPLIES TO EVERYONE: PLAYERS, COACHES, AND PARENTS. IF YOU HAVE BEEN SICK STAY HOME FOR 14 DAYS AFTER RECOVERY.
2. SCREENING - GREET ALL PARTICIPANTS BEFORE PRACTICE AND ASK IF THEY HAVE BEEN SICK IN THE LAST 14 DAYS OR IN DIRECT CONTACT WITH A PERSON THAT IS SICK. SEND HOME IMMEDIATELY IF THE ANSWER IS "YES."
3. SANITIZE - HAVE HAND SANITIZER AVAILABLE AND ENCOURAGE HAND WASHING BEFORE AND AFTER ALL ACTIVITIES.
4. GROUP PLAY - ALL ACTIVITIES MUST BE LIMITED TO THE MAX NUMBER ALLOWED IN THE CURRENT PHASE.

5. 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.
6. NO HIGH FIVES, HANDSHAKES, OR HUGS - AS MUCH AS WE WANT TO PHYSICALLY CONNECT WITH OUR COACHES, PLAYERS, AND TEAMMATES, THIS IS NOT A SAFE PRACTICE RIGHT NOW.
7. MASKS - COACHES & SPECTATORS SHOULD WEAR A MASK BEFORE, DURING, AND AFTER PRACTICE. PLAYERS SHOULD WEAR A MASK WHEN NOT ACTIVELY PRACTICING.
8. DROP-OFF / PICK-UP - IF POSSIBLE, PARENTS SHOULD REMAIN IN CAR FOR DROP-OFF AND PICK-UP. ALL SPECTATORS MUST REMAIN 6 FEET APART.
9. WATER BOTTLES - TO MINIMIZE ACCIDENTAL SHARING OF WATER, PLAYERS MUST KEEP THEIR WATER BOTTLES IN THEIR OWN BAG WHEN NOT IN USE.
10. HAVE FUN, STAY POSITIVE – EVERYONE IS LOOKING TO EACH OTHER TO STAY CALM, SUPPORTIVE, AND COMPASSIONATE DURING THIS TIME.

PHASE-IN PLAN, BASED ON WASHINGTON STATE PHASED APPROACH

Phase 1

Shelter 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.

Phase 2

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.

Phase 3

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.

Phase 4

No restrictions, physical and social distancing recommended.