

North Mason Youth Soccer Club

Return to Play: Phase 3

June 2020 – Rev A

The information in this document is NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, North Mason Youth Soccer Club makes no representation and assumes no responsibility for the completeness of this information. Further, you should seek advice from medical professionals and/or public health officials in your area if you have specific questions. These guidelines address only early phases of return-to-play and additional guidelines may, or may not, follow as the COVID-19 pandemic continues to evolve.

Finally, although the young and healthy may be subject to less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly, particularly in those with risk factors that may occur within our communities. Health consequences may be long-standing and only apparent weeks after initial infection and recovery. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found.

Phase 3: Public health authorities allow small group activities.

- No signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days.
- Live in training location/community and have not travelled out of State (Washington, Oregon, & Idaho) for 14 days prior to beginning training.
- Have no above normal temperature readings; temperature checks should not be conducted by staff but by players Guardians prior to attending training.
- Upon arrival to training, staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If the athlete has any signs or symptoms of COVID19, they should be sent home and instructed to contact their healthcare provider as soon as possible.
- Small group training sessions should take place outside in an area where social distancing can be possible to maintain.
- Participants are encouraged to bring their own equipment and properly sanitize the equipment after every training session while not in a training/playing status.
- Participants should use their own water bottle, towel and any other personal hygiene products.
- Establish a cleaning schedule/protocol for equipment with the proper use of disinfectant before and after training.
- While coaching can occur onsite, coaches must maintain social distancing from all participants.

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Principles and Responsibilities

Club Responsibilities:

- Create and distribute protocols to members.
- Identify strategies for working with public health officials to notify adult leaders, youth and their families if the organization becomes aware of a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity.
- Maintain participant confidentiality regarding health status (HIPPA)
- Be sensitive and accommodating to parents who may be uncomfortable with returning to play at this time.
- Have an action plan in place, in case of notification of a positive test result.
- Greet players/parents at the beginning and administer screening questions about player illnesses and those within their household members.
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information. **(Prior to opening of Camp, all Volunteers will be trained on the All Phase 3 information)**
- Be prepared to shut down and stop operations.
- Develop plans for temporary closure of indoor facilities and cancellation of outdoor activities or camps for proper disinfection.
- Provide adequate field space for social distancing.
- Provide hand sanitizing stations and waste receptacles at fields for individual participant use.
- Develop a relationship and a dialogue with local health officials.

Coach/Volunteer Responsibilities:

- Ensure the health and safety of the participants.
- Observe how athletes are acting. Send home anyone you believe acts or looks ill.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure coach/volunteers are the only people to handling equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance.
- All training should be conducted outdoors and compliant with social distancing per state or local health guidelines.
- Coaches should maintain social distance requirements from players based on state and local health requirements, as much as possible.
- Have fun, stay positive – players and parents are looking to you for leadership.
- The use of scrimmage vest, or pennies, is not recommended at this time. **(This will be reevaluated in Phase 4)**

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Parent Responsibilities:

- Notify your club immediately if your child has any COVID-19 symptoms.
- Do not assist your coach with equipment before or after training unless requested.
- Be sure your child has necessary sanitizing products with them at every training.
- Ensure your child is healthy. We strongly recommend parents check children's temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- Stay in car or adhere to social distance requirements, based on state and local health requirements
- When at training, wear a mask if outside your car.
- Ensure child's clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
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Players Responsibilities:

- Sanitize hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Wear mask before and after all training, once a proper cool down period has been accomplished.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.

General Guidance:

- Registration tables (if utilized) should be cleaned prior to event.
- Registration desk assistants/staff should wear a mask.
- Every person should be required to clean his or her hands with readily accessible hand sanitizer.
- Hand sanitizer needs to be present on registration table(s).
- Emphasis should be placed on electronic forms. Try to move away from paper registration forms.
- Sign in sheets should only be written by the registration desk assistants/staff vs individual registrants.

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- A designated Entry/Exit will be established and marked to maintain 6' of Social Distancing for Reregistration, drop off and pick up each day.

Equipment:

Prior to each session:

- All equipment that is touched during play should be disinfected with spray/wipes.
- Only staff should touch equipment, if possible.
- If using another facility's equipment (e.g. goals, benches), they should be sanitized/cleaned before and after sessions.

Exercises:

- 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.

Closing rituals:

- No handshakes, high-5s or group celebrations; consider alternatives that avoid contact like New Zealand Haka-style dance, hand waves, gestures, etc.

After the session:

- Have a wastebasket available for masks and gloves.
- everyone to use hand sanitizer before leaving sessions.
- Use disinfectant spray/wipes on high traffic areas, especially gates, door handles and water fountains.

Resources

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Move United: <https://www.moveunitedsport.org/>

Special Olympics: <https://resources.specialolympics.org/resources-to-help-during-the-crisis>

Special Olympics Infographic:

https://media.specialolympics.org/resources/covid19/SO_CoVid19-Infographic-English.jpg?_ga=2.93243544.460203483.15883467052032247575.1588346705

Federation for Children with Special Needs: <https://fcsn.org/>

Autism; Wearing a Mask Social Story: <https://paautism.org/resource/wearing-mask-social-story/>



North Mason
Fastpitch



North Mason Youth Sports Return to Play Sand Hill Field Use



6/24/2020



North Mason Youth Sports Leagues Return to Play

- North Mason Youth Soccer Club, North Mason Little League and North Mason Fastpitch would like to host events the Sand Hill Complex
- We want to coordinate with the County to return to play and get the kids in our community active
- North Mason Youth Soccer Club and North Mason Fastpitch Plan to host a 4 to 5 day Skills Camp
- North Mason Little League Plan to host Sandlot Day's an events to have small baseball Clinic/Practices



North Mason Youth Sports Leagues Return to Play

- Only 3 Fields in the Complex May be Used at One time for any Event
- Fields 5 and 3 will Remain Closed
- Only Fields 1 or 2 may be used at one time NOT BOTH
- The Concessions Area will be roped off and remain Closed
- Fields will be restricted to 25 players and Coaches
- Players will enter and exit fields thru the outfield Fences. The Dugout entrance's will be closed and only used for emergencies.
- Leagues will provide Sani Cans for each field and they will be restricted for that fields use only

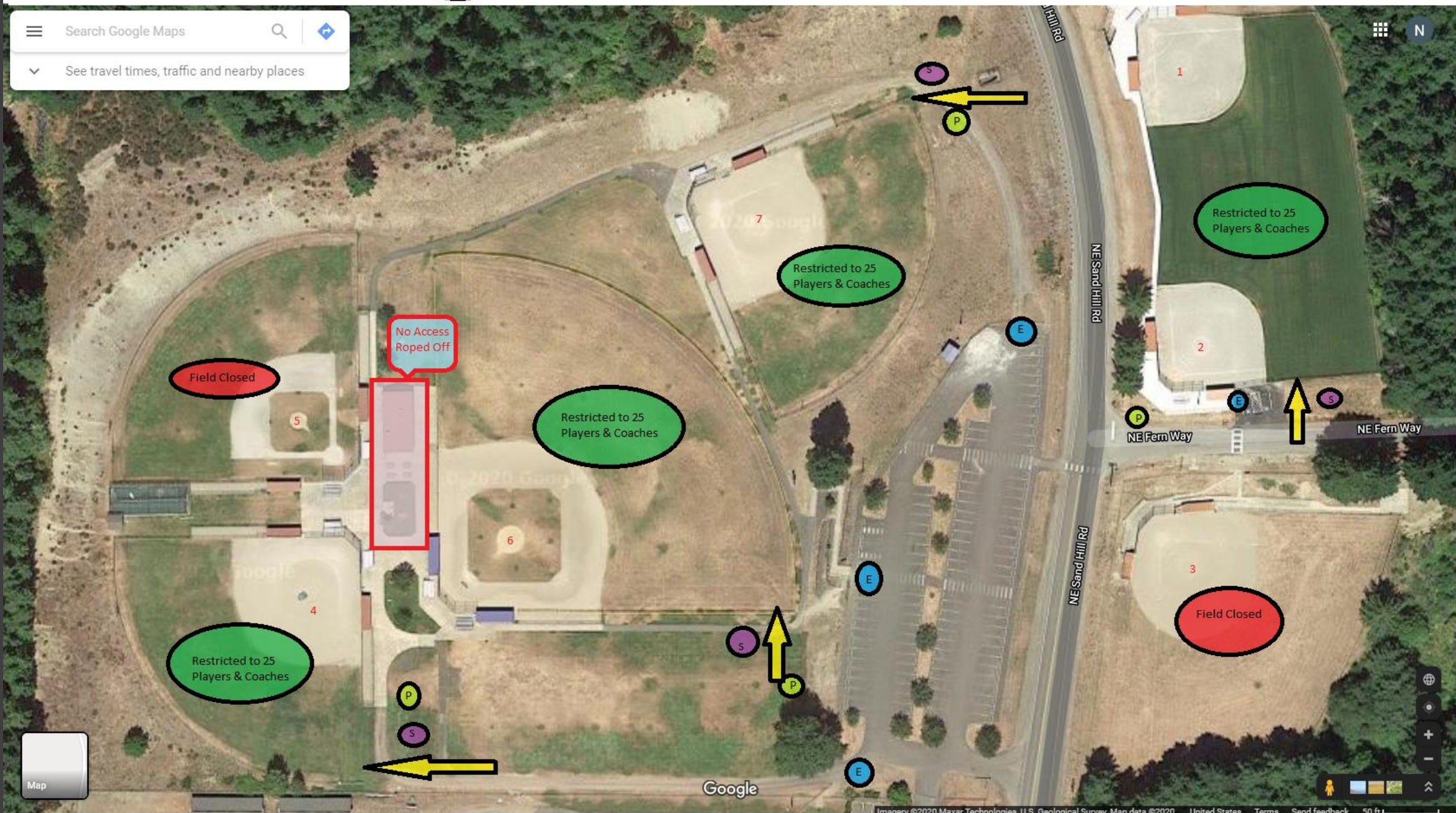


North Mason Youth Sports Leagues Return to Play

- Complex access will be divided up to 3 access points for Fields 4,6,7 and a single access point for field 1&2
- Establish Sanitizing stations for Players and coaches on each field
- Parking will be limited near the field and encouraged to use the Sand Hill School parking lot
- Social Distancing requirements will be enforced and strictly adhered to during the event
- Between Games or Sessions the fields and equipment will be sanitized
- The League will identify one volunteer to ensure that all requirements of Field use are being followed during the event

Area Closed Sanitization Station Sani Can Entry Point Field Entry

Search Google Maps See travel times, traffic and nearby places



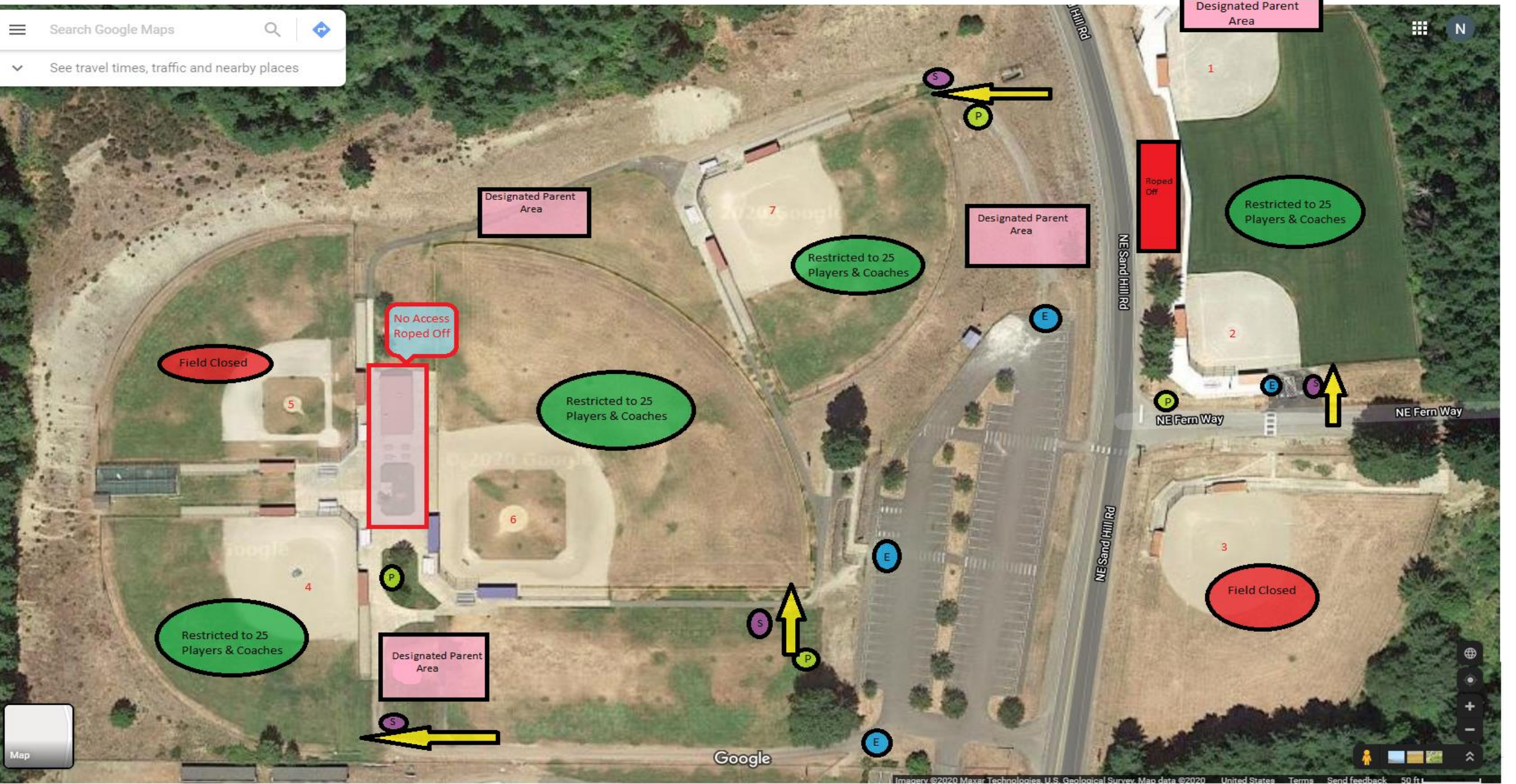
Map

Google

Sanitizing Station Entry Point Sani Can Parent Area No Access Field Access Point Open Field

Search Google Maps

 See travel times, traffic and nearby places



Google

North Mason Youth Sports Leagues Return to Play





North Mason Youth Sports Leagues Return to Play

- Parent Organizations Guidelines for Return to Play
 - <https://washingtonyouthsoccer.org/washington-youth-soccer-return-to-play-guidelines/>
 - LittleLeague.org/Coronavirus
 - <http://www.usssa.com/coronavirus>
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

North Mason Youth Sports Leagues Return to Play

- The League Presidents would like to thank the County for their support.



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North Mason Youth Soccer

