



Winter Training COVID Protocols

This document should be used as a resource tool for players and families that are attending Rush Wisconsin West winter activities. *Please know all policies and procedures in this document are subject to change due to the rapidly changing nature of COVID-19.*

Rush Wisconsin West COVID Committee

Rush Wisconsin West has established a five person committee to monitor the COVID environment as it relates to Rush Wisconsin West activities, this has been in effect since late May 2020. The committee will meet bi-weekly and reserves the right to make changes to all policies and procedures regarding programming.

Packing for the Session

- Face mask - required the entire training time (players without masks will be turned away). Please make sure you are washing your player's mask frequently.
- Extra face masks in case the player wants to change theirs because it becomes too sweaty
- Hand sanitizer
- Soccer ball
- Appropriate soccer footwear
 - Omni- Rubber sole soccer cleat or turf/indoor/tennis shoes
 - Diocese- Indoor soccer/tennis shoes
- Shinguard
- Player training kit (black socks, black shorts, grey Rush top)
- Player pinnies (yellow and blue). If you do not have these, they will be provided to you to keep for winter. Players are responsible for washing their pinnines and bringing them to every session.
- Water bottle
- Players should not wear their soccer shoes outside before the session, change into soccer shoes quickly upon entering the facility (we do not want to drag salt and slush into the facilities)
- Small bag if needed
- Pack as light as possible

Preparing for the Session

- After you are packed for the session, please complete a final health check of your player before getting in the car by asking them how they feel and determine whether or not they have any COVID related symptoms.
- Take your player's temperature before leaving for the session. Their temperature must be under 100.0 (F) in order to attend. If it is higher than that, please do not attend.
- It is recommended to go through the health check in TeamSnap.



- Have your player use the bathroom before leaving for the session (bathrooms will be available but we would like to limit their use).
- Have your player wash their hands before attending the session.

Facility Enter/Exit Instructions

- Omni Center
 - The side door that goes straight into the west wing will be the entrance door. Players must use this door for entering the session and will not be let in until the previous group is dismissed. The coach will let the players in once it is their turn to enter. Players should remain in their cars until three minutes before the start of the session. Players will need their masks on to enter the session.
 - Players will exit the omni center through the main front entrance. Players will be dismissed five minutes before the start of the hour.
 - Please note that parents cannot wait inside the Omni Center Building during the session. These sessions are drop off and pick up only.
 - Players must follow the traffic flow/travel path signage in the facility when entering/exiting.
- La Crosse Diocese
 - The side door that goes straight into the gymnasium will be the entrance door. Players must use this door for entering the session and will not be let in until the previous group is dismissed. The coach will let the players in once it is their turn to enter. Players should remain in their cars until three minutes before the start of the session. Players will need their masks on to enter the session.
 - Players will exit the gymnasium through the main front entrance. Players will be dismissed five minutes before the start of the hour.
 - Please note that parents cannot wait inside the building during the session. These sessions are drop off and pick up only.

Training Session Restrictions

- No spectators allowed on training days
- Must maintain a social distancing minimum of 6 feet between participants throughout training when not participating in contact activities (during water breaks, huddles, etc.)
- Players with fevers or other symptoms are not permitted to practice
- It is highly recommended that players/coaches use hand sanitizer before, during breaks, and after practice
- Social Distancing guidelines apply for players or parents in parking lots, at drop off zones, at entrance and exit areas of facility, or before or after training session



Coach Requirements

- Coach will always have a face mask on
- Coach will limit equipment brought to practice, disinfecting all equipment before/after use
- Coaches will ensure players are not sharing pennies, other equipment, water bottles, etc.
- Coaches will be required to take and track attendance every day in the attendance binder - this will be used for contract tracing (only the coaching staff will use the binder)

Winter Training Session Example

- **0:00-0:10**
 - Enter facility through designated area. Change shoes. Warm up.
- **0:10-0:25**
 - Technical foot skills
- **0:25-0:40**
 - Tactical/technical skills
- **0:40-00:55**
 - Small sided
- **0:55-0:60**
 - Players are dismissed and exit through the designated area.

COVID-19 Signs & Symptoms

People with COVID-19 can have mild to severe symptoms. Symptoms may appear 2-14 days after exposure to the virus. According to the CDC, people with these symptoms may have COVID-19:

- Fever
- Cough
- Shortness of breath or difficulty breathing > Fatigue
- Muscle or Body Aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Be aware of emergency warning signs of COVID-19 and seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in chest



- New Confusion
- Inability to wake or stay awake
- Bluish lips or face

COVID-19 Close Contacts

Close contact is defined by CDC as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic clients, 2 days prior to positive specimen collection) until the time the patient is isolated.

- If players are in close contact with someone who has tested positive for COVID-19, they should self-quarantine for at least 14 days after their last exposure to the infected patient, in case they also become ill. Self-quarantine includes staying home, monitoring their health, and maintaining social distance (at least 6 feet) from others.
- Any player who meets these criteria for self-quarantine should not attend training or other Rush WI West activities until the quarantine period is completed and they remain symptom free.

COVID-19 Reporting

If any player should test positive for COVID-19, the family should contact Rush WI West immediately, so that we can help facilitate contact tracing (identification of possible close contacts within the club). Any players who test positive should stay away from Rush WI West activities until cleared to return by their healthcare provider. Prior to return to participation, the family must notify the club that they have been released to play by their medical provider and/or health department.

Additional Resources

- [Omni Center COVID Policies & Procedures](#)
- [COVID-19 Wisconsin High School Sports Study](#)
- [CDC How and When to Wash Your Hands](#)
- [CDC How to Select, Clean, and Wear Your Mask](#)