



Issaquah FC

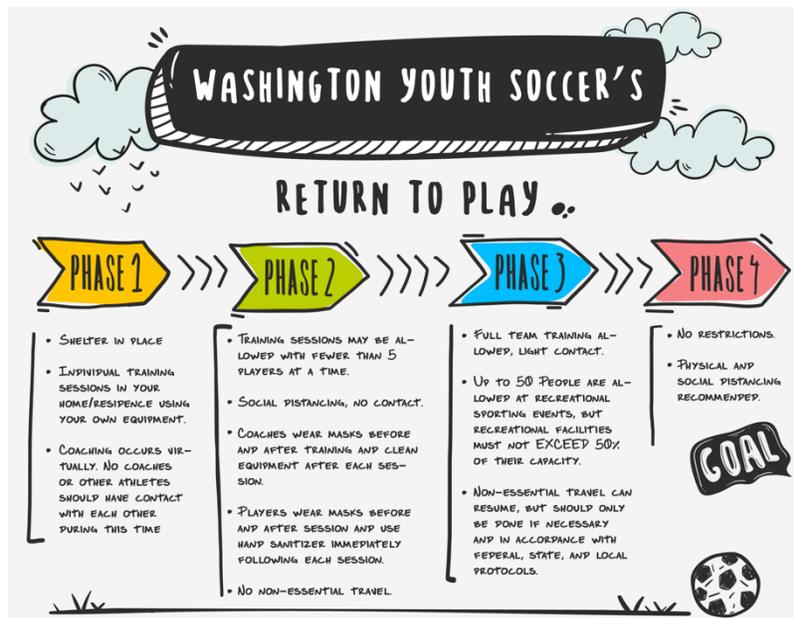
THE HOME OF YOUTH SOCCER IN ISSAQUAH

Return to Play Safe Start Guidelines and Protocols

The health and safety of all Issaquah FC players, coaches, families as well as the soccer community as a whole is our first priority. The information here is not intended to substitute for professional medical advice, and it does not supersede any directives or restrictions issued from local, state or federal authorities.

On June 5th, 2020, Governor Inslee released requirements and recommendations for outdoor youth sports to return to play under Phase 2 & Phase 3 of Washington state's phasing plan to reopen, which states (subject to change):

- In Phase 2, team practice can resume if a) players are limited to groups of five in separate parts of the field, separated by a buffer zone and b) practice can follow social distancing of a minimum of five feet between players with no contact. Each league, organization, or club must publish and follow a "return to play" safety plan. Parents and household members must not congregate on the sidelines during practice.
- In Phase 3 (or Modified Phase 2, should it be approved), teams can resume playing games. Total gathering at any one game cannot exceed 50 individuals. For sporting complexes with multiple fields or other playing surfaces, the 50- individual limit is counted on a per-field, not a per-complex basis.



Washington Youth Soccer has provided general "return to play" guidelines and FAQs, and we encourage you to read them: <https://washingtonyouthsoccer.org/washington-youth-soccer-return-to-play-guidelines/>

Consistent with the Governor's order and best practices, social distancing is the cornerstone of Issaquah FC's "return to play" safety plan. We ask that all coaches, parents and players carefully read and affirm our "return to play" guidelines and protocols before returning to play.

Failure of a parent and/or child to follow these guidelines and protocols can result in suspension from the team.



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General Guidelines and Protocols for Our Whole Community

- If you are not feeling well, stay home. Players, coaches, and parents with any of the following signs or symptoms must not attend trainings/games: fever (≥ 100.4 degrees F), cough, shortness of breath/difficulty breathing, chills, body or muscle aches, diarrhea, sore throat, new headache, or a loss of taste or smell.
- Avoid touching your face, and frequently wash / sanitize your hands, especially right before and after training.
- Always wear a mask or similar face covering that covers your nose and mouth, except for players during active training (as opposed to during water breaks, etc.)
- All clothing and equipment should be washed / disinfected after each training session.
- Maintain social distance of at least six (6) feet from all players, coaches and parents—physical contact such as huddles, high-fives, handshakes, fist bumps, elbow bumps, etc. is prohibited.
- All training will be held outdoors in assigned groups of up to five (5) players, and assigned training groups will not change during Phase 2.
- Players must not arrive more than ten (10) minutes prior to a training session and must leave the fields immediately once training ends—proceeding directly from vehicle to field and field to vehicle. Training session times will be staggered to provide players adequate time to clear the area before a new group arrives. Groups and players must avoid mixing with each other before and after training or causing entrance/exits to be clogged.
- If anyone in an assigned training group—player or coach—is diagnosed with COVID-19, then the entire group must self-isolate from training for a total of at least fourteen (14) days and be symptom-free for at least three (3) days before returning to play. The infected player should isolate at home and cannot return to practice until they have written medical clearance from their physician.



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Training Protocols for Coaches

- Coaches must greet all players arriving for training and inquire about each player's health.
- Coaches must immediately send home any player that shows any signs of illness, mentions feeling ill or having been in contact with anyone who is ill, and notify the Club thereof.
- Coaches must strictly enforce social distancing during training.
- Coaches must wear face masks or approved face coverings during training.
- Coaches must design training sessions that eliminate the likelihood of physical contact among players. Tackling, shielding, etc. must not be included or allowed.
- Coaches must ensure that players place their equipment in designated spots at least six (6) feet apart and prohibit players from sharing anything.
- Only coaches may handle cones, goals, etc. and must sanitize their equipment daily.
- Coaches must complete the Issaquah FC COVID-19 reporting form if: 1) they are diagnosed with COVID-19; 2) a player is diagnosed with COVID-19; or, 3) a player's household member is diagnosed with COVID-19. The reporting form is found at: <https://forms.gle/fQmNofbLjK84Xzdz6>
- Coaches should have fun, stay positive and model resilience and optimism. This is a uniquely difficult time, especially for players. By staying calm, supportive and caring during this time you will help your players learn.

CLUB CONTACT PROCEDURES

When an athlete is diagnosed with COVID-19:

1. Coaches should contact the Club's Executive Director, Kelly Galloway, regarding the situation.
2. Coaches should complete the COVID-19 Reporting Form within 24 hours (<https://forms.gle/fQmNofbLjK84Xzdz6>).
3. The Club should contact King County Department of Health 425-477-3977



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Training Protocols for Parents

- Parents should take their players' temperature and ask how they are feeling daily. If a player is feeling ill or exhibiting any of the symptoms listed above (in the "General Guidelines and Protocols for Our Whole Community" section), do not bring the player to training and notify the Club immediately.
- If someone in your household or whom you know your player(s) has had contact with is diagnosed with COVID-19, then your player(s) must self-isolate from training for a total of at least fourteen (14) days. Players must also be symptom-free for at least three (3) days prior to returning to play. Your player(s) may only return sooner if a medical provider provides written confirmation that your player(s) tested negative for COVID-19 and releases the player(s) in writing to resume training.
- Parents must provide hand sanitizer for their players to use before and after training.
- Parents must ensure that each player wears a mask or approved face covering at training and brings a ball, water, etc. to avoid the temptation to share with others.
- Parents must label personal equipment to avoid potential exposures caused by inadvertently taking other players' equipment.
- Parents must not congregate or watch training or games from the sidelines or outside of their vehicles (please stay in your vehicle!). If parents need to drop off or pick up younger players from the sidelines, then they must wear a face mask, maintain a minimum distance of six (6) feet from the training group, coaches and other parents and limit the amount of time spent outside of the vehicle.
- Parents must not touch cones, goals or other people's equipment and must not assist coaches or teammates in gathering up any equipment.

Training Protocols for Players:

- Players must wear a mask before and after all training sessions.
- Players must confirm they are symptom-free with their coaches when they arrive at training.
- The use of sharing training bibs (pinnies) is prohibited during Phase 2 & Phase 3.
- Players must store backpacks, water bottles, warmups/clothing and any other gear a minimum distance of six (6) feet from any other player's gear. The coach will mark designated spots for gear, and players must use those spots and only those spots while training.
- Players must not share water, equipment or clothing with anyone during training.
- Players must bring their own ball to training; label it as your own.
- Players must not touch cones, goals or other people's equipment and must not assist coaches or teammates in gathering up any equipment.

Parents and Coaches: In order to participate, please click here to complete the acceptance of the Issaquah FC Return to Play Guidelines and Protocols (<https://forms.gle/cZQYVGsVfYkjDnCW8>)