



University Place Soccer Club

Return to Play Guidelines

June 2020



University Place Soccer Club will always put safety first for our players, coaches and their families. Our coaches and staff have worked to stay connected to players and families during this trying time. This includes putting a safe 'Return to Play' plan together as we transition to on the field practices. To help protect our players and members, we are asking that everyone pitch in and follow the guidelines that will be set forth for soccer to start back up in the state and back at UPSC. UPSC members may not agree with all the guidelines and/or their effectiveness, however we feel providing extra safety measures is more critical than the inconvenience. We have used US Soccer, Washington Youth Soccer, and WA Premier's Return to Play Guidelines for this document.

As a reminder, returning to play is a personal choice for each of our members, and families should feel comfortable determining if their child would like to resume activities in a small group environment.

Below is our return to play guidelines and expectations. These guidelines are not intended or implied to be a substitute or alternative to professional medical advice.

Contact: Jon Williams, UPSC President: upscpresident@gmail.com

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 who 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. As of June 23rd, 2020, groups will be limited to 5 players (see diagram provided below for field diagrams)
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. Drills should be designed and practiced so that all players remain at least 6 feet apart at all times.

Coach's Protocols

- 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 (6 ft minimum)
- Coaches must always wear a face mask per current phase protocol and social distance (6 ft minimum) from players when required.
- Have hand sanitizer available should a player not bring any to practice.
- 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 Protocol

- 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.

Player Protocol

- 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.
- Adhere to the recommended social distancing guidelines of 6 feet prior to, during, and after the practice session.
- 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.