



# Return to Play – ACTION PLAN

Revised: November 17, 2020

Published: October 11, 2020

The **Highline Soccer Association (HSA) Action Plan** has been updated based on [Governor Jay Inslee's new statewide restrictions on social gatherings and businesses](#) (issued November 15, 2020) in response to the surge of COVID-19 across Washington state.

**Effective November 16 to December 14**, please note the following changes:

- School and Non-school sporting activities youth and adult **now require facial coverings for all coaches, volunteers and athletes at all times.**
- School and Non-school sporting activities youth and adult low and moderate risk sports are **now allowed intra-team competitions and are not restricted to groups of six. No practice, training or competitions with other teams allowed.**

Reference: [Professional Sports & Other Sporting Activities COVID-19 Requirements](#) (Revised Nov. 15)



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We understand that both the physical and mental wellbeing of children is enhanced by physical activity and social contact with their teammates, friends, and coaches and it is our goal to deliver a soccer program with a reasonable assumption of risk. We also understand that while children often do not suffer severe effects from COVID-19, they can be easily infected and become vectors for the disease, putting vulnerable populations around them at risk. COVID-19 remains highly contagious, so we must do everything that we can to minimize the risk of spreading the virus.

This **Highline Soccer Association (HSA) Action Plan** is based on the following references:

- [WYS Return to Play Guidelines](#)
- [North Puget Sound League Protocols – Modified Phase 2 / Phase 3 Return to Play](#)
- [Professional Sports & Other Sporting Activities COVID-19 Requirements \(Revised Nov 15, 2020\)](#)

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# COVID-19 Coordinators

## HSA Select COVID-19 Coordinators

- Jamie Foulk, [health.hsaselect@gmail.com](mailto:health.hsaselect@gmail.com), 206-619-2234
- Tom Gass, [health.hsaselect@gmail.com](mailto:health.hsaselect@gmail.com), 206-295-5590

## Highline Soccer Club (HSC) COVID-19 Coordinator

- Steve Balsiger, [president.highlinesc@gmail.com](mailto:president.highlinesc@gmail.com)

We all need to work together to help slow the spread of COVID-19. Contact tracing slows the spread of COVID-19 by:

- Letting people know they may have been exposed to COVID-19 and should monitor their health for signs and symptoms of COVID-19.
- Helping people who may have been exposed to COVID-19 get tested.
- Asking people to self-isolate if they have COVID-19 or self-quarantine if they are a close contact of someone who has COVID-19.

**The bottom line:** Making a choice to help HSA and the King County Health Department in the fight against COVID-19 helps protect our players, coaches, families and our community.



# COVID-19 reporting

## Reporting COVID-19 Activity

- Any Coach, Volunteer and/or Player who is diagnosed with COVID-19 is required to immediately notify their club COVID-19 Coordinator
- Email notices of persons diagnosed with COVID-19 are immediately referred to their club COVID-19 Coordinator

**The COVID-19 Coordinator shall identify the extent of the exposure, determine the level of communication needed and, at a minimum, take the following actions:**

- Notify the HSA Board
- Notify all team staff and players associated with the person diagnosed with COVID-19, suspend their participation in any HSA activities for the fourteen (14) day quarantine period, and refer those persons to resources for quarantine monitoring;
- If the infected player played in a game with their team within 48 hours of diagnosis, notify the opposing team immediately and North Puget Sound League (NPSL) – have opposing team quarantine (COVID test recommended).
- Notify the King County Department of Health of the person diagnosed with COVID-19. If requested, gather and provide to the King County Health Department all relevant attendance logs or other information for the purpose of contact tracing.
- Follow up with suspended persons near the end of the fourteen (14) day quarantine period



# When diagnosed with COVID-19

Source: [North Puget Sound League Protocols – Modified Phase 2 / Phase 3 Return to Play](#)

## ***When an athlete is diagnosed with COVID-19:***

- Have the player stay home
- If the infected player was in contact with their team within 48 hours of diagnosis, have the team quarantine – contact each of the parents/guardians that “someone” on the team has tested positive for the virus (do not reveal name of infected individual). It is recommended each of these players should also be tested for COVID-19.
- If the infected player played in a game with their team within 48 hours of diagnosis, Club COVID Contact must notify the opposing team immediately and NPSL – have opposing team quarantine (COVID test recommended).
- Infected player cannot return to practice or games until they have written medical clearance from their physician.
- Disinfectant all equipment.

## ***When a coach has come in contact with or is infected with COVID-19:***

- Get tested and stay home.
- Contact your club immediately.
- Inform the team – if you have maintained social distance from all your players your players do not necessarily need to get tested but may choose to
- Disinfect all equipment.



# Self Screening for COVID-19 Symptoms

***Have you knowingly come into contact with anyone who has, is being tested for, or is exhibiting signs of coronavirus?  
(Yes or No)***

***Are you exhibiting any of the following symptoms which are not caused by any other condition? (Yes or No)***

- Fever or chills
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

***If you answer yes to any of these questions, do not participate in an HSA activity.***

## **Public Health Resources**

- [What to do if you have COVID-19 symptoms but have not been around anyone diagnosed with COVID-19](#)
- [What to do if you were potentially exposed to someone with COVID-19](#)



# Guidance applicable to soccer activities at ALL county risk levels

NOTE: Soccer is considered a **moderate risk sport**.

## ***Stay home when sick or if a close contact of someone with COVID-19***

- Athletes, coaches, referees, spectators and any other paid or volunteer staff is required to stay home if they feel unwell, show any signs of COVID-19, or have been exposed to a confirmed case or close contact.
- All coaches and athletes should be screened for signs/symptoms of COVID-19 prior to a workout.
- Screening should consider [symptoms listed by the CDC](#). Any person with symptoms of COVID-19 or who is a close contact of someone with confirmed COVID-19 should not be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional.
- Those who are excluded from training or games due to [COVID-19 symptoms](#) or because they are [close contacts](#) must follow DOH and local public health isolation and quarantine guidance before returning to training or contests.
- People with underlying health conditions should consult with their medical provider regarding participation in athletic activities.

## ***Masks (Updated November 15)***

- Masks required for athletes **at all times (directly before, during and after)** all sporting activities.
- Any spectators must wear facial coverings per the Department of Health facial covering order.
- Coaches, referees, trainers, managers, and any other paid or volunteer staff must wear face coverings at all times, with an exception for referees that need to run in the field of play.



# Guidance applicable to soccer activities at ALL county risk levels (continued)

## ***Physical Distance***

- Physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times with exceptions for training and medical personnel and volunteers performing their medical duties.
- Six feet of distance must be maintained among athletes when not engaged in sporting activities, huddles and team meetings must be physically distanced.

## ***Hygiene***

- Athletes, coaches, referees and any other paid or volunteer staff must practice good hygiene including washing their hands frequently and covering their sneezes and coughs.
- Wash hands often with soap and water for at least 20 seconds before and after practice, especially after touching shared objects or blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth.
- Provide hand sanitizer (60-95% alcohol content) at training and games. Cover all surfaces of your hands and rub them together until they are dry.
- Athletes should not share water bottles, uniforms, towels, or snacks and should not spit (saliva, sunflower seeds, etc.).

## ***Records and Contact Tracing***

- Keep a roster of every athlete, staff and volunteer present at each practice, training session, and game to assist with contact tracing in the event of a possible exposure.
- Similarly keep a roster and seating chart for each travel group.
- Attendance rosters and seating charts must be kept on file for 28 days after the practice, contest, or trip.



# Guidance applicable to soccer activities at ALL county risk levels (continued)

## ***Cleaning***

- Clean balls and disinfect shared equipment before and after each use.
- Current CDC guidance for cleaning and disinfection for COVID-19 states that disinfectants should be registered by the EPA for use against the COVID-19.
- Find the current list here: [List N: Disinfectants for Use Against SARS-CoV-2 \(COVID-19\)](#). Disinfectants based on hydrogen peroxide or alcohol are safer than harsher chemicals.
- The University of Washington has a [handout with options for safer cleaning and disinfecting products that work well against COVID-19](#).

## ***Transportation***

- Limit exposure to those outside the household unit during travel. Encourage only those in the same household to travel together, and if not in the same household, travel in separate vehicles if possible.
- For travel groups, (groups that include more than one household in the same vehicle whether in a carpool or on a bus) all members of the travel group, including the driver, must wear a face covering and spread out as much as possible within the vehicle. Limit travel groups to those who have been in regular contact (e.g. team members). Encourage family members to sit together.



# County COVID-19 Activity Level Guidance (HIGH, MODERATE, LOW)

- The risk of COVID-19 spread linked to sporting activities depends on the level of COVID-19 spread in the community. The following COVID-19 activity level classifications are based on the Department of Health's school reopening decision tree recommendations, which classify counties based on their current COVID19 activity level.
- To better understand this policy here is a [link](#) to the current infection rate trends in every county (scroll down and click on "Summary Data Tables" for county-by-county info).

## **HIGH LEVEL COUNTY COVID ACTIVITY >75 cases/100K/14 days OR >5% positivity**

- **Effective Nov 16 – Dec 14:** Facial coverings required for all coaches, volunteers and athletes at all times. Outdoor team practices, training and intra-team competitions can resume for low and moderate risk sports. **Scrimmage against other teams or training or practices with other teams is not allowed.** Indoor practice, training, competitions, and other activities are not allowed. Attendance rosters should include group contact information. Each league, organization, or club must publish and follow a "return to play" safety plan.
- No games or scrimmages allowed.
- No tournaments allowed.
- No spectators allowed at team training except for one parent/guardian/caregiver for each minor-aged participant allowed. Spectators must not be on training field, maintain physical distance of at least six (6) feet between each person, and wear a mask. Coach or team manager to track spectators at each event using TeamSnap or paper roster. **No spectators allowed for participants 18 and older.**



# County COVID-19 Activity Level Guidance (HIGH, MODERATE, LOW) (continued)

## **MODERATE LEVEL COUNTY COVID ACTIVITY >25-75 cases/100K/14 days AND <5% positivity**

- Attendance rosters should include group contact information.
- Club must publish and follow a “return to play” safety plan.
- Scrimmage, intra-team competitions, and league games allowed.
- No tournaments allowed.
- No spectators allowed except for one adult parent/guardian/caregiver for each minor-aged participant allowed. Spectators must remain a minimum of ten (10) feet from the field, maintain physical distance of at least six (6) feet between each person, and wear a mask. Coach or team manager to track spectators at each game using TeamSnap or paper roster. **No spectators allowed for participants 18 and older.**

## **LOW LEVEL COUNTY COVID ACTIVITY <25 cases/100K/14 days AND <5% positivity**

- Attendance rosters should include group contact information.
- Club must publish and follow a “return to play” safety plan.
- Scrimmage, intra-team competitions, and league games allowed.
- Tournaments allowed. All teams and individuals participating in tournaments must reside in low level COVID activity counties.
- Spectators to follow current gathering size limit in the Safe Start Plan.
- Coach or team manager to track spectators at each game using TeamSnap or paper roster.



# How can I tell if matches can be played?

**Source:** [North Puget Sound League Protocols – Modified Phase 2 / Phase 3 Return to Play](#)

Games will proceed if **both counties in which the teams reside** meet the Washington State COVID Phase and Risk Assessment categories of **Moderate** (25-75cases/100K/14 days and <5% positivity) or **Low** (<25 cases/100K/14 days and <5% positivity). For clubs that cross county boundaries, the club will determine if the team meets the criteria. The information can be found at the following web site:

<https://coronavirus.wa.gov/what-you-need-know/covid-19-risk-assessment-dashboard>

Because the numbers can see significant change on a day-to-day basis, clubs should plan their weekend games with the COVID Activity numbers published by **Wednesday at 5:00 PM** in order to secure field access, referees, etc. Both clubs must check the numbers published at **5:00 PM on Friday**, and if there is a dramatic change that puts the county at a different activity level, schedules should be adjusted.

- **If there is a spike that puts a county from MODERATE to HIGH, all matches must be canceled.**
- But if there is a drop that takes a county from HIGH to MODERATE or LOW on Friday and matches were canceled due to the numbers on Wednesday, it is possible for those matches to go ahead if both clubs agree and field access, referees, etc. are secured in time for kickoff.



# Spectators at games or scrimmages

Source: [North Puget Sound League Protocols – Modified Phase 2 / Phase 3 Return to Play](#)

- There will be 1 parent/guardian/caregiver per player under the age of 18 allowed to attend the game on the sidelines. For players 18 and older, no spectators allowed until the county meets the Low Level County COVID Activity threshold, then spectators may follow Safe Start Planning guidelines issues by Washington State and the local jurisdiction. **Local Club, County, City or School District policies for field access may be more strict and may not allow any spectators. Those policies take precedence.**
- **Spectators must wear masks at all times.**
- Spectators are allowed under WA Dept of Health guidelines, however they must remain a minimum of 10 feet from the field, sidelines, referees and team areas. All spectators are to remain socially distanced to allow 6 feet between individuals.
- Drop player off no earlier than 30 minutes prior to kickoff.
- Do not loiter around field. Avoid gatherings of people.
- **No parent/guardian/caregiver or player that is sick or has signs or symptoms suggestive of COVID-19 should attend.**
- Spectators should not touch any game day equipment, including balls, cones, goals, etc.



# Overview of League (NPSL) Protocols

## [North Puget Sound League Protocols – Modified Phase 2 / Phase 3 Return to Play](#)

These protocols cover the following topics:

- Club Responsibilities
- Coach Responsibilities
- Player Responsibilities
- Parent/Guardian Responsibilities
- Scheduling
- Club Player Pass
- Player Injury Procedures
- Field Setup
- League Communication Plan
- In Case of Infection
- Proposed Field Set Up
- Referee Responsibilities



# Team Manager responsibilities for games

If there is no team manager, then the team coach is responsible for the following:

## **Game Confirmation** (refer to [NPSL Protocols](#))

- **On Wednesday (5PM) prior to the game**, confirm whether the game is to be played (MODERATE or LOW risk category).
  - If YES, then contact opposing team manager or coach. Share field setup information.
  - If NO, then contact field scheduler and opposing team manager/coach to cancel match.
- **On Friday (5PM)**, check in again to confirm risk category. If a spike puts a county from MODERATE to HIGH, then cancel match. If county drops from HIGH to MODERATE, then contact game scheduler to see if game can be held, then contact opposing team.

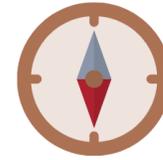
## **Game Day**

- Provide opponents a diagram of field set up with regard to location of spectators and players, to meet social distancing guidelines, including entry and exit locations.
- Keep attendance for which players are at every game using either TeamSnap or take a photo of the Game Day Roster. Maintain rosters through the end of the season (contact tracing).
- Bring a First Aid Kit to all team events (training and games). Make sure there are gloves, hand sanitizer and sanitizer wipes (to sanitize game balls).



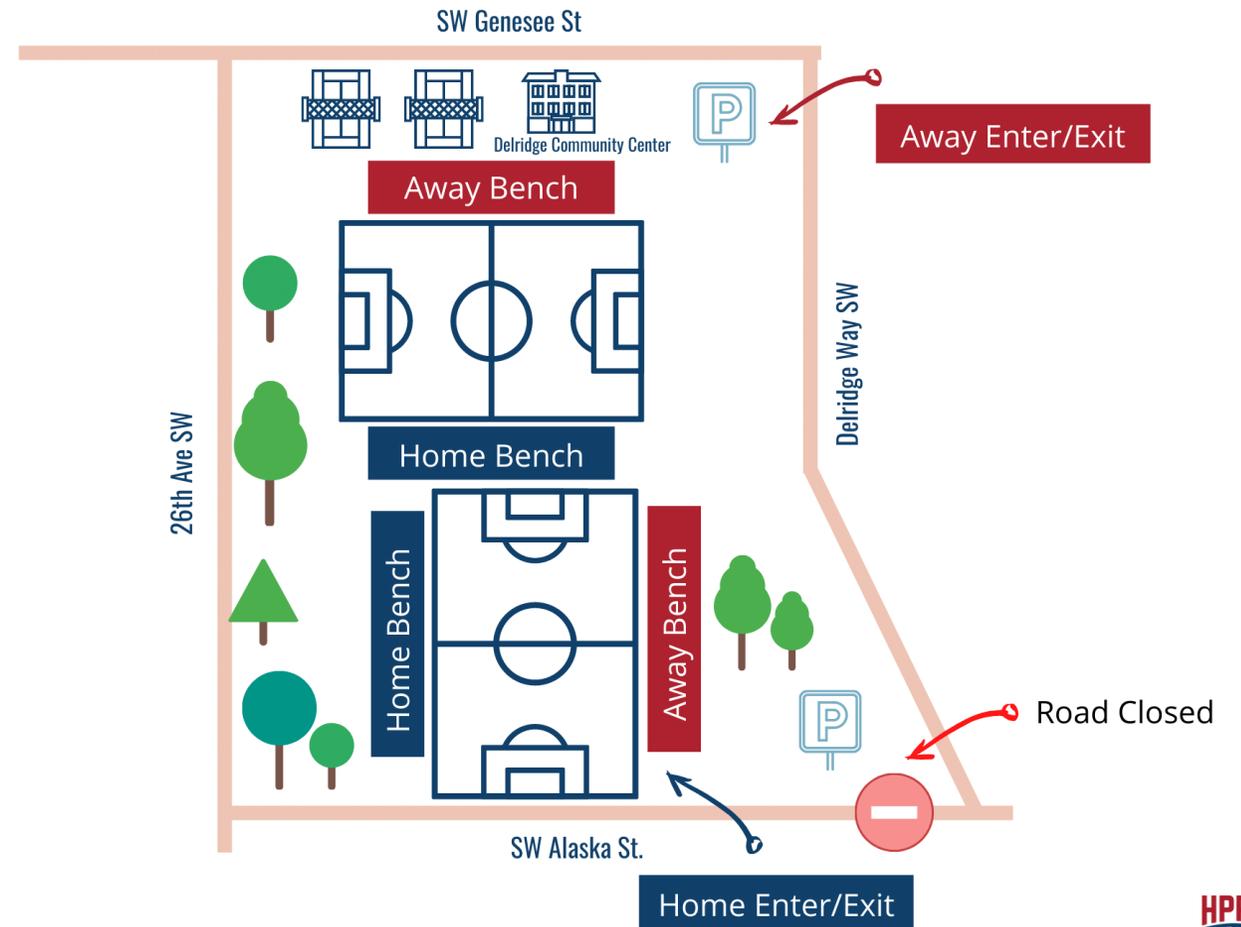
# Delridge N&S: Entering and leaving the playfield

- Enter and exit field per diagram at right.
- Players and coaches may not enter the playfield until the start of the reservation, and no equipment can be brought to the field until the start of the reservation.
- Waiting on the sidelines prior to the start of the reservation is not allowed.
- All players and referees must vacate the field within 15 minutes of the end of the reservation.
- All equipment and garbage must be removed from the field within 15 minutes of the end of the reservation.



## COVID-19 Pick Up and Drop Off Map: Delridge Playfield

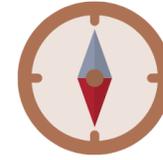
4458 Delridge Way SW, Seattle, WA 98106





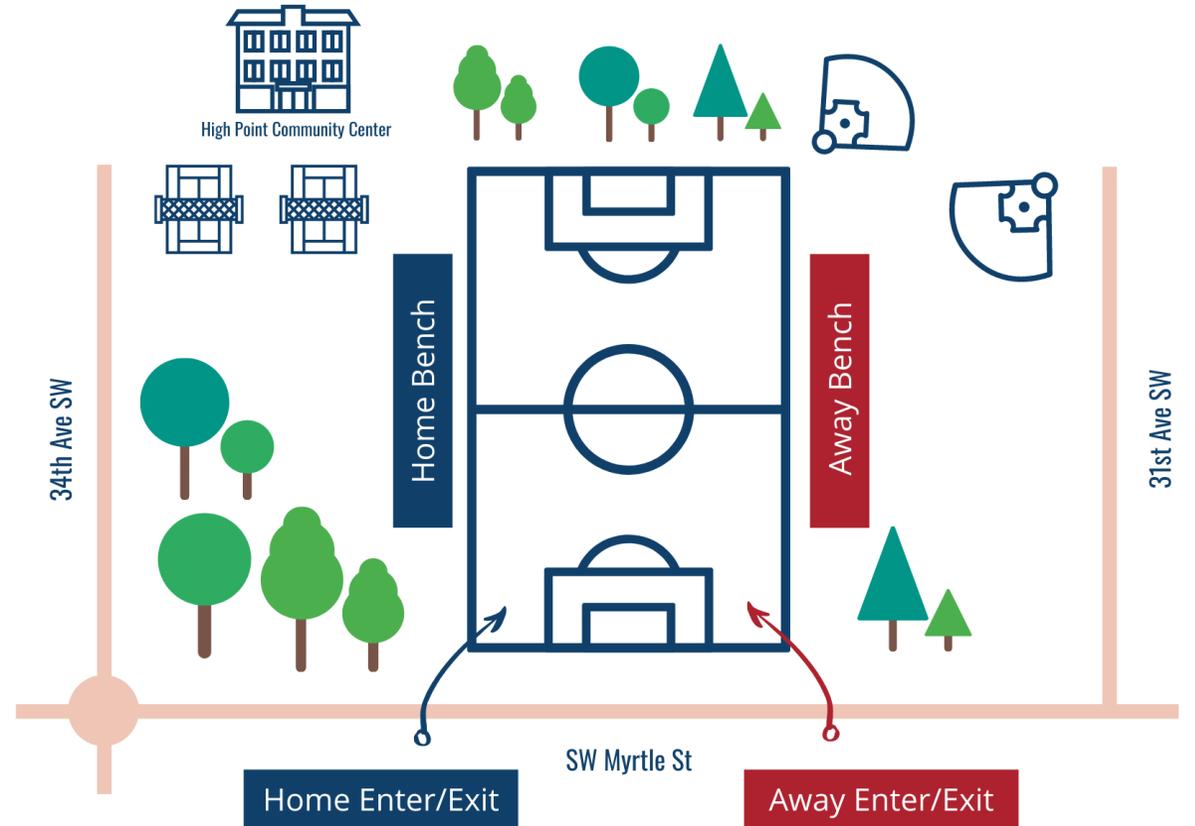
# Walt Hundley: Entering and leaving the playfield

- Enter and exit field per diagram at right.
- Players and coaches may not enter the playfield until the start of the reservation, and no equipment can be brought to the field until the start of the reservation.
- Waiting on the sidelines prior to the start of the reservation is not allowed.
- All players and referees must vacate the field within 15 minutes of the end of the reservation.
- All equipment and garbage must be removed from the field within 15 minutes of the end of the reservation.



## COVID-19 Pick Up and Drop Off Map: Walt Hundley

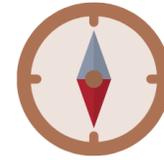
6920 34th Ave SW, Seattle, WA 98126





# Hiawatha: Entering and leaving the playfield

- Enter and exit field per diagram at right.
- Players and coaches may not enter the playfield until the start of the reservation, and no equipment can be brought to the field until the start of the reservation.
- Waiting on the sidelines prior to the start of the reservation is not allowed.
- All players and referees must vacate the field within 15 minutes of the end of the reservation.
- All equipment and garbage must be removed from the field within 15 minutes of the end of the reservation.



## COVID-19 Pick Up and Drop Off Map: Hiawatha Playfield

2700 California Ave SW, Seattle, WA 98116

