



Return to Play – ACTION PLAN

Revised:
February 26, 2021

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

- [WYS Return to Play Guidelines](#)
- [Sporting Activities COVID-19 Requirements \(Governor Inslee's Office\)](#), effective 2/1/2021
- [WYS Gameday Protocols and Safety Plan](#), revised 2/3/2021
- [NPSL Protocols Phase 2 Covid-19 Return to Play](#), 2/18/2021
- Seattle Parks Guidance on Spectators at Fields, 2/4/2021

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COVID-19 Coordinators

HSA Select COVID-19 Coordinators

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Highline Soccer Club (HSC) COVID-19 Coordinator

- Steve Balsiger, 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 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 league/competition representatives – 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: [WYS Gameday Protocols and Safety Plan](#), revised 2/3/2021

When an athlete/coach is diagnosed with COVID-19:

- Have the player stay home
- If the infected player was in contact with their team or an opposing team within 48 hours of when symptoms first started or within 48 hours of when the diagnostic test was performed (whichever was earlier), 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) or that someone on an opposing team was possibly infectious when they played in the game. 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 or start of symptoms, Club COVID Contact must notify the opposing team immediately – 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.

In addition to above, 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
- Infected coach cannot return to practice or games until they have written medical clearance from their physician.
- 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 in ALL PHASE 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, umpires/referees, spectators and any other paid or volunteer staff should be required to stay home if they feel unwell, show any signs of COVID-19, or are a close contact of a confirmed case.
- All coaches and students 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 contests 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

- **Masks required for all athletes/participants at all times.** Coaches, trainers, managers, spotters, and any other paid or volunteer staff must wear face coverings at all times.



Guidance applicable to soccer activities in ALL PHASE 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

- Require athletes, coaches, umpires/referees and any other paid or volunteer staff to 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. If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content. 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.).
- Provide handwashing or hand sanitizing stations at training and contest locations.
- Limit the use of locker rooms to handwashing and restroom use only. Showers should not be used due to potential spread of aerosolized droplets. If use of locker rooms for changing is necessary, maximize ventilation and use tape, spots, or cones to signal 6 feet of distance for athletes who need to change. If locker rooms are used cleaning protocols must be included in the sporting activity safety plan. Stagger entry to the changing area and use of these facilities as appropriate with members of the same team or training cohort only. Limit occupancy of the locker rooms to avoid crowding.



Guidance applicable to soccer activities in ALL PHASE 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. Maximize ventilation in the vehicle by opening windows

Records and Contact Tracing

- Keep a roster of every athlete, staff and volunteer present at each practice, training session, and contest 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 PHASE 2

Source: [WYS Return to Play Guidelines](#) and Seattle Parks Guidelines

- **Facial coverings required for all coaches, volunteers and athletes AT ALL TIMES.**
- Outdoor training, practices and competitions allowed outdoors. Maximum 200 people allowed at competitions, including spectators. (Maximum **75 people** at Seattle fields.)
- **Check with local authorities regarding spectator limits for specific counties, cities, and venues.**
- Indoor team training, practices, and competitions allowed. For all indoor sports the occupancy of the facility may not exceed 25 percent of the fire code occupancy rating.
- **For outdoor competitions;** For facilities or complexes with more than one field or area of play a **maximum of 75 people allowed per field** or area of play, including spectators. All spectators of different households are to remain physically distant, 6 feet or more, as much as possible. If your location has more restrictive rules than above, make sure to let you opponent know. A location with a single field is still allowed to have 200 max including spectators.

The HSA Select Committee will email Park's policy to all of our coaches, and have a coaches meeting to reinforce this before games begin. Our leadership committee will be monitoring and enforcing this at all of our fields with games on them.



Guidance applicable to soccer activities at PHASE 1

Source: [WYS Return to Play Guidelines](#) and Seattle Parks Guidelines

- **Face coverings are required for all players, coaches, and volunteers AT ALL TIMES.**
- Indoor training and practice allowed for soccer if players are limited to groups of 6 in separate parts of the field/court, separated by a buffer zone. Brief close contact (ex: 3 on 3 drills) is permitted. It is preferable for the groups of six to be stable over time. All facilities must calculate allowable participant occupancy by dividing the room size or available floor space by 500 square feet per person.
- **Outdoor team practices, training and intra-team competitions allowed. Scrimmage against other teams or training or practices with other teams is not allowed.**
- No tournaments allowed.
- All non-essential travel is subject to quarantine.
- Refer to county administrators and your local field operator before scheduling a practice session.
- Any previous guidelines that are contradictory to the latest update are no longer applicable.



Spectators at games or scrimmages

Source: [Sporting Activities COVID-19 Requirements \(Governor Inslee's Office\)](#), effective 2/1/2021, and guidance by Seattle Parks (2/4/2021)

- **Spectators must wear masks at all times.**
- For outdoor competitions; For facilities or complexes with more than one field or area of play a **maximum of 75 people allowed per field or area of play, including spectators.** All spectators of different households are to remain physically distant, 6 feet or more, as much as possible.
- **For games in Seattle,** groups are required to limit the total attendance at a game to a maximum of 75 people per playfield. If one group has two playfields reserved at the same (for example, Brighton 1 and 2), then the maximum is 150 people. If two groups are scheduled for two different playfields at the same park, each group is capped at a maximum of 75 people. The total attendance includes players, coaches, officials/referees, and spectators.
- 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 WYS Gameday Protocols and Safety Plan

[WYS Gameday Protocols and Safety Plan](#), revised 2/3/2021

Note: if you are participating in the NPSL Spring season, see also the [NPSL Protocols Phase 2 Covid-19 Return to Play](#), 2/18/2021

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
- Referee Responsibilities



Team Manager responsibilities for games

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

Game Confirmation

- **72hrs prior to the game**, contact opposing team manager/coach to confirm whether the game is to be played.

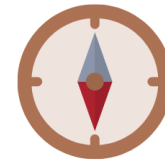
Game Day

- 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).



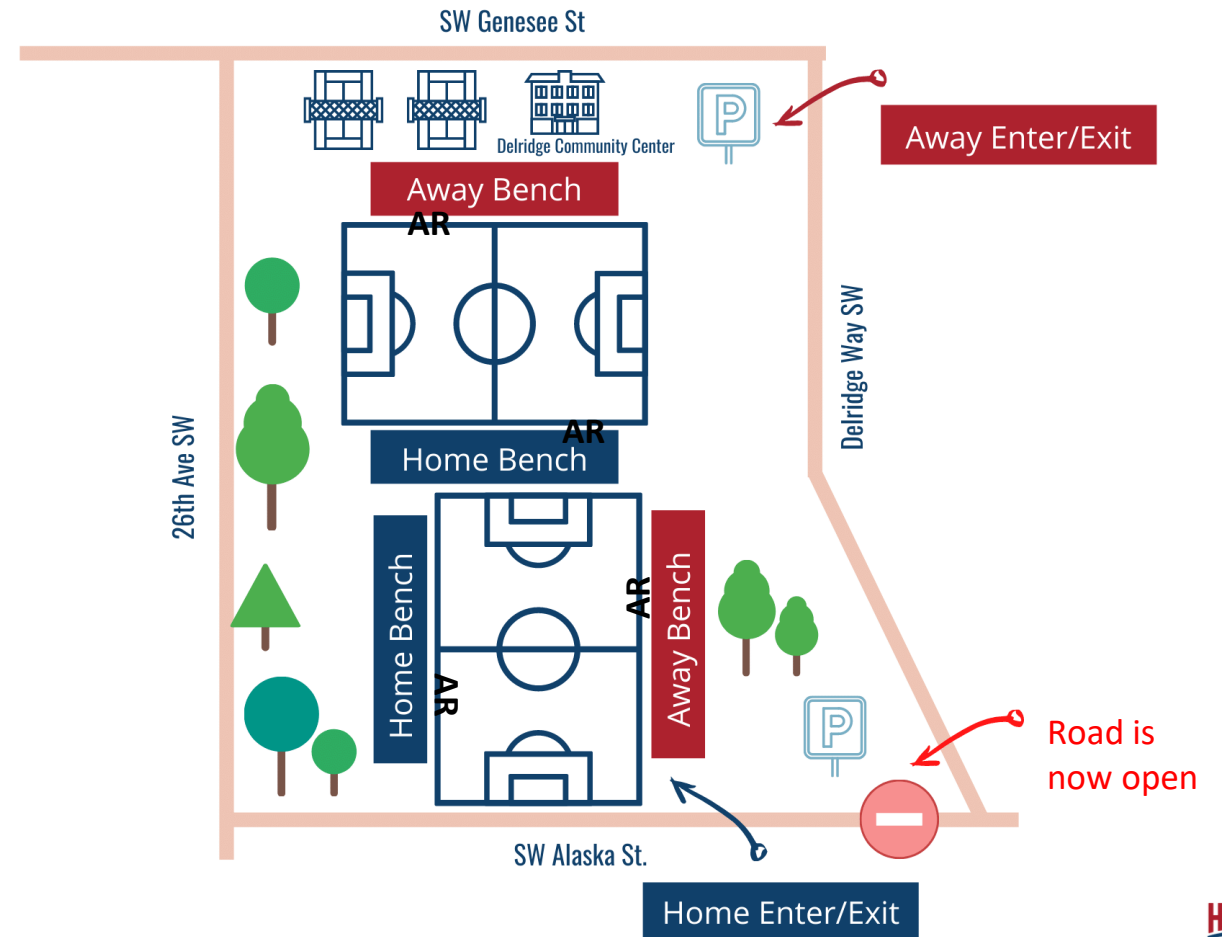
Delridge N&S: Field setup

- Enter and exit field per diagram at right.
- Players and coaches may not enter the playfield until the start of the reservation and/or until previous teams have left the field.
- Waiting on the sidelines prior to the start of the reservation is not allowed.
- **Spectators** – must wear masks at all times, on same sidelines as their player, households to stand at least 10 feet away from players, coaches, and referees.
- Maximum of 75 people allowed per field.
- Team bench set up behind Assistant Referees (AR).
- All players, referees, coaches and spectators must vacate the field within 5 minutes of the end of the reservation.



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

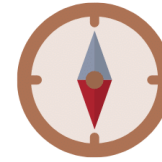
4458 Delridge Way SW, Seattle, WA 98106





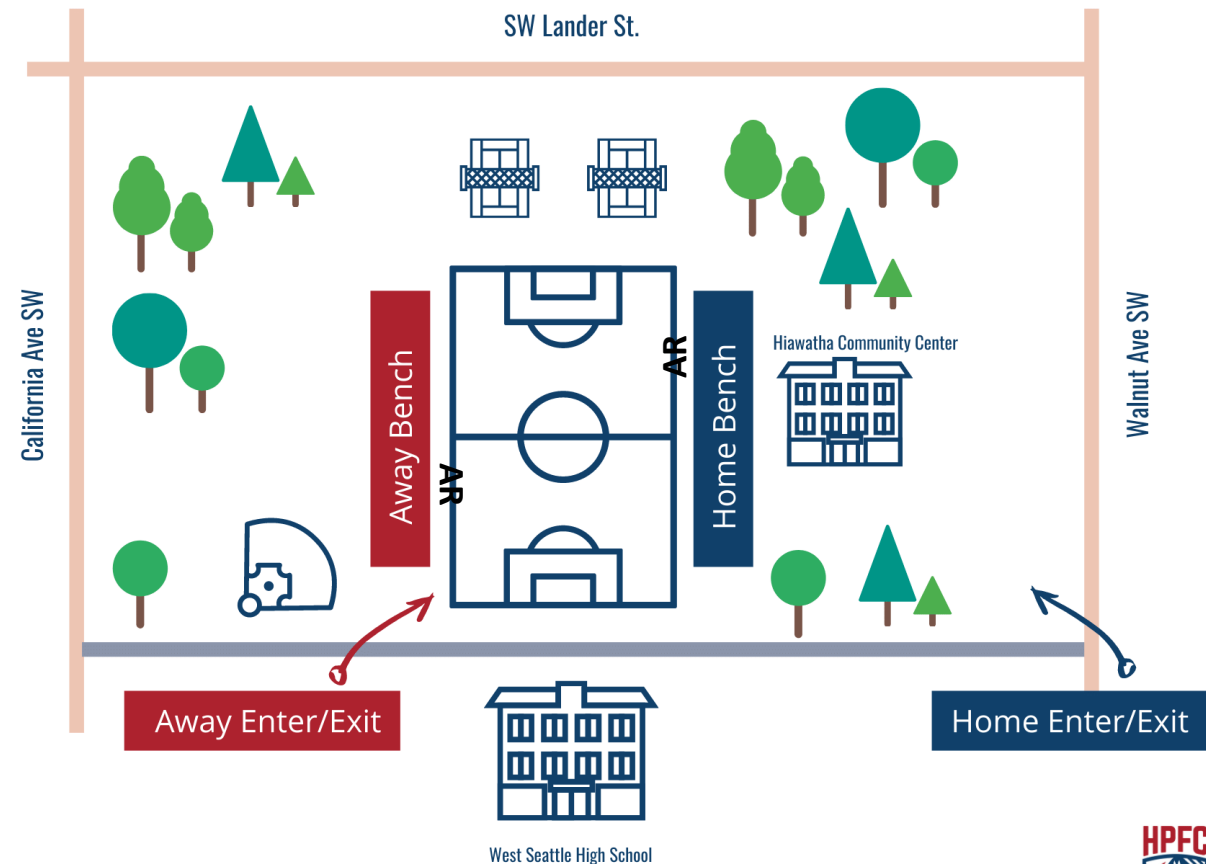
Hiawatha: Field Setup

- Enter and exit field per diagram at right.
- Players and coaches may not enter the playfield until the start of the reservation and/or until previous teams have left the field.
- Waiting on the sidelines prior to the start of the reservation is not allowed.
- **Spectators** – must wear masks at all times, on same sidelines as their player, households to stand at least 10 feet away from players, coaches, and referees.
- Maximum of 200 people allowed per field (75 people at multi-field venues).
- Team bench set up behind Assistant Referees (AR).
- All players, referees, coaches and spectators must vacate the field within 5 minutes of the end of the reservation.



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

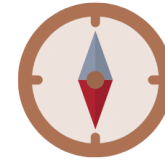
2700 California Ave SW, Seattle, WA 98116





Walt Hundley: Field Setup

- Enter and exit field per diagram at right.
- Players and coaches may not enter the playfield until the start of the reservation and/or until previous teams have left the field.
- Waiting on the sidelines prior to the start of the reservation is not allowed.
- **Spectators** – must wear masks at all times, on same sidelines as their player, households to stand at least 10 feet away from players, coaches, and referees.
- Maximum of 200 people allowed per field (75 people at multi-field venues).
- Team bench set up behind Assistant Referees (AR).
- All players, referees, coaches and spectators must vacate the field within 5 minutes of the end of the reservation.



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

6920 34th Ave SW, Seattle, WA 98126

