

# HIGHLINE PREMEIR FC

Updated October 21, 2020

*Return to Play  
Guidelines  
Version 3.1*

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According to the State of Washington the risk of transmitting the SARS CoV-2 virus that causes COVID-19 depends on multiple factors including: 1) Number of people in a location, 2) Type of location, 3) Distance between people, 4) Length of time at location, 5) Level of protective equipment used (e.g. face coverings). As general guidance, smaller groups are safer than larger ones; outdoor locations are safer than indoor; sports that can ensure distance of six (6) feet or more are safer than closer contact; and shorter duration is safer than longer.

## Sport Risk Category guidance

**Moderate risk sports:** Soccer & Futsal are both considered moderate risk sports.

## General Guidance

Stay home when sick or if you're a [close contact](#) of someone with COVID-19

Athletes, coaches, & spectators and any other paid or volunteer staff are required to stay home if they feel unwell, show any signs of COVID-19, or are a close contact of someone with a confirmed case.

All coaches and players will be screened for signs/symptoms of COVID-19 prior to a workout. Screening should consider the [following symptoms outlined by the CDC](#):

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches



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- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Any person with symptoms of COVID-19 or who is a close contact of someone with confirmed COVID-19 will 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 Department of Health (DOH) and local public health isolation and quarantine guidance before returning to training or contests. King County COVID-19 [guidance can be found here](#).

HPFC participants with underlying health conditions should consult with their medical provider regarding participation in athletic activities.

## Masks

Players are required to wear masks/face coverings directly before and directly after sporting activities and are strongly encouraged to wear masks whenever not engaged in strenuous activity.

Any spectators must wear facial coverings per the DOH facial covering order.

HPFC Coaches, trainers, Team Managers, and any other paid or volunteer staff must wear face coverings at all times.

## Physical Distance

Physical distance of 6 feet or more 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

HPFC requires players, coaches, and any other paid or volunteer staff to practice good hygiene including washing their hands frequently and covering their sneezes and coughs. Participants should wash hands



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often with soap and water for at least 20 seconds before and after practice, especially after touching shared objects or blowing their nose, coughing, or sneezing.

Participants should avoid touching their eyes, nose, and mouth. If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content. To ensure your hands have been thoroughly cleaned, 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.).

HPFC COVID-19 Supervisors will provide hand sanitizer at trainings and games locations.

### Cleaning

HPFC COVID-19 Supervisors are responsible for cleaning high touch surfaces and disinfecting 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 COVID-19. Disinfectants composed of 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.

### Ventilation

Ventilation is important to have good air quality. Increase air circulation and ventilation as much as possible. Use of fans for cooling is acceptable. In indoor spaces, fans should only be used when windows or doors are open to the outdoors in order to circulate indoor and outdoor air. They should blow away from people.

### Transportation

Limit exposure to those outside the household unit during travel. Only those in the same household should travel together, and if not in the same household, travel in separate vehicles.

If you must travel in 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 you or your family members 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

HPFC is responsible for and will keep and maintain an attendance roster of every player, Coach and volunteer present at each practice, game, and other in-person events to assist with contact tracing in the event of a possible exposure. Attendance rosters must be kept on file for 28 days after the practice, game, and team in-person function.

## Employees & Volunteers

HPFC will specifically ensure operations follow the main Labor & Industries COVID-19 requirements to protect employees (Coaches and other staff) and volunteers. COVID-19 workplace and safety requirements can be [found here](#).

Coaches and Volunteers are required to complete CDC COVID-19 Self Checker on a daily basis and submit results of the self-check to [covid19@highlinepremier.com](mailto:covid19@highlinepremier.com) the day of in-person activities .

## County COVID-19 Activity Level guidance

On October 6, 2020, the Governor announced new guidelines for youth sports, which included using County COVID Activity levels to determine how youth sports organizations will adjust their training environments based on the number of COVID cases. The activity level classifications are High, Moderate, and Low (see description of each below) and each have different protocols for operations.

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 COVID-19 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):

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



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Table 1. Summary of COVID-19 Activity Level Classifications

COVID-19 County Activity Classification	Definition	Practice	Games
High	>75 cases/100K/14 days OR >5% positivity	Pod-style <ul style="list-style-type: none"> <li>• Players in groups of 6 separated by buffer zone</li> <li>• Players allowed to scrimmage in 3v3, 2v2, 1v1 with light contact</li> </ul>	No games
Moderate	>25-75 cases/100K/14 days AND <5% positivity	Full team scrimmage with light contact	Games allowed
Low	< 25 cases/100K/14 days AND < 5% positivity	Full team scrimmage with light contact	Games allowed

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

Each league, organization, or club must publish and follow a “return to play” safety plan. Any practice or training activities that can be done outdoors should be done outdoors.

Team practices and/or training can resume if players are limited to groups of six in separate parts of the field, separated by a buffer zone. Brief close contact is permitted. It is preferable for the groups of six to be stable over time. Attendance rosters should include group contact information.

While light contact is allowed, (scrimmage / opposed play) efforts to social distance should otherwise continue (no team huddles, high fives, unnecessary contact).

**PLAYERS**

- Players with COVID-19 Symptoms are not permitted to practice or attend games.



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- Players living with “vulnerable individuals” (I.e., elderly or those suffering from serious underlying conditions) are not permitted to train or attend games.
- Players/coaches must use hand sanitizers before, during breaks and after practice.
- Players must wear masks when not actively training or playing games.
- 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 before the start of the reservation is not allowed.
- All players and coaches must vacate the field within 15 minutes of the end of the reservation.

### PARENTS/GUARDIANS/SPECTATORS

- No spectators or parents allowed on the field
- No congregation for players and parents in parking lots, drop off zones, at entrances/exits of a facility, or before or after a training session.
- No carpooling allowed to and from practice
- All equipment and garbage must be removed from the field within 15 minutes of the end of the reservation.
- Clean and sanitize all gear used during training and game events (such as jerseys, shin guards, shoes, balls, goalkeeping equipment, etc.)
- No spectators allowed except for **one parent/guardian/caregiver** for each minor-aged participant allowed. Spectators must maintain physical distance of at least six (6) feet between each person.
- **No spectators allowed for participants 18 and older.**

### High Level COVID Activity **Coach** Requirements:

- Plan for a thoughtful, well-managed increase in training load over time and educate your players about how to get adequate rest and recovery to minimize the risk of injury as they work back to full match fitness.
- Wear mask to and from the field.
- Limit equipment brought to practice, disinfecting all equipment before/after use.
- Sharing of equipment such as water bottles is prohibited.
- Players responsible to bring to each kit (Red, White, and Blue) every training session to avoid shared community gear.
- Players must bring their own balls. Any shared balls must be disinfected after use.
- Only the coach may handle team equipment.
- No throw ins or unnecessary touching of ball with hands.
- Goalkeepers must clean and disinfect gloves before, during and after match.
- No sharing goalkeeper gloves or jersey.



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High Level Phase **Club/Organizational** Responsibilities:

- Assign a COVID-19 Safety Officer (COVID Supervisor) who will communicate and oversee the policy across the club and will provide regular updates and reminders.
- Establish an emergency plan to manage possible exposure to the virus. Included in the plan isolate/remove the exposed person(s), document the incident and any contacts the individual(s) may have had. Club will inform anyone who may have been exposed and restrict them from participation until they have quarantined for a minimum of 14 days.
- Train all staff to recognize and report the Symptoms of COVID-19 and know to act responsibly if they detect or exhibit symptoms according to the CDC.
- Assign each team a COVID Coordinator to oversee compliance at the team level during training.
- Provide coaches and team coordinators with personal protective equipment (PPE's) as well as disinfectant materials.
- Test the temperature of each staff member, with a touchless thermometer, before practice sessions begin. Any staff member with a temperature over 100.4 F should immediately leave the facility.
- Schedule training sessions so that one team/group can safely conclude and depart before the next team/group arriving, avoiding high traffic times.
- Establish designated drop-off and pick up zones for each field.
- Provide clear Individual Training Sections areas for each player to practice and their gear (backpacks, etc.). Areas must be clearly marked by cones or painted lines.
- Limit equipment brought to practice, disinfecting all equipment before/after use.
- Do not allow any sharing of equipment, water bottles or backpacks.
- Players must bring their own balls. Any shared balls must be disinfected after use.
- Only the coach may handle team equipment

High Level COVID Activity **Game Day** Plan

- Games not allowed during High Level outbreaks.

High Level COVID Activity **Tournament** Plan

- No tournaments allowed during High Level Activity.



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

Attendance rosters should include group contact information. Each league, organization, or club must publish and follow a “return to play” safety plan. Any practice or training activities that can be done outdoors should be done outdoors. Scrimmage, intra-team competitions, and league games allowed.

Light contact is allowed, (scrimmage / opposed play) but efforts to social distance should otherwise continue (no team huddles, high fives, unnecessary contact). All sessions will be conducted outdoors.

**PLAYERS**

- Players with fevers or other symptoms are not permitted to practice.
- Players living with “Vulnerable Individuals” (i.e. elderly or suffering serious underlying condition) are not permitted to train.
- Players/coaches must use hand sanitizers before, during breaks and after practice.
- 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 before the start of the reservation is not allowed.
- Players must wear masks when not actively training.
- All players and coaches must vacate the field within 15 minutes of the end of the reservation.

**PARENTS/GUARDIANS/SPECTATORS**

- No spectators allowed except for **one adult parent/guardian/caregiver** for each minor-aged participant allowed. Spectators must maintain physical distance of at least six (6) feet between each person.
- No spectators allowed for participants 18 and older.
- During trainings, parents must remain in their cars or wear a mask if out of the car. No parents on the field at training.
- No congregation for players and parents in parking lots, drop off zones, at entrances/exits of a facility, or before or after a training session.
- Waiting on the sidelines before the start of the reservation is not allowed.
- Clean and sanitize all gear used during training and game events (such as jerseys, shin guards, shoes, balls, goalkeeping equipment, etc.)
- All equipment and garbage must be removed from the field within 15 minutes of the end of the reservation.



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**Moderate Level COVID Activity Club/Organizational Responsibilities:**

- Continue and reinforce all organizational responsibilities from High COVID Activity Levels.
- Set reasonable expectations for return to play / full match fitness for players and communicate those expectations clearly to parents and players.

**Moderate Level COVID Activity Coach Requirements:**

- Plan for a thoughtful, well-managed increase in training load over time and educate your players about how to get adequate rest and recovery to minimize the risk of injury as they work back to full match fitness.
- Wear mask to and from the field.
- Limit equipment brought to practice, disinfecting all equipment before/after use.
- Sharing of equipment such as water bottles is prohibited.
- Players responsible to bring to each kit (Red, White, and Blue) every training session to avoid shared community gear.
- Players must bring their own balls. Any shared balls must be disinfected after use.
- Only the coach may handle team equipment.
- No throw ins or unnecessary touching of ball with hands.
- Goalkeepers must clean and disinfect gloves before, during and after match.
- No sharing goalkeeper gloves or jersey.

**Moderate Level COVID Activity Game Day Plan**

- League officials required to wear masks at all times
- Strict enforcement of social distancing and other safety protocols
- Unenclosed pop-up tents recommended for teams to expand social distancing perimeter
- No pre-game coin toss or pre/post-game hand shakes
- After conclusion, players will wear masks until they are in their vehicles
- Coaches will make sure that nothing is left at the bench area
- Games will be scheduled with more time between games to minimize contact between teams
- Team level COVID Supervisors are responsible for ensuring team and its supporters follow COVID-19 RTP plan.
- Teams will sit on opposite sides of field and away from game day officials.
- When travelling in a carpool, masks are required.
- Parents attending the match must wear a mask at all times.
- No throw ins or unnecessary touching of ball with hands
- Goalkeepers must clean and disinfect gloves before, during and after match.



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- No sharing goalkeeper gloves or jersey.

Moderate Level COVID Activity Tournament Policy:

- No tournaments allowed.

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

Attendance rosters should include group contact information. Each league, organization, or club must publish and follow a “return to play” safety plan. Any practice or training activities that can be done outdoors should be done outdoors. Scrimmage, intra-team competitions, and league games allowed.

Light contact is allowed, (scrimmage / opposed play) but efforts to social distance should otherwise continue (no team huddles, high fives, unnecessary contact). All sessions will be outdoors.

PLAYERS

- Players with fevers or other symptoms are not permitted to practice.
- Players living with “Vulnerable Individuals” (i.e. elderly or suffering serious underlying condition) are not permitted to train.
- Players/coaches must use hand sanitizers before, during breaks and after practice.
- Players must wear masks when not actively training.
- 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 before the start of the reservation is not allowed.
- All players and coaches 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.

PARENTS/GUARDIANS/SPECTATORS

- No spectators allowed except for **one adult parent/guardian/caregiver** for each minor-aged participant allowed. Spectators must maintain physical distance of at least six (6) feet between each person.
- No spectators allowed for participants 18 and older.
- During trainings, parents must remain in their cars or wear a mask if out of the car. No parents on the field at training.
- No congregation for players and parents in parking lots, drop off zones, at entrances/exits of a facility, or before or after a training session.



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- Waiting on the sidelines before the start of the reservation is not allowed.
- Clean and sanitize all gear used during training and game events (such as jerseys, shin guards, shoes, balls, goalkeeping equipment, etc.)
- All equipment and garbage must be removed from the field within 15 minutes of the end of the reservation.

Low Level COVID Activity **Club/Organizational** Responsibilities:

- Continue and reinforce all organizational responsibilities from High COVID Activity Levels.
- Set reasonable expectations for return to play / full match fitness for players and communicate those expectations clearly to parents and players.

Low Level COVID Activity **Coach** Requirements:

- Plan for a thoughtful, well-managed increase in training load over time and educate your players about how to get adequate rest and recovery to minimize the risk of injury as they work back to full match fitness.
- Wear mask to and from the field.
- Limit equipment brought to practice, disinfecting all equipment before/after use.
- Sharing of equipment such as water bottles is prohibited.
- Players responsible to bring to each kit (Red, White, and Blue) every training session to avoid shared community gear.
- Players must bring their own balls. Any shared balls must be disinfected after use.
- Only the coach may handle team equipment.
- No throw ins or unnecessary touching of ball with hands.
- Goalkeepers must clean and disinfect gloves before, during and after match.
- No sharing goalkeeper gloves or jersey.

Low Level COVID Activity **Game Day** Plan

- Everyone at field required to wear masks at all times
- Strict enforcement of social distancing and other safety protocols.
- Unenclosed pop-up tents recommended for teams to expand social distancing perimeter
- No pre-game coin toss or pre/post-game hand shakes
- After conclusion, players will wear masks until they are in their vehicles
- Coaches will make sure that nothing is left at the bench area
- Games will be scheduled with more time between games to minimize contact between teams



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- Team level COVID Supervisors are responsible for ensuring team and its supporters follow COVID-19 RTP plan.
- Teams will sit on same side of field
- Spectators will remain on opposite side of field from players and must remain socially distant.
- When travelling in a carpool, masks are required.
- Players and families must clean and sanitize all gear used during training and game events (such as jerseys, shin guards, shoes, balls, goalkeeping equipment, etc.)
- Parents attending the match must wear a mask at all times.
- No throw ins or unnecessary touching of ball with hands.
- Goalkeepers must clean and disinfect gloves before, during and after match.
- No sharing goalkeeper gloves or jersey.

**Low Level COVID Activity Tournament Policy:**

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.

A prohibition on tournaments for sporting activities does not include postseason, playoff, state or regional championship competitions sanctioned by a statewide interscholastic activities administrative and rulemaking body that oversees competition in all counties in the state.

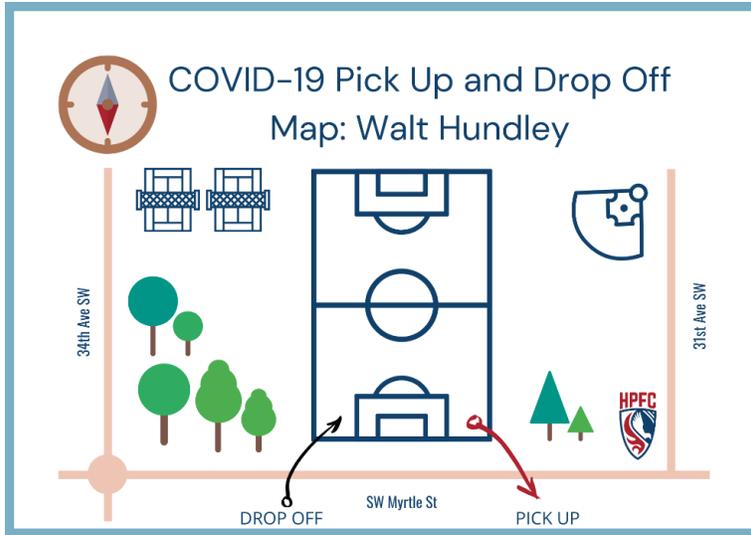
## **Practice and Game Day Field Maps**

Practice Field Maps – does not indicate where players and parents will be for games

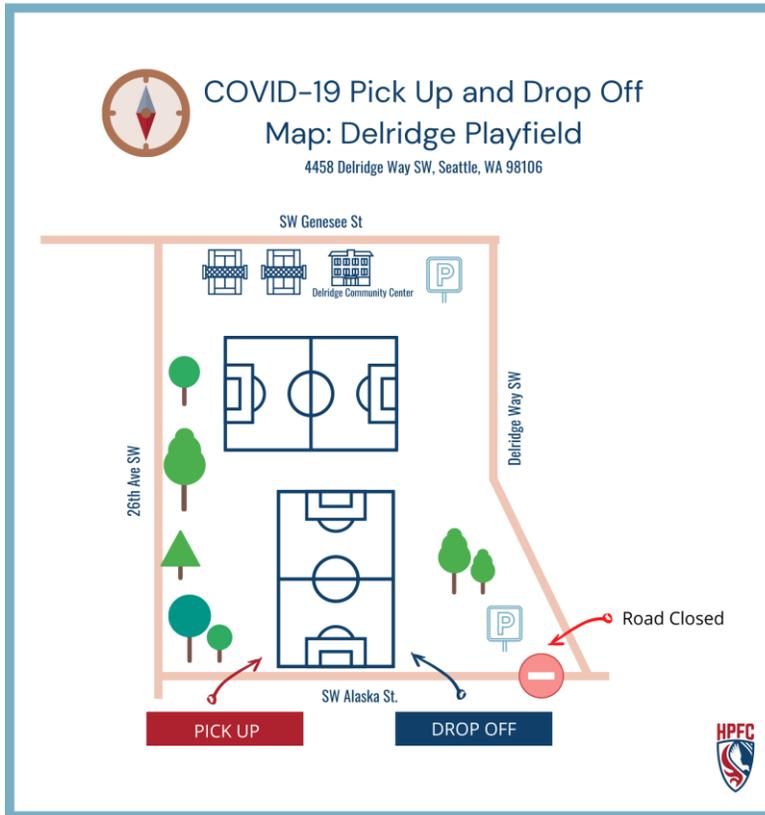
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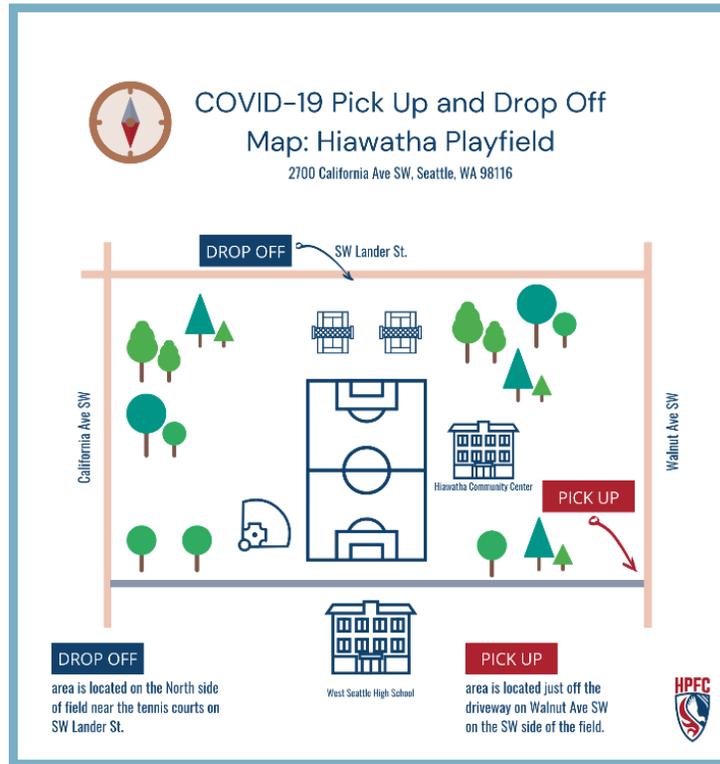


Delridge Playfield



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Hiawatha Playfield

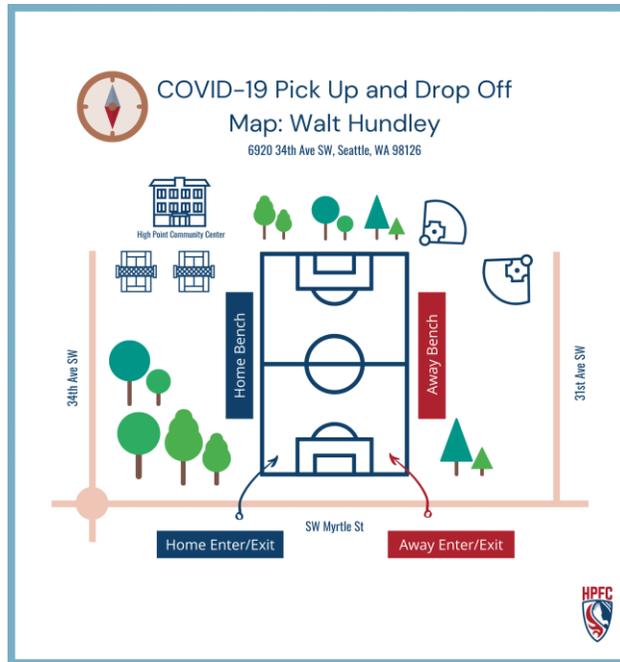


Home Game Field Maps

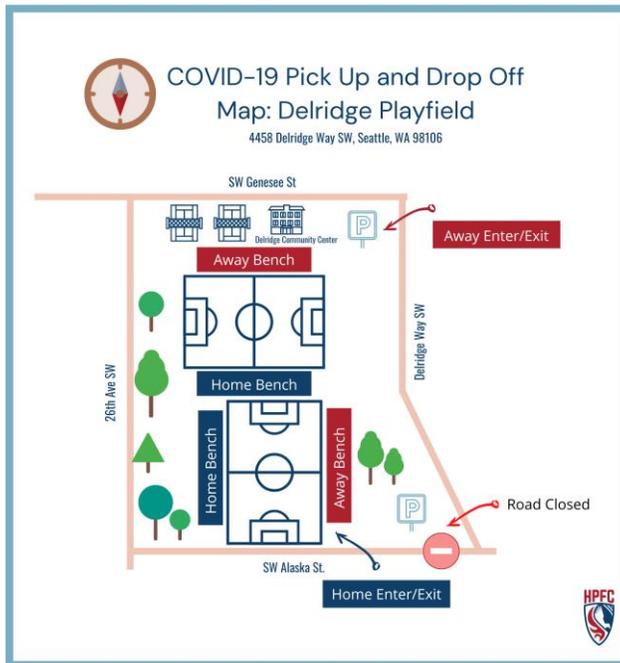
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Delridge Playfield



Hiawatha Playfield

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