

**Return to Play Plan**  
**Tualatin Hills Junior Soccer League**  
Approved March 2, 2021

1. Purpose

The purpose of this plan is to establish a framework and provide policies, procedures, and guidelines for the Tualatin Hills Junior Soccer League's (THJSL or League) return to play following the national suspension of play implemented in response to the Novel Coronavirus 2019 (COVID-19) pandemic.

This plan is intended to address and meet the Oregon Youth Soccer Association (OYSA) requirement for a return to play plan for all clubs participating in the THJSL fall league. This plan will also be used for the WSC spring league. Each club operating within the League can submit its own plan to meet OYSA's requirement but is strongly encouraged to ensure its plan's provisions are consistent with the League's plan.

The primary goal of the plan is to ensure an organized and coordinated return to play which places the highest priority on the health and safety of players, coaches, officials, and their families.

The League and all participating clubs want to clearly communicate the policies, guidelines, responsibilities, and process to keep everyone healthy and as safe as possible as our players return to the field. We require that our players, coaches, club officials, and their families follow these guidelines as closely and diligently as possible. Many of these guidelines are recommendations; however, they closely follow the recommendations and requirements of the Oregon Health Authority. It is imperative that all members be respectful of individual's personal liberties. The League and its participating clubs will not tolerate bullying in any form.

2. Applicability

This plan applies to WSC spring and THJSL fall seasons and is applicable to each recreational soccer club participating in the league. It is also applicable to any other League-sponsored inter-club activity (e.g., coach clinic) conducted as part of the season. The clubs expected to participate include:

- Aloha United Soccer Club
- Milltown United Soccer Club
- Oak Hills Soccer Club
- Somerset West Soccer Club
- Sherwood Youth Soccer Club
- Tigard Youth Soccer Club
- Tualatin Soccer Club
- Westside Soccer Club

**Return to Play Plan**  
**Tualatin Hills Junior Soccer League**  
Approved March 2, 2021

3. Background

In response to the COVID-19 pandemic, state and local governments and public health authorities have taken aggressive actions to contain the virus and minimize its spread. Those actions included strict social distancing and face covering guidelines, closures of restaurants and other businesses, closures of schools and universities, and the suspension of recreational sports leagues and programs. These actions have worked effectively to limit the spread and minimize deaths and hospitalizations while providing time for health authorities to gain a better understanding of the virus and develop strategies and guidelines for reopening schools and businesses and easing social distancing requirements.

Currently, Oregon Health Authority Guidance for outdoor activities is under:

<https://govstatus.egov.com/OR-OHA-COVID-19#guidance>

Risk Level for Washington County -

<https://www.co.washington.or.us/HHS/CommunicableDiseases/COVID-19/COVID-data.cfm>

Sector Risk Level Guidance from OHA

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le3461.pdf>

**Return to Play Plan**  
**Tualatin Hills Junior Soccer League**  
Approved March 2, 2021

4. League Policy and Procedures

The THJSL Board of Directors, which includes representatives from its members clubs, along with representatives from other clubs participating in the fall league (i.e., Sherwood Youth Soccer Club, Tigard Youth Soccer Club, and Tualatin Soccer Club) will:

- A. Monitor state and local government and OYSA actions, requirements, and guidance related to recreational sports programs and keep club leadership informed of the latest developments.
- B. Identify relevant federal, state, or local government and public health guidance and other documents related to COVID-19 and recreational sports programs and share them with all clubs for use in coach, player, and family education.
- C. Update this plan and incorporated policies, procedures, and guidelines as the situation continues to evolve.
- D. Ensure each participating club is utilizing the OYSA or an equivalent Assumption of Risk document to advise its coaches and parents of the risks inherent in returning to play in a COVID environment.
- E. Provide standard forms or templates for the participating clubs to use in education, documentation, or other related activities.
- F. Coordinate field access efforts directly with THPRD and with out-of-district field providers through the appropriate club representatives (i.e., Sherwood, Tigard, and Tualatin).
- G. Ensure each participating club has adopted this plan or developed its own return to play plan and submitted it to OYSA.
- H. Schedule games for all Grade 2-8 and High School programs while ensuring that more time is allowed between games at every site to maximize social distancing and minimize social interaction.
- I. Schedule referees for all Grade 2-8 and High School games while ensuring that referees have been properly instructed in health and safety game management requirements/expectations.

**Return to Play Plan**  
**Tualatin Hills Junior Soccer League**  
Approved March 2, 2021

- J. Modify the THJSL rules of play for all Grade 2-8 and High School games to:
- Disallow throw-ins at all age levels and instead require that restarts arising from the ball crossing over the touch line be initiated with an indirect free kick;
  - Disallow headers at all age levels;
  - Treat intentional spitting at or coughing or heavily breathing on a player, coach, official, or parent as a "Red Card" offense requiring dismissal from the game.
- K. Require the following actions for all Grade **K-8** and High School games:
- Coaches and players must be healthy, have their temperature checked **at home** before attending games, and not have a fever.
  - Carpooling to games is discouraged unless there is no other option.
  - Coaches and players should show up no earlier than 30 minutes before the game **and must be wearing a face covering based on OHA Guidance** - <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2288K.pdf>

“Face covering” means a cloth, polypropylene, paper or other face covering that covers the nose and the mouth and that rests snugly above the nose, below the mouth, and on the sides of the face.

The following are not face coverings because they allow droplets to be released: a covering that incorporates a valve that is designed to facilitate easy exhalation, mesh masks, lace masks or other coverings with openings, holes, visible gaps in the design or material, or vents.

- At this time, Parents/Guardians are not allowed on the field and must remain in their cars or in the parking area. Parents/guardians must follow current OHA face covering guidance.
- Coaches and players must not gather in small groups before or after the game.
- Player equipment and water bottles should be separated by a minimum of six feet.
- Coaches must ensure social distancing is maintained while they check players in using a club-provided recordkeeping document or tool.
- Players must wear a face covering at all times (based on OHA Guidelines).
- Coaches must wear a face covering at all times (based on OHA Guidelines).
- Players must not share water bottles.
- When the game ends, players must promptly pick up their personal equipment and leave the field. Face coverings must remain on until the player has completely left the field area.
- Coaches should be the last to leave while ensuring all personal equipment and any refuse is cleared from the area.

**Return to Play Plan**  
**Tualatin Hills Junior Soccer League**  
Approved March 2, 2021

- L. Receive general reports of COVID positive tests of players, coaches, and parents/guardians from participating clubs and, in cooperation with the reporting club, determine if a team must be removed from a game schedule due to public health-imposed isolation or quarantine orders affecting the team's coaches and/or players.
- M. Specific procedures for response to a positive COVID-19 Test
- Any player or coach that is known to have tested positive for COVID-19 or has COVID-19 like symptoms is required to notify their club immediately and remove themselves from participation with their team.
  - Any player/coach confirmed with COVID-19, the following actions will be taken by the league:
    - The team that the player/coach is on will be removed from game play for the 14 days following the positive test date to OYSA that a positive case has been confirmed.
    - The opposing team(s) from the previous weekend will be removed from game play for the 14 days following the date of the game that they played the team with an exposure or positive test.
    - Teams that were scheduled to play the two teams the following 14 days will be notified of schedule changes.
    - Teams that have been quarantined will be added back to the schedule following a successful quarantine.
  - Any player/coach confirmed to have been exposed to a person with COVID-19 is required to notify their club immediately, and the following actions will be taken by the league
    - Contact the opposing team/Referee/COVID Monitor from the weekend prior to make them aware that someone in the game was exposed to COVID-19.
    - The player/coach should not return to play for 14 days from the date of exposure and have no symptoms for 24 hours.
  - If a Referee/COVID Monitor has tested positive for COVID-19 or has been exposed to someone with COVID-19, the following actions will be taken by the league:
    - Teams that played the previous weekend will be notified that an adult at the game tested positive for COVID-19.
    - If the players and other adults maintained 6 feet of physical distancing and less than 15 minutes of time near the Referee/COVID Monitor, then they will watch for symptoms and quarantine if they experience any symptoms.

**Return to Play Plan**  
**Tualatin Hills Junior Soccer League**  
Approved March 2, 2021

5. Club Guidance

Although each club participating in the THJSL fall season (or WSC spring season) is a separate legal entity with its own board of directors and each manages its own practices, sponsors clinics, conducts other intra-club events, and operates its own micro-soccer program for kindergarten and first grade players, it's in the best interest of the League and the participating clubs to approach the return to play in a similar manner to ensure consistency and fairness. To that end, each participating club agrees to the following procedures and guidelines through adoption of this plan or through inclusion of equivalent provisions in its own plan.

A. Club Responsibilities

- Adopt this plan or a club-developed plan and submit it to OYSA and THJSL. If a club chooses to develop its own plan, it should be consistent with this document.
- Develop and implement a communication plan for all aspects of return to play.
- Identify/Develop and distribute guidance, procedures, and other relevant documents to coaches, players, and parents/guardians.
- Adopt the OYSA or an equivalent Assumption of Risk Waiver for all coaches and parents/guardians to sign or acknowledge prior to the beginning of practices.
- Make all resources available through the club's website or other accessible tool.
- Maintain participant confidentiality regarding health status.
- Designate a primary person or persons to communicate updates on local COVID-19 requirements to coaches and parents/guardians as needed.
- Provide a process for coaches and parents/guardians to notify the club if the coach, the parent/guardian, or an assistant coach or player is found to have COVID-19 and to inform the club of any isolation or quarantine orders imposed by public health officials that affect team activities.
- Notify the League and OYSA when a player, parent/guardian, or coach is found to have COVID-19 and public health officials impose isolation or quarantine orders affecting a team.
- Follow local public health guidelines and directions if/when notified of a positive case of COVID-19 and/or imposed isolation or quarantine orders.
- Educate coaches, players, and families on healthy behavior while on the field.
- Create training schedules providing time between practices.
- Provide all coaches with a form, tool, or other process for tracking attendance of players and assistant coaches assigned to their team. This documentation will be helpful to local public health authorities conducting contact tracing for a positive COVID case.
- Coordinate (through the League or directly where appropriate) with local park providers and/or school districts on the availability and sanitation of bathrooms and porta-potties and the availability of hand sanitizer.

**Return to Play Plan**  
**Tualatin Hills Junior Soccer League**  
Approved March 2, 2021

B. Coach Responsibilities

- Strive to ensure the health and safety of players.
- Use the club supplied form to assess the health of each player and coach at the beginning of each practice or game. Players or coaches who answer “Yes” to any of the 5 health questions may not participate in the practice or game. Keep the completed forms from each practice and game in case needed for contact tracing.
- Promptly contact the player’s parent/guardian if a player is not allowed to participate for health reasons or becomes ill during the practice or game.
- Follow state and local health protocols and guidelines.
- Notify the club's designated point of contact if they or any of the team's assistant coaches, players, or parents/guardians test positive for and are directed to isolate due to COVID-19 or are quarantined due to close contact with a COVID positive case.
- Do not share the names of any assistant coaches, players, or parents/guardians who test positive and are isolated or those who are placed in quarantine.
- Ensure all players have their own personal equipment and that they store it properly (water bottle, bag, etc.)
- Ensure that coaches are the only ones to handle team equipment (e.g. cones, ladders, etc.)
- Remind parents that there are no spectators allowed at practices or games. If staying at the site of the game or practice, parents must remain at their cars.
- Coaches must wear a face covering at all times. Do not pull your face covering down to shout instructions to players!
- Maintain at least 6 feet of distance between yourself and players at all times.
- Do not use shared pinnies (bibs, training vests, etc.).
- Agree to and sign your club's Assumption of Risk Waiver before starting season activities.
- Track/Document the attendance of assistant coaches and players at all practices and games using a club provided form, tool, or other process. This documentation will be helpful to local public health authorities conducting contact tracing for a positive COVID case.
- Show up no earlier than 5 minutes before the team’s scheduled practices.
- Show up no earlier than 30 minutes before the team’s scheduled games.
- In the case of any injury that requires attention from the parent, please call the parent’s cell phone and that parent may enter the field area, maintaining at least 6 feet distance from everyone except the player.
- Follow all practice and game requirements.
- Cooperate with COVID Monitor (practices and games) and Referees (games) when approached based on their COVID Responsibilities.

**Return to Play Plan**  
**Tualatin Hills Junior Soccer League**  
Approved March 2, 2021

C. Player Responsibilities

- Have your parent take your temperature before all soccer activities.
- Let your parent/guardian and coach know if you are not feeling well.
- Wash hands thoroughly before and after practices and games.
- Must wear a face covering at all times during practices and games.
- Bring hand sanitizer with you and use it as appropriate at practices and games.
- Do not touch anyone else's equipment or share your own with others.
- Place your equipment six feet away from that of other players or wherever indicated by the coach.
- Wash and sanitize all equipment before and after practices and games.
- Do not participate in group celebrations, high-fives, hugs, handshakes, fist-bumps, etc.
- Do not assist coaches with equipment before or after training or games.
- Show up no earlier than 5 minutes before your scheduled practices.
- Show up no earlier than 30 minutes before your scheduled games.
- Do not gather in small groups before or after practices and games.
- Follow all practice and game requirements.

D. Parent/Guardian Responsibilities

- Agree to and sign your club's Assumption of Risk Waiver before practices begin.
- Ensure your child is healthy and check your child's temperature before all practices and games.
- Do not send your player to practices and games if your child feels sick.
- At this time, Parents/Guardians are not allowed on the field and must remain in their cars or in the parking area. Parents/guardians must follow current OHA face covering guidance.
- Notify the club's designated point of contact if you, your player, or another member of your family tests positive and is directed to isolate due to COVID-19 or is quarantined due to close contact with a COVID positive case. In particular, your club will want to know if the isolation or quarantine orders may lead to the quarantining of your player's coach(es) and teammates. \*\* This will be kept private, but your club needs to know.
- Consider washing your player's practice/uniform clothing after every practice/game.
- Sanitize your player's equipment (cleats, ball, shin guards, etc.) before and after every practice and game.
- Do not assist coaches with equipment before and after practices and games.
- Consider providing hand sanitizer for your player's use.
- Educate your child about proper behavior for social distancing (i.e., stay at least six feet away from other players).
- Show up no earlier than 5 minutes before your player's scheduled practices.
- Show up no earlier than 30 minutes before your player's scheduled games.



**Return to Play Plan**  
**Tualatin Hills Junior Soccer League**  
Approved March 2, 2021

- In the case of any injury that requires attention from the parent, that parent may enter the field area, maintaining at least 6 feet distance from everyone except the player.
- Follow all practice and game requirements.
- Cooperate with COVID Monitor (practices and games) and Referees (games) when approached based on their COVID Responsibilities.

E. Practice and Game Requirements

- Parents should ensure their child is healthy and does not have a fever before attending practice or game.
- Carpooling to practices or games should be discouraged unless there is no other option.
- Coaches and players should show up no earlier than 5 minutes before the scheduled practice or game wearing a face covering (see OHA Guideline link above).
- If staying at the site of the practice or game, parents must remain at their cars.
- Players, coaches and parents must not gather in small groups before or after practices or games.
- Coaches must ensure social distancing is maintained while they check players in using a club provided recordkeeping document or tool.
- If possible, for games, the two teams should be on opposite sides of the field.
- Once ready, coaches can conduct training per their practice plan.
- Players must wear their face covering at all times during practice or game.
- Coaches must wear a face covering at all times during practice or game. Do not pull your face covering down to shout instructions to players!
- Coaches should end their practices at least 5 minutes before the scheduled ending time to allow for:
  - Players pick up their personal equipment.
  - Movement of players off the field to waiting parents/guardians.
- Coaches should be the last to leave while ensuring all personal equipment and any refuse is cleared from the area.
- COVID Monitor (practices and games) and Referees (games) have Responsibilities that all must cooperate as required by THPRD and OHA to meeting requirements to allow these events to take place.

**Return to Play Plan**  
**Tualatin Hills Junior Soccer League**  
Approved March 2, 2021

F. COVID Monitor responsibilities

- Make sure that you are healthy enough to be at the soccer activity. The health requirements that apply to players and coaches also apply to the COVID Monitor.
- Prior to start of practice or game, check in with the coaches and officials and identify yourself as the COVID Monitor.
- Check the bench area of all teams. Make sure soccer gear and seating are spaced at least 6 feet apart for all players, coaches and officials. Teams should use opposite sidelines if possible. Notify the coach if action is needed.
- COVID Monitors must wear a face covering at all times.
- Make sure that all coaches, players and officials wear face coverings at all times.
- Ensure that there are no spectators present at all times. If any spectators are present at the field, your actions are:
  - Notify them that no spectators are allowed and kindly ask them to return to their car in the parking area.
  - If a spectator does not vacate the field area, notify the coaches (for a practice) or center referee/coaches (for a game) to immediately stop the practice or game. It must remain stopped until the spectator leaves.
  - If a spectator does not vacate the field area for several minutes after the game or practice is stopped, then notify the coaches/referee that the game or practice must be terminated.
- Be aware that practices and games are held at public locations and people not associated with the practice or game may be present. They may be walking, running, playing on a playground, etc. Such people are allowed to be there, however, you should make sure they maintain appropriate distance from the soccer activity.
- When a game or practice is nearing its conclusion, make sure that players and coaches for the next game or practice remain in the parking area until the field is totally clear.
- In the case of any injury that requires attention from the parent, the coach can call the parent's cell phone and that parent may enter the field area, maintaining at least 6 feet distance from everyone except the player.
- For any issues that you cannot resolve and need immediate help, call the emergency number that will be provided by the league. Do not engage in any physical or verbal confrontations.

**Return to Play Plan**  
**Tualatin Hills Junior Soccer League**

Approved March 2, 2021

F. Game Referee responsibilities

- Use the COVID modified rules of play as directed by the league.
- Make sure that you are healthy enough to be at the soccer activity. The health requirements that apply to players and coaches also apply to the officials.
- Referees must wear a face covering at all times (exception for blowing the whistle if not using an electronic whistle).
- Electronic whistles are strongly encouraged. If not using an electronic whistle, the referee may pull down their face covering, blow the whistle, and then immediately put the face covering back over the mouth and nose.
- Check the bench area of all teams. Make sure soccer gear and seating are spaced at least 6 feet apart for all players, coaches and officials. Notify the coach if action is needed. If possible, team bench areas should be on opposite sides of the field.
- During team check in, make sure that all players and coaches maintain 6 feet of separation.
- Make sure that all coaches, players and officials wear face coverings at all times.
- Players with face coverings that consistently fall off of nose or mouth must be subbed out until they have a properly fitting face covering that remains secure during play.
- Coaches who pull down their face covering to shout instructions to players should be given verbal warnings to keep their face covering over their mouth and nose at all times.
- Persistent issues with face coverings by players or coaches can be considered to be unsporting behavior and cautions may be given.
- Respond to any issues identified by the COVID Monitor such as spectators at the field. The response to spectators at the field is:
  - COVID Monitor will notify them that no spectators are allowed and kindly ask them to return to their car in the parking area.
  - If a spectator does not vacate the field area, the COVID Monitor will notify the center referee to immediately stop the game. The game must remain stopped until the spectator leaves.
  - If a spectator does not vacate the field area for several minutes after the game is stopped, then the COVID Monitor will notify the referee to terminate the match.
- In the case of any injury that requires attention from the parent, the coach can call the parent's cell phone and that parent may enter the field area, wearing a face covering, and maintaining at least 6 feet distance from everyone except the player.
- For any issues that you cannot resolve and need immediate help, call the emergency referee contact number that will be provided by the league Referee Coordinator.