

Westside Soccer Club Spring 2021 COVID-19 Return to Play Plan

We ask that our players, coaches, club officials, and families follow these guidelines closely and diligently. Many of these guidelines are recommendations; however, they closely follow the recommendations of the Oregon Health Authority. We kindly ask that all members be respectful of each individual's personal liberties.

The League and its participating clubs will not tolerate bullying in any form.

Parents, coaches and players **must** wear a **face covering** following OHA Guidance - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2351e.pdf>

At this time, coaches and players 5 and up must wear a **face covering** during practices / games. No **Parents/Guardians allowed on fields at anytime.**

Club Responsibilities

- Adopt a Return to Play plan and submit to OYSA.
- Develop and implement a communication plan for all RTP aspects, make all resources available through the club's website or other accessible tool.
- Identify/develop/distribute guidance, procedures and other relevant documents to coaches, players, and parents/guardians.
- Adopt the OYSA or an equivalent Assumption of Risk waiver and ensure all coaches/parents/guardians sign it prior to the start of practices.
- Designate a primary person or persons to communicate updates on local COVID-19 requirements to coaches and parents/guardians as needed.
- Provide coaches with a form, tool, or other process for tracking attendance at practices and games.
- Provide a process for coaches and parents/guardians to notify the club if a coach/assistant, the parent/guardian, or player, is found to have COVID-19. This includes any imposed isolation/quarantine orders that affect the team.
- Monitor guidelines from Oregon Governor and Oregon health authorities.
- Educate coaches, players, and families on healthy behavior while on the field.

Coach Responsibilities

- Follow all practice and game requirements.
- Monitor personal health and hygiene, including taking your temperature prior to attending training/activity—stay home if you feel sick.
- Wear a face covering at all times when working with your team.**
- Notify the club's designated point of contact if you or a member of your team (including parents/guardians) test positive or are isolated/quarantined; do not share the names of anyone who tests positive or is placed in isolation/quarantine.
- Wash hands before and after practices; wash and sanitize equipment before and after each practice.
- Ensure all players have their own personal equipment and store it properly; ensure only coaches handle team equipment; do not use shared pinnies.
- Take attendance at the start of every practice/game.
- Agree to and sign an Assumption of Risk Waiver before starting practices.
- Show up no earlier than 5 minutes before practices and 30 minutes before games, end practice 5 minutes before scheduled end for safe

transition.

Player Responsibilities

- Follow all practice and game requirements/responsibilities.
- Have your parent take your temperature 30 minutes before soccer activities.
- Let your parent/coach know if you are not feeling well, stay home if sick.
- Wear a face covering during practices and games.**
- Bring hand sanitizer and use it as appropriate at practices and games.
- Bring your own soccer ball and water bottle to all trainings; do not touch anyone else's equipment or share your own with others.
- Wash and sanitize your equipment before and after training.
- Do not assist the coach with equipment before or after training or games.
- Practice social distancing before, during, and after training; do not gather in small groups before or after practices/games, no physical contact including group celebrations, hugs, handshakes, or any contact with other players.
- Show up no earlier than 5 minutes before practices and 30 minutes before games; check in with your coach for attendance tracking.

Parent Responsibilities

- Review and familiarize yourself and your child with these guidelines/responsibilities before player attends any soccer activities.
- Follow all practice and game requirements/responsibilities.
- Agree to/sign your club's Assumption of Risk waiver before practices begin.
- Monitor and ensure your players' personal health and hygiene, take your players' temperature prior to all soccer activities and keep your player home if he/she is or feels sick.
- Carpooling to practices is discouraged unless no other options are available.
- 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.**
- Wear a face covering based on OHA Guidance.**
- Ensure player equipment is sanitized before and after training.
- Notify the club's designated point of contact(s) if you, your player or another family member tests positive for COVID-19 or is directed to isolate/quarantine due to close contact with a COVID positive case.

Westside Soccer Club Spring 2021 COVID-19 Return to Play Guidelines

League Responsibilities

- Ensure each participating club has adopted a Return to Play plan and submitted it to OYSA.
- 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).
- 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.
- 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.
- 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.

Rules of Play Modifications for all Recreational games

** Include Grade K-8 and High School

- 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, coughing, or heavily breathing on another player, coach, official, or parent as a "Red Card" offense requiring dismissal from the game.

Field Guidelines

- TBD ** Need to add as we get closer with OHA/BSD/THPRD/OYSA info

Game Guidelines

- Coaches and players must be healthy, have their temperature checked at least 30 minutes 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 and must be wearing a **face covering at all times**.
- **At this time, Parents/Guardians are not allowed on the field for games and must remain in their cars or in the parking area. Parents/guardians must follow current OHA face covering guidance.**
- Players must practice social distancing before, during, and after games; do not gather in small groups before or after practices/games, no physical contact outside of the play of the game, including group celebrations, hugs, handshakes, high fives, etc.
- Coaches must record player attendance using a club provided recordkeeping document or tool.
- Player equipment and water bottles should be separated by six feet
- Players must not share water bottles.
- When the game ends, players must promptly pick up their personal equipment, and leave the field.
- Coaches should be the last to leave while ensuring all personal equipment and any refuse is cleared from the area.