



Bremerton Soccer Club Healthy Player Initiative Return to Play Plan

Bremerton Soccer Club is committed to a proactive and healthy return to soccer. Adaptability is part of the game we love and part of our approach to our Healthy Player Initiative. Our Healthy Player Initiative includes an improved emphasis on prevention, nutrition, strengthening, and mental wellness. Focusing on prevention, we have outlined the following minimum guidelines to ensure a safe return to play for every player:

- All Washington State Department of Health (WSDH) guidelines will be observed.
- The Kitsap County Department of Health is recognized as the authority having jurisdiction over the health of players, family, and Bremerton Soccer Club volunteers.
- Coaches will continuously monitor if their sessions are covered and/or rescheduled as needed.
- Players and parents will commit to a safe playing environment and refrain from attending if players or household members are ill.
- Sessions will be designed in accordance with the Washington Youth Soccer (WYS), North Sound Youth Soccer Association (NSYSA), and Bremerton Soccer Club (BSC) Return to Play (RTP) recommendations.
- We support a family and players' choice not to participate if they do not feel comfortable doing so. Soccer is intended to be fun, and we do not want to increase stress.

Respectfully,

Jason Roskens
Bremerton Soccer Club
President

Return to Play Guidelines Coaches, Managers, and Volunteers

Purpose: To provide operational direction in accordance with state and local health authorities during response to contagion (e.g. COVID-19) and health of staff, coaches, volunteers, players, parents, and spectators.

References: Return to Play Guidelines for Players, Parents, Guardians, and Spectators Phase 2; Return to Play Guidelines for Players, Parents, Guardians, and Spectators Phase 3.

Attachments: Return to Play Guidelines for Players, Parents, Guardians, and Spectators Phase 2; Return to Play Guidelines for Players, Parents, Guardians, and Spectators Phase 3.

1. General

- 1.1. In accordance with Washington State Labor & Industries guidelines, this operational plan shall be available electronically for employee, customer, and field rental agency access.
- 1.2. Inquire how the athletes are feeling; send them home if they act or discuss feeling ill.

1.2.1 Coaches will screen each player upon arrival. Players will be asked to return home if they have experienced any of the following symptoms:

- Fever or chills (100.4 degrees or above)
- Cough
- Shortness of breath or 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 any of these answers are "yes," that person should refrain from attending to protect the other participants. Anyone affected will be asked to not attend BSC activities for 10 days after symptoms subside.

- 1.3. Mental wellbeing
 - 1.3.1. If players seem fearful, anxious, and/or hesitant, reassure the player and follow-up with the parent or guardian.
 - 1.3.2. If unresolved, contact the player's guardian.
 - 1.3.3. Participation is voluntary and player comfort should be taken into account.
- 1.4. Coaches or other program volunteers, who are acting on behalf of the club, shall self-monitor daily for symptoms of COVID-19.

- 1.5. If a coach or volunteer, who is acting on behalf of the club, and has association with players, becomes ill and/or is diagnosed with COVID-19, the club Director of Coaching (DOC) shall be contacted.
- 1.6. The DOC shall consult with the Kitsap County Department of Health for self- isolation recommendations.
- 1.7. Players and families who may have been exposed within the last two weeks, shall be immediately notified of the potential exposure and asked to self-isolate for 14 days or until otherwise directed by the Kitsap County Health District or a medical professional.
- 1.8. In the event of widespread exposure or at the direction of the Kitsap County Health District, all operations shall cease until otherwise directed by local health professionals.

2. Phase 2 Operations

- 2.1. Player participation is not mandatory.
- 2.2. By order of the Governor, all athletics require a site-specific COVID-19 Supervisor to be designated by the employer at each job site to monitor the health of employees and enforce the COVID-19 job site safety plan.
 - 2.2.1. The responsibility of the COVID-19 Supervisor shall fall on the Club President and/or his/her designee (e.g. Vice President or other Board Volunteers).
 - 2.2.2. The responsibility of the COVID-19 Supervisor and/or his/her designee shall also screen players upon arrival for signs or symptoms of COVID-19.
- 2.3. Effective June 8, 2020 Labor and Industries requires masks for all employees who will be working in close proximity of employees or customers. Coaches, managers, and other volunteers shall wear masks at all times when working around other coaches, managers, volunteers, or players.
- 2.4. During Phase 2, player groups must remain consistent to assist with contact tracing.
 - 2.4.1. During return to play operations, coaches shall maintain a list of player groups.
 - 2.4.2. Player group lists will be available to assist with contact tracing in the event of COVID-19 infection or exposure.
- 2.5. Sessions shall be designed in accordance with WYS, NSYSA, and Bremerton Soccer recommendations to account for:
 - 2.5.1. Physical distancing of 6 feet or more avoiding contact between players;
 - 2.5.2. Physical activity that does not include handling or heading (using head to redirect) a soccer ball or any other shared equipment.
 - 2.5.3. Intensity of the session is appropriately paced to account for age and conditioning level.
 - 2.5.4. Duration of the session may be reduced and slowly increased on a weekly basis until full time sessions are achieved.
- 2.6. One team will be allowed per field:
 - 2.6.1. Field diagrams will be posted for each coach prior to training based on training field locations.
 - 2.6.2. Player training locations will be pre-designated and communicated to families.
 - 2.6.3. Each field shall be clearly divided into sections.
 - 2.6.4. Each section will have 10 feet or more of separation between them.
 - 2.6.5. Entry points shall be designated by cones. All other gates shall be exit points.
 - 2.6.6. Hand sanitizer shall be available at all entry and exit gates.
- 2.7. Coaching shall be conducted with physical distancing strictly enforced.
- 2.8. Training equipment
 - 2.8.1. Equipment set up and recovered by the coach.
 - 2.8.2. Equipment shall be cleaned each day.
 - 2.8.3. Players shall not handle equipment or soccer balls.

2.8.4. Use of scrimmage vests/pinnies is not recommended unless it is assigned to and only used by a specific player.

2.9. Player equipment

2.9.1. Personal player equipment is encouraged.

2.9.2. Player backpacks and water bottles shall be kept to the side of the player's designated training area and separated by at least 6 feet from other player's equipment.

2.9.3. Coaches shall ensure that players do not share personal equipment or water.

3. Phase 3 Operations

3.1. By order of the Governor, all athletics require a site-specific COVID-19 Supervisor to be designated by the employer at each job site to monitor the health of employees and enforce the COVID-19 job site safety plan.

3.1.1. The responsibility of the COVID-19 Supervisor shall fall on the Club President and/or his/her designee (e.g. Vice President or other Board Member).

3.2. Sessions shall be designed in accordance with BSC planning guide or as designed by the DOC:

3.2.1. During return to play operations, coaches shall maintain a list of player groups in accordance with Phase 3 requirements.

3.2.2. All physical activity is allowed.

3.2.3. Intensity of the session is appropriately paced to account for age and conditioning level.

3.2.4. Duration of the session shall be slowly increased on a weekly basis until full time sessions are achieved.

3.3. Bremerton Soccer Club shall only participate in games and tournaments that meet State and local physical distancing guidelines to include a max of 50 participants per field.

4. Phase-4 Operations

4.1. Return to normal operations as directed by state and local health authorities.

For more information visit:

<https://washingtonyouthsoccer.org/washington-youth-soccer-return-to-play-guidelines/>

<https://coronavirus.wa.gov/sites/default/files/2020-05/PhasedReopeningChart.pdf>

Roles and Responsibilities

Players and Parents:

- Review and adhere to all RTP protocols
- If you are not comfortable returning to play, don't.
- Respect and practice social distancing.
- If you have a temperature, do not come to training.
- Notify the club (your player's coach) if you or a household member has tested positive for COVID-19 after attending training.
- Bring your own equipment to each session so sharing will not be necessary
- Wash and sanitize training equipment after each session (cleats, shin-guards, ball, gloves and clothes).
- Do not share water, food, or equipment with other players.
- Place equipment & bags at least 6 feet apart.
- No celebrations, high fives, etc.
- Carry hand sanitizer.
- Wash hands before and after training.
- To reduce the spread of germs, please use the restroom before or after training.
- Wear a mask to and from training.
- Players should wash/shower immediately after training.

Coaches:

- Adhere to all RTP protocols.
- If you have a temperature, do not come to training; notify club DOC.
- Notify the club if you or a household member has tested positive for COVID-19.
- Wash hands before and after training.
- Wash and sanitize training equipment after each session.
- Do not share water, food or equipment.
- Respect and practice social distancing.
- Place equipment & bags at least 6 feet apart.
- No celebrations, high fives, etc.
- Carry hand sanitizer.
- Have a separate and clear entrance and exit from the training facility.
- Wear a mask during training.

Bremerton Soccer Club:

- Provide Coaches with hand sanitizer and sanitizing spray for equipment
 - Spray can include anything proven effective against COVID-19 including, but not limited to: Lysol, Bleach Solution, or Alcohol solution with greater than 85% alcohol.
- Provide all parents with RTP protocols and guidance
- Hold volunteers and parents accountable to adherence of RTP protocols
- Communicate with local health and field authorities regarding RTP protocols and any mass COVID-19 exposures.

Return to Play Guidelines Players, Parents, Guardians, and Spectators

Phase-2 Guidelines

- Have fun and stay positive!
- Take your player's temperature daily.
- If the player or player's family member is ill, please stay home and take care of yourself.
- Limited or no carpooling.
- When you drop off your player, instruct them to go directly to their designated area and practice physical distancing. If your player will struggle with following the guidelines, wait until you think training is about to start and send them out.
- No parents or spectators are allowed on the training field. If you are walking the track, please do not congregate or handle club equipment. Feel free to kick back a ball or two, though.
- Bring and use hand sanitizer with you at every training session, especially at the beginning and end of sessions.
- Wear a mask before and after all training sessions to the extent you can tolerate. This protects others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment.
- Practice physical distancing; place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
- Wash all equipment before and after every training session.
- No group celebrations with players closer than 6 feet, no high fives, and no hugs.
- When players are dismissed, please be on the lookout for them. We do not want players congregating around entrances or exits.
- Gates with cones will be entrance points. All other gates can be used as exits.
- Hand sanitizer will be kept at exit gates when available. We strongly encourage that each player applies it at the commencement of training.
- Wash hands thoroughly before and after training and after any contact outside your home.

Return to Play Guidelines

Players, Parents, Guardians, and Spectators

Phase-3 Guidelines

- Have fun and stay positive!
- Take your player's temperature daily.
- If the player or player's family member is ill, please stay home and take care of yourself.
- Limited carpooling
- When you drop off your player, instruct them to go directly to their designated area.
- No parents or spectators are allowed on the training field. If you are walking the track, please do not congregate or handle club equipment. Feel free to kick back a ball or two, though.
- Bring and use hand sanitizer with you at every training session, especially at the beginning and end of sessions.
- Wear a mask before and after all training sessions to the extent you can tolerate. This protects others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment.
- Practice physical distancing; place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
- Wash all equipment before and after every training session.
- No group celebrations with players closer than 6 feet, no high fives, and no hugs.
- When players are dismissed, please be on the lookout for them.
- Hand sanitizer will be kept at gates when available. We strongly encourage that each player applies it at the commencement of training.
- Wash hands thoroughly before and after training, and after any contact outside your home.
- When attending games or tournaments, please adhere to State, local, and host club health guidelines.