

South Kitsap Soccer Club Recreation Teams COVID-19 Return to Play Plan (Phase 2)
29 July 2020

SKSC Staff, Parents, and Players,

1. The COVID-19 prevention and reduction guidance, precautions, recommendations, and rules continue to change, but the basic premise remains the same: Minimize the spread of the virus.

2. South Kitsap Soccer Club believes that recurring outdoor exercise and teamwork is important to the psychological and physical development of the children, and thus the Club is determined to have a full soccer season this Fall with as close to a normal schedule as possible. With the supplementary guidance below the Club believes that practices can be done safely in regards to the Coronavirus and enable the children to have some fun and outdoor exercise and activities with kids their own age with the common theme of soccer.

3. Phase 2 of the Washington State COVID-19 plan allows for groups of 5 or less players to participate in athletic activities with certain constraints. As a Club, we are committed to providing opportunities for players to participate in training activities during Phase 2 and will be doing so in full accordance with state and local guidelines, as well as guidelines issued by Washington Youth Soccer and Kitsap County Health Department. We are keenly aware that some of these measures are topics of much debate and the scientific efficacy remains uncertain. The procedures we implement are not intended to stir a debate on these issues, rather they are simply designed to ensure that we are abiding by the guidelines issued by our government and soccer association(s) so that we do not jeopardize our ability to pursue a return to play. Please bear in mind that our players, parents and staff members face varied circumstances due to personal health issues, family members with health issues, or personal beliefs. While we are all entitled to our opinions regarding the overall COVID-19 approach, I encourage everyone to focus upon the specific purpose behind this: getting our players outdoors, getting them exercise, and getting them back on the field playing a team sport.

4. This is SKSC's Rec COVID-19 Return to Play Plan (Phase 2) which all staff, players, and parents must agree to abide by if they choose to participate in soccer training or activities. Many of these are actually REQUIRED by state and local jurisdictions under Phase 2, and as a licensed business entity, the Club must abide by them. Yes it's a long list, but keeping the children safe in this environment while practicing a sport takes time and effort.

A. THESE RULES, ACKNOWLEDGEMENT, AND REFRESHER

- 1) The Coach or Assistant Coach is required to have a copy of this plan at all training and fitness events as well as all scrimmages and games.
- 2) Each player/parent must acknowledge having read and understanding of these guidelines and the Club's plan prior to participating in training or games.
- 3) Prior to each fitness or training session, the coaching staff will provide an in-person safety briefing reinforcing the protective measures being taken (health screening, social distancing, no handling of the ball, and sanitization).

B. SELF ASSESSMENT

- 1) All players and staff are required to check themselves for potential symptoms of COVID-19 before arrival. If experiencing a fever (greater than 100.0), a cough, shortness of breath, body aches, gastrointestinal issues, sore throat, or a loss of taste or smell, they are restricted from attending any training or fitness activities until symptom free for a period of at least 48 hours.
- 2) Staff members will have a no-touch temporal thermometer to screen for potential fever as necessary.
- 3) Players who are considered at high-risk if infected with coronavirus (as defined by the CDC) or who live with family members who are at high-risk are encouraged not to participate in activities during Phase 2.

C. SOCIAL DISTANCING

- 1) Parents should drop their players off near the field site and players should go directly to the designated training area, while maintaining social distancing. Parents should either remain in their vehicles or observe training from a distance. Parents are encouraged to wear masks if they are on site during activities and observe social distancing guidelines.
- 2) Staff will provide opportunities for interested players to receive technical and fitness training only at approved training sites in South Kitsap and only in small groups. These groups are limited to five people or less. Teams may practice as several groups at the same physical site, but must be split into groups of five or less, with a minimum of a five-yard “buffer zone” between each group of five.
- 3) Staff must pre-designate players in groups of five before arrival. These groups must be provided with instructions on where to meet on the field (e.g. colored cones) and arrival/departure times should be staggered so social distancing can be maintained.
- 4) Teams that are split into groups of five or less for training sessions shall maintain those group assignments for a period of at least one week before modification.
- 5) There will be NO physical contact between players or coaches, and all participants must observe at least six feet of physical separation between themselves and others at all times. There will be no high-5s, hugs, huddles, or other forms of contact.
- 6) If training is conducted near other group activities, the staff shall make every effort to stagger arrival/departure times to minimize potential “choke points” for movement.
- 7) Staff will utilize cones or other markings to designate an area for the training to occur, as well as areas for players to place their personal belongings. All personal belongings must be placed at least six feet apart.

D. MASKS

- 1) Coaches and other staff are required to wear masks before, during and after training sessions, practices, scrimmages, or games while in the vicinity of the field and parking areas.
- 2) Players are encouraged to wear masks as much as possible especially to and from the field as they arrive for training sessions, and upon conclusion of the session.

E. HANDLING OF THE BALL, HAND SANITIZER, AND OTHER EQUIPMENT

- 1) Players should not handle or touch any equipment (balls, cones, goals, nets, etc.) with the exception of actions required to control the ball. All equipment will normally be handled by a coach or staff member. Specifically, if a ball is kicked into another player's or group's area, it should not be chased by the player or group that kicked the ball, but instead, a player in the receiving area should return the ball using a kick and NOT touch the ball with the hands.
- 2) Hand sanitizer will be provided by staff at each practice session. All staff and players will use hand sanitizer before and after the training session. All participants are encouraged to fully wash their hands and clothes both before and after their participation in a training/fitness session.
- 3) Players should not bring any personal training gear (agility gear, balls, etc.) to the session. Players are prohibited from sharing any personal belongings.
- 4) At the conclusion of a training/fitness session, the staff member shall collect all gear and ensure that it is sanitized fully before re-use. All equipment must be fully coated with a disinfectant spray and wiped down prior to re-use.

F. MINIMIZING THE SPREAD OF COVID-19

- 1) If a player or staff member is diagnosed with COVID-19, they are strongly encouraged to notify the Rec Coaching Director of their diagnosis as soon as possible to minimize further exposure and spreading of Coronavirus. They are also prohibited from attending training or games for 14 days or until they have had a COVID-19 Negative test result. While the Club will make every effort to maintain privacy and confidentiality, we will provide everyone potentially exposed sufficient information to enable them to maximize their safety and protection as well as to enable contact tracing to keep everyone as safe as possible. In addition, Kitsap County Health Department will be notified, and we will take the action they direct.
- 2) If a player or staff member has close personal contact (defined as within 6 feet for longer than 15 minutes without a mask) with a person who has or is later determined to have COVID-19, they are prohibited from attending practices, scrimmages, or games for at least 14 days or until they have had a COVID-19 Negative test result.

G. BE KIND, CONSIDERATE, PATIENT AND TOLERANT

Kitsap County is home to a diverse population with various personal, political, and health/safety beliefs, and our Club is no exception. As we work towards an eventual return to “normal”, we will face a number of challenges which may redefine what soccer and socialization looks like in the near-term. Please bear with the Club, the Board, your team staff, your teammates, and the other parents as we all work together to get players back on the field in a safe and healthy manner. Some believe the current guidelines are too restrictive while others believe they are too lax. Please be patient, kind, considerate, and understanding of those who may not necessarily agree with these restrictions, and remember that the health and safety of our players and families is our utmost concern.

If you have questions regarding this plan, or the club’s policies and procedures with regards to COVID-19, please don't hesitate to contact me anytime.

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