RETURN TO PLAY PROTOCOLS

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HILLSBORO SOCCER CLUB
2020/21 SEASON

DEALING WITH COVID19

RETURN TO PLAY PROTOCOLS

HILLSBORO SOCCER CLUB

For up to date changes and information, please visit
www.hillsborosoccerclub.org/corona-update

This page is updated with any communication sent out via the club, and will continue to be updated throughout the year. If you have any concerns about your player, please feel free to reach out using the information below.

Hillsboro Soccer Club Point of Contact
admin@hillsborosoccer.org
503-648-5425

Office Hours are 10am - 2pm on Monday / Wednesday / Friday

Office is located at ;
2074 NE Aloclek Drive
Suite 415
Hillsboro, OR, 97124

Record Management : Health Screening forms used for screening must be maintained for a minimum of 6 weeks after completing a camp and/or training. These forms are provided through a Google Form document the night before a camp and/or training, to ensure that we have a valid timestamp and attendance record. TeamSnap Health Check will also be available through our TeamSnap communication app, available no earlier than 8 hours prior to the scheduled time of the camp and/or training. Contact Tracing is monitored by using the TeamSnap application.

Should they fail to be completed the night before, they will be available at the Check In tent of each training and/or camp.

HILLSBORO SOCCER CLUB

RETURN TO PLAY

Together, we can unite through the beautiful game

Last Updated : 10/07/2020
This document, in its entirety, is focused on the Return to Play safety protocols of all of our Programs, including but not limited to Camps, Training Activities and Game Day events.

The purpose of this document is to provide HSC players, parents and coaches with information they can use to assist them with their return-to-play programming in the context of COVID-19.

Our number one priority has been and will continue to be the health and safety of our players and their families.

We want to stress to our families that there is no pressure to return until you are comfortable returning to the fields. We will work with any family concerned with “return to play” to ensure that their child has a soccer home **when** they are comfortable returning to the field.

Many of these policies rely upon rules and regulations set forth by public health authorities. In addition, we all must recognize that there will be logistical and implementation challenges for participants and their families given COVID-19.

The information in this document is **not** intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

The knowledge and circumstances around COVID-19 are changing constantly and, as such, HSC makes no representation and assumes no responsibility for the completeness of this information.

This document and these guidelines address only early phases of return-to-play and additional guidelines may, or may not, follow as the COVID-19 pandemic continues to evolve. Our state and county will have a phased approach to reopening businesses and easing of social distancing requirements. This may vary from county to county and town to town which will impact our overall return to play.

Youth sports are not a high priority for state officials which poses significant challenges for our coaches and staff while planning a return to soccer activities. We all must be aware and adhere to all Federal, State and Local guidelines and requirements throughout this process.

Finally, although the young and healthy may be subject to less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly, particularly in those with risk factors that may occur within our communities. Health consequences may be long-standing and only apparent weeks after initial infection and recovery. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of eliminating the risk of infection. This should always be at the forefront when designing and considering return-to-play programming.

We want to clearly communicate the policies and protocol that we will deploy in an effort to keep everyone healthy and as safe as possible as our players return to the field. We ask that all of our members follow these guidelines closely and diligently.

COMPETITIVE PROGRAM SPECIFIC

RETURN TO PLAY

PHASE 1 & 2

The HSC Return To Play Operational Plan will include an intentional phased return to play, avoiding injury and player safety :

• Training / Camp / Game Day Schedules

1. We will consider time/day/frequency/length - when we schedule training sessions. We will keep the number of players in mind as we schedule fields and sessions. Sessions will vary in time, dependent upon the Phase. Each team will be split into stable cohorts (9 players & 1 Coach max) which would rotate a max. Of once every 14 days.

2. There will be time between sessions and have a plan for entering and exiting the fields to minimize personal contact. As one cohort arrives, another will leave the field of play with ample time in between.
3. Each player will check in daily to record attendance and screen for symptoms for contact tracing.

• Training / Camp / Game Day Activities

1. We will consider the number of players on a field or half field.
2. Leave time in between sessions to reduce physical contact as players enter and exit fields.
3. All coaches will be provided with session plans that maximize time on the ball for each player, while maintaining the necessary social distance.
4. We will clearly mark spots six feet apart for players to set their backpacks and water bottles.
5. We will sanitize shared equipment at the field. At no point should players touch any equipment that does not belong to them.
6. We will provide hand sanitizing stations to all players before and

after training and/or camps, while utilizing the entry and exit points at each field.

HSC has created Protocols for:

• **Pick Up/Drop Off** - We will create maps for drop off / pick up as well as entering / leaving every field.
• **Only Players/Staff on the Field** - All parents and family members must remain off the field at all times.
• **Coach Behaviors/Policies** (Responsibilities) - See in Responsibilities
• **Player Behaviors/Policies** (Responsibilities) - See in Responsibilities
• **Parent Behaviors/Policies** (Responsibilities) - See in Responsibilities

Equipment Considerations:
Prior to **each** session :

• Only staff should touch equipment, and in accordance with Governor Brown, will be required to wear a face mask.
• HSC will ensure safe and correct application of disinfectants and keep these products away from children.
• Have a wastebasket available for masks and gloves.
• Recommend everyone to use hand sanitizer before attending and leaving sessions.
• We will communicate with partner facilities to confirm cleanliness.

Communication/Education Plan

• The club will be in communication with our members on issues involving COVID-19 (see video by clicking here)
• On June 26th and July 10th, the club facilitated coaching education and communication concerning requirements with both an on field demonstration and a separate coach meeting :
1. Personal Care (wearing masks)
2. Equipment Sanitation
3. Conduct during sessions including distancing, how to manage player symptoms on the field and at check in

4. Club policies around COVID-19
• The club will facilitate parent/player education and communication concerning requirements for:

1. The fact that participation is not required, only play if you are comfortable
2. Club waiver for Assumption of Risk to participate
3. Club protocols around their children attending training/camps/game day including clear signage at check in and on field of what is acceptable and what is not acceptable behavior, distancing and player actions
4. Parent and player role in reducing risks of attending training/camps/game day including parents remaining off the field of play, the safe usage of face coverings and an intentional phased plan to return to play, focusing on player safety and reduce the risk of injury.
5. Prior to each session or training/camp/game day activity, players will complete a mandatory health screening through Heath Check, a feature built directly into TeamSnap; HSC's registration, and communication software. This feature easily screens health symptoms before each event.
6. At the beginning of every session, we must verbally ask the players if they are feeling ok? If anyone answers no, we do have a protocol in place. Coach must bring said player to the onsite check in aid, who will contact the parents. If there are no onsite check in aids, then the Coach must call another member of HSC Staff who will then contact the player's family. Please then distance the player from any of other players as much as is safe and possible.
7. If the club is contacted by a family or county representative, we will immediately notify LPHA (Washington County department of Health and Human Services) of the potential COVID19 case. Individual confidentiality is always respected.

Health Screening via HealthCheck

Beginning August 2020 players are required to complete a Health Screening before they can participate in any HSC activity.

TeamSnap's Health Check is a questionnaire that opens 8 hours before an event and asks members 4 questions recommended by the CDC for COVID-19 symptom screening.

This feature provides a way for team members to complete a screening before attending scheduled team events and easily pull up the green clearance screen to show coaches and volunteers when they arrived to a game or practice.

Team administrators can see completed health check statuses so they know who is cleared to attend. Health check reports can be accessed within event detail screens on both mobile apps and when logged into TeamSnap on a web browser.

POLICIES & RESPONSIBILITIES

These are the specific responsibilities for the club, coaches, parents and players within the HSC Return To Play plan. We understand that these are difficult, but we must all work together in order to get players back on the field.

Club Responsibilities:

• Create and distribute protocols, policies/responsibilities to all members and make all resources available through the club's web site
• Have an effective communication plan for all aspects of return to play in place utilizing ;
Web site - social media - Team Snap - Email
• Maintain participant confidentiality regarding health status.
• Be accommodating to parents/players who may be uncomfortable with returning to play at this time.
• The club will follow CDC Guidelines when dealing with a player's positive diagnosis of COVID 19 and ensure the player is symptom free for 14 days prior to returning to play.
• Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information in our Weekly Focus Emails with Coaching Staff.
• Provide adequate field space for social distancing.
• Clearly mark spots six feet apart for each player to place their backpack and water bottle during training/camps/game day.
• Provide hand sanitizing stations and waste receptacles at fields for individual participant use.
• Develop a relationship and a dialogue with local health officials.
• Educate our players and families on healthy behavior while on the field.
• Create training/camps/game day schedules with time in between sessions.

• Create sessions that take social distancing into account

Player Responsibilities:

• Recommend that your temperature be taken before soccer activities.
• Let your parent and or coach know if you are not feeling well.
• Wash hands thoroughly before and after training/camp/game day.
• Bring and use hand sanitizer with you at every training/camp/game day if possible.
• Do not touch or share anyone else's equipment. Place gear on designated spots.
• Practice social distancing, place bags and equipment at least 6 feet apart.
• Wash and sanitize all equipment before and after every training/camp/game day.
• No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
• Do not assist coaches with equipment before or after training/camp/game day.
• Show up **no earlier than five minutes** before your scheduled session.
• Do not gather in small groups before or after your session.

Parent Responsibilities:

• Ensure your child is healthy, and check your child's temperature before activities with others.
• Do not send your player to training/camp/game day if your child feels sick.
• Stay in car or adhere to social distance requirements, based on state and local health requirements
• We recommend child's training kit is washed after every training/camp/game day.
• We recommend equipment (cleats, ball, shin guards etc.) are sanitized before and after every training/camp/game day.
• Do not assist coaches with equipment before or after training/camps/game day.

• We recommend providing your child with personal sanitizing products.
• Educate your child about proper behavior for social distancing. (Stay at least six feet away from other players)
• Remain off the fields - Only HSC Players and Staff may enter the field at any time..

DROP OFF / PARKING / PICK UP

• Drop off players at the designated location at each field.
• Pick up your player at the designated pick up location.
• Please do not park at the drop off or pick up spots. Keep traffic flowing.
• Please try to avoid carpools.
(Keep extra masks in your car in case you have to take an unscheduled child home.)
• **Do not** arrive earlier than 5 minutes before your scheduled training and/or Camp.

Coach Responsibilities:

• Strive to ensure the health and safety of players.
• Inquire how the athletes are feeling. The coach will contact the player's parents if a player becomes ill.
• Follow all state and local health protocols and guidelines.
• Ensure all athletes have their own personal equipment and store it properly (water bottle, bag etc.)
• Ensure coach is the only person to handle equipment (e.g. cones, ladders etc.)
• All training/camp/game day should comply with social distances per state guidelines.
• Provide each player with a pinnie at the beginning of the season to utilize as their own.
• Wear gloves when at a training location
• Utilize the provided session plans for social distancing

HILLSBORO SOCCER CLUB

RETURN TO PLAY

PROMOTING BEHAVIORS THAT REDUCE SPREAD

Staying Home when Appropriate:

We are encouraging sick staff, families, and players to stay home. If any staff member or player is not feeling well and/or has a high temperature we encourage you to stay at home. While we want everyone on the fields having fun we ask that any player or coach that may not be feeling well to stay at home!

• Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.

• Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.

Hand Hygiene and Respiratory Etiquette:

Please wash your hands thoroughly before and after attending any soccer activity. Wash hands with soap and hot water for at least 20 seconds.

• If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used. We will have hand sanitizer available at every field we use.

• We will not allow spitting and we encourage everyone to cover their coughs and sneezes with the inside of their elbow. Use hand sanitizer after you cough or sneeze.

Cloth Face Coverings

• We will follow all requirements concerning face masks as set by Federal, State and County mandates. As of July 24th, face masks are required statewide in outdoor public spaces when physical distancing is nor possible.

Children aged 5 and up are required to wear a face covering.

Cleaning and Disinfection

• Use of shared objects and equipment (e.g., soccer balls) will be limited and cleaned between sessions.
• The club will ensure safe and correct use and storage of disinfectants, including storing products securely away from children. Use products that meet EPA disinfection criteria.

Signs and Messages

• The club will post signs in highly visible locations (e.g., at entrances and exits, and in restrooms) that promote everyday protective measures and describe how to stop the spread of germs such as by properly washing hands and covering youth coughs and sneezes.

Water Systems

• We are requiring staff, and players to bring and use their own water bottles.

Modified Layouts and Social (Physical) Distancing

• The club will identify adult staff, members or volunteers to help maintain social distancing among youth, coaches, referees, and spectators (if state and local directives allow for spectators).
• We will make every effort to space players at least 6 feet apart on the field while participating in soccer activities.
• We will discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
• We will create distance between players when explaining drills or the rules of the game.
• We will urge parents to limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in the same household.
• If practices or competition facilities must be shared, we will increase the amount of time between practices and competitions to allow for one group to leave before another group enters the facility. If possible, we will allow time for cleaning and/or disinfecting.

HILLSBORO SOCCER CLUB

RETURN TO PLAY

STATEWIDE GUIDANCE

UPDATED 10.07.2020

The recreational sports, limited return to play for specific sports guidance, which was originally under the Phase 2, is now listed under state wide guidance which applies immediately. This means that no matter what phase you are in, this guidance applies to HSC who can start playing soccer without the restrictions of physical distancing.

- Passing is permitted but no other equipment sharing
- No heading or throw ins
- All shared equipment must be sanitized before and after each group departs
- 6 feet of social distancing when possible
- Follow Phase 1 Goalkeeping Practices
- Mask requirements as of July 24th
- Restrict mixing of cohorts
- Training time of 60 minutes or less
- Coaches are required to wear masks
- Players must wash gear after each session
- Physical distance monitors at entrance and exit
- No sharing of water or pennies

Oregon Health Authority Statewide Reopening Guidance FAQs

Phase 3 will be following guidelines laid out by Governor Brown TBD

HILLSBORO SOCCER CLUB

RECREATIONAL

RETURNING TO PLAY THE RIGHT WAY

HSC provides several different soccer programs to our community. Our Competitive and Academy programs provide players with paid coaches that are employees of the club. Our recreational soccer program is by far our largest program and it relies almost completely upon volunteer coaches and team managers.

We are asking all of our volunteer coaches to follow the same protocols as our Competitive and Academy coaches. We understand that it may be more difficult for volunteers to enforce club policies and protocol while managing families and using city and school fields.

The club will do its best to support our volunteer coaches and our recreational families in and effort to provide an environment that is as safe as possible. The club will communicate, on multiple platforms, the club's policies and expectations for all soccer families. We will post safety signs on all fields used by HSC to help setting expectations for our families.

If a recreational coach has any issues with an individual or family following HSC Return To Play Guidelines they should reach out to our Recreational Director, Mason Aguirre at mason@hillsborosoccer.org.

The club leadership will support our recreational coaches in an effort to help our players maintain the safest environment possible.

HILLSBORO SOCCER CLUB

COMMUNICABLE DISEASE PLAN

RETURNING TO PLAY THE RIGHT WAY

Pre Camp
Utilizing TeamSnap HealthCheck to screen players prior to arrival. We will ensure that all staff members have ample supplies of cleaning materials and PPE, with adequate training on how to use them. We will have a clear list of who the CDP team are and how to contact them at all times, along with clear instructions of how to handle any signs or symptoms from players or staff.

During Camp
We will continue to orient and train all members of staff on how to reduce potential risks, maintaining access to resources for all members and ensure that we conduct a daily health check and inventory of PPE and sanitization materials.

If Outbreak Occurs
The CDP team will meet to discuss, and then revisit processes daily. We will identify those individuals displaying symptoms and contact all relevant local authorities. CDP team will communicate with parents and keep copies. Facilities will continue to be sanitized and all processes followed.

Resolution
CDP team will provide a debrief of the scenario and review all processes of the RTP document. There will be a confirmation of all necessary paperwork being completed and stored. Debrief the CDP team, and keep clear lines of communication with parents and all members of the team and camp.

Continued updates that are relevant to all members of the camps.

Games
In accordance to the state wide reopening guidance, recreational sports of minimal or medium contact sports are permitted at this time. Soccer is considered a minimal and medium contact sport, therefore games will be allowed when taking into consideration the existing restrictions and guidance.

FIELD MAPS

1. Enter the field via 53rd Avenue on the **South** side near the businesses. Drop off your player next to the **Center Access Point** and continue around the car park to exit. Please do not park and wait here. If you wish to Park, please leave the South Parking Lot and head to the North Parking Lot.
2. Please remind your player that once they are on the field they need to walk **directly** to their field and place all gear on their designated spot. Players should **not** gather in small groups and they should avoid all physical contact with other players.
3. When leaving the field, players should stay six feet apart and exit the field at the designated exit on the North End of the field. If a player must wait, please do so while staying six feet away from other players.
4. When picking up your player please do so at the designated exit **only**. Pick up your child and drive away as quickly as you can do so safely.

FIELD MAPS

1. Enter the field via SE Century Blvd on the **West** side of the field. Drop off your player next to the **South Access Point** and continue around the car park to exit. Please do not park and wait here. If you wish to Park, please leave the **Drop Off Zone** and park away from the entrance.
2. Please remind your player that once they are on the field they need to walk **directly** to their field and place all gear on their designated spot. Players should **not** gather in small groups and they should avoid all physical contact with other players.
3. When leaving the field, players should stay six feet apart and exit the field at the designated exit on the North End of the field. If a player must wait, please do so while staying six feet away from other players.
4. When picking up your player please do so at the designated exit **only**. Pick up your child and drive away as quickly as you can do so safely.

FIELD MAPS

1. Enter the field via NE Century Blvd on the **North** side of the field. Drop off your player next to the **Main Gate** and continue around the car park to exit. Please do not park and wait here. If you wish to Park, please leave the **Drop Off Zone** and park away from the entrance.
2. Please remind your player that once they are on the field they need to walk **directly** to their field and place all gear on their designated spot. Players should **not** gather in small groups and they should avoid all physical contact with other players.
3. When leaving the field, players should stay six feet apart and exit the field at the designated exit on the East Side of the field. If a player must wait, please do so while staying six feet away from other players.
4. When picking up your player please do so at the designated exit **only**. Pick up your child and drive away as quickly as you can do so safely.

FIELD MAPS

1. Enter the field via NE Veterans Drive on the **North** side of the field. Drop off your player alongside the middle micro field, and continue around the car park to exit. Please do not park and wait here. If you wish to Park, please leave the **Drop Off Zone** and park away from the entrance.
2. Please remind your player that once they are on the field they need to walk **directly** to their field and place all gear on their designated spot. Players should **not** gather in small groups and they should avoid all physical contact with other players.
3. When leaving the field, players should stay six feet apart and exit the field at the designated exit on the East or West Side of the field, closest to their practice field. If a player must wait, please do so while staying six feet away from other players.
4. When picking up your player please do so at the designated exit **only**. Pick up your child and drive away as quickly as you can do so safely.