



Lake Hills Soccer Club
COVID-19 Safety Plan
09/14/2021



Return to Play Guidelines and Protocols

The health and safety of all LHSC players, coaches, families as well as the soccer community as a whole is our first priority. The information here is not intended to substitute for professional medical advice, and it does not supersede any directives or restrictions issued from local, state or federal authorities. The Safety Plan in its entirety is available for public viewing and is available via our website. Please take the time to read through and understand the information contained here.

As of 8/29/2021, the WA State Governor's Office and Department of Health are NOT requiring players, coaches, or spectators to wear masks at training or games, although they may chose to wear one. Physical distancing among spectators is strongly encouraged. WA Youth Soccer will continue to follow the guidance of these two offices with regards to the health and safety of players. Should any new guidelines come out that effect players, coaches, or spectators at training or games, this document will be updated and redistributed.

Washington Youth Soccer has provided an updated Game Day safety protocol that can be found here. <https://washingtonyouthsoccer.org/washington-youth-soccer-return-to-play-guidelines/#1613508306575-e30731bb-914a>

King County Department of Health Isolation and Quarantine guidelines can be found here. Contacting LHSC COVID-19 contacts is required if a high risk exposure occurs- See information at the end of this document

<https://kingcounty.gov/depts/health/covid-19/care/quarantine.aspx>



General Guidelines for Our Soccer Community

- **If you are not feeling well, stay home.** Players, coaches, and parents with any of the following signs or symptoms must not attend training: fever (above 100.3 degrees F), cough, shortness of breath/difficulty breathing, chills, body or muscle aches, diarrhea, sore throat, new headache, or a loss of taste or smell.
- If anyone on the team—player or coach—is diagnosed or suspected to have COVID-19, **the club must be notified immediately.** The entire group must self-isolate from training for a total of at least fourteen (10) days. Players and coaches must also be symptom free for at least three (3) days before returning to play. Players and coaches who are tested for COVID-19 may return sooner, if a medical provider provides written confirmation that the player tested negative and releases the player in writing to resume training. Coaches or players who have been vaccinated or have had laboratory confirmed COVID-19 illness in the last 3 months and have a high-risk exposure are not required to isolate as according to CDC and King County guidelines.
- Avoid touching your face, and frequently wash / sanitize your hands, especially right before and after training.
- It is recommended to wear a mask or similar face covering that covers your nose and mouth, at all times when on the sidelines.
- All clothing and equipment should be washed / disinfected after each training session.
- Maintain social distance of at least six (6) feet from all players, coaches and parents
- Physical contact such as huddles, high-fives, handshakes, fist bumps, elbow bumps, etc. is prohibited.
- Players must not arrive more than five (5) minutes prior to a training session and must leave the fields immediately once training ends—straight from vehicle to field and field to vehicle. Training session times will be staggered to allow players time to clear the area before a new group arrives. Groups and players must avoid mixing with each other before and after training.
- Have fun, stay positive: everyone is looking to each other to stay calm, supportive, and compassionate during this time.

Player Safety Protocol for Training

- Take temperature daily. If a player is feeling ill, has a fever above 100.3 degrees F, or is exhibiting any symptoms, please keep the player home and **notify the Coach immediately.**
- Wash hands thoroughly before and after training, and any contact outside your home.
- Bring and use hand sanitizer with you at every training session. Players should sanitize their hands at the beginning, during and end of each training session.
- Players should avoid carpooling, if possible. However, if carpooling is done it should be limited to players on the same team. Please advise the team's coach of carpool situations. Ideally, once a carpool group is established, please do not switch to a different carpool group. Carpoolers should all wear masks for the duration they are in the same car together.
- It is recommended especially in unvaccinated individuals to wear a mask before and after all training sessions to/from the field. This protects others if you are unknowingly carrying the virus.
- Players must not touch cones, goals or other people's equipment and must not assist coaches or teammates in gathering up any equipment.
- Bring your own ball to training and label it as your own unless being provided by the coach. Balls should be sanitized by either the coach or the player after each practice.



- Practice social distancing and place bags and other equipment at least 6 feet apart from teammates' equipment during sessions.
- When possible, players should store their equipment in their bag//backpack when not in use
- Wash and sanitize all equipment before and after every training session.
- DO NOT share water. Keep water bottles in their own bag when not in use.

Parent Safety Protocol for Training

- Parents should take their players' temperature and ask how they are feeling daily. If a player is feeling ill or exhibiting any of the symptoms listed above, then you must not bring the player to training and you must notify the club immediately.
- If someone in your household or someone whom you know that your player(s) had contact with is diagnosed with COVID-19, **contact your Coach immediately**. Your player(s) must self-isolate from training for a total of at least fourteen (14) days. Players must also be symptom free for at least three (3) days prior to returning to play. Your player(s) may only return sooner if a medical provider provides written confirmation that your player(s) tested negative for COVID-19 and releases the player(s) in writing to resume training. See sections Communication Chain for Health Alerts and scenarios at end of document for more details. Coaches or players who have been vaccinated or have had laboratory confirmed COVID-19 illness in the last 3 months and have a high-risk exposure are not required to isolate as according to CDC and King County guidelines.
- Parents must provide hand sanitizer for their players to use before, during and after training.
- Parents must ensure that each player wears a mask or approved face covering at training to/from the field and brings a ball, water, etc. to avoid the temptation to share with others.
- Parents must label personal equipment to avoid potential exposures caused by inadvertently taking other players' equipment.
- It is highly recommended that parents on the sidelines wear a facemask, maintain a minimum distance of six (6) feet from the players, coaches and other parents.
- Parents should limit carpools to players on the same team or avoid carpooling, if feasible. Players and parents are strongly encouraged to wear masks while driving to and from training for those in carpools, and vehicle surfaces should be sanitized regularly.
- Parents must not touch cones, goals or other people's equipment and must not assist coaches or teammates in gathering up any equipment.

Coaching Safety Protocol for Training

- Coaches must greet all players arriving for training and inquire about each player's health.
- Coaches must immediately send home any player that shows any signs of illness or mentions feeling ill and **notify the COVID-19 Club Official** of any player or coach illness.
- Coaches must strictly enforce social distancing during training.
- It is recommended that coaches wear face masks or approved face coverings during training.
- The use of scrimmage vests/pennies is allowed but frequent daily washing is recommended and players should only use one penny in any given practice.
- Coaches must ensure that players place their equipment in designated spots at least six (6) feet apart and prohibit players from sharing anything.



- Only coaches may handle cones, goals, etc. and must sanitize their equipment including balls daily.
- Coaches should have fun, stay positive and model resilience and optimism. This is a uniquely difficult time, especially for players. By staying calm, supportive and caring during this time, you will help your players learn to be champions in life.

Training Field Logistics and Procedures

- Volunteers and coaches should park in areas that do not create congestion around the designated pickup/drop-off zones
- Please do not arrive to the field more than 5 minutes prior to your player's training start time.
- Please also make sure that you are prompt to be at the designated pickup zone ON TIME.
- Carpools should be limited strictly to teammates
- When being dropped off, players should wear their masks to and from the field.
- Fields will be setup by the assigned coaches for each practice. Volunteers may be used for field setup. Players are to place their equipment and bags no closer than six feet apart. If possible, all player equipment should be stored in their bags when not in use.

Game Day Field Logistics and Procedures

- Volunteers and coaches should park in areas that do not create congestion around the designated pickup/drop-off zones
- Please do not arrive to the field more than 5 minutes prior to your player's match warm-up start time.
- Please also make sure that you are prompt to be at the designated pickup zone ON TIME.
- Carpools should be limited strictly to teammates
- When being dropped off, players should wear their masks to and from the field.
- Fields will be setup by the assigned coaches for each practice. Volunteers may be used for field setup. Players are to place their equipment and bags no closer than six feet apart. If possible, all player equipment should be stored in their bags when not in use.

Coaching Safety Protocol for Game Day

- **No coach that is sick or has signs or symptoms suggestive of COVID-19 should attend.**
- Maintain physical distance (>6 feet) as much as possible.
- All coaches are responsible for **keeping attendance** for which players are at every game. This is critically important for contact tracing.
- Masking on the sidelines is highly recommended.
- Make sure that your team has left the field within 5 minutes of the game ending.



- Clustering of players should be avoided. There should be no gathering and socializing before or after the game by players. Coaches should not assemble their teams closely together for instruction; players should be spaced at least 6 feet apart for team meetings or instruction.
- No handshakes or fist bumps during or after the game.

Player Safety Protocol for Game Day

- **No player that is sick or has signs or symptoms suggestive of COVID-19 should attend.**
- Wait until prior game's teams have vacated the bench area before entering the space.
- Soccer bags should be placed at least 6 feet apart from one another where possible.
- Use hand sanitizer before and after the game.
- Players should be physically distanced, and masks are highly recommended on the sidelines.
- Clustering of players should be avoided.
- No handshakes or fist bumps during or after the game.

Parent Safety Protocol for Training

- **No parent/guardian/caregiver or player that is sick or has signs or symptoms suggestive of COVID-19 should attend.**
- Spectators should remain socially distanced as much as possible.
- Masks are recommended.
- Do not loiter around field. Avoid gathering of people.

Communication Chain for Health Alerts

LHSC has identified the following individuals to be responsible for handling communications for any health alerts.

Who	Communicates with	Notes
1) Parent	Coach	Provides general high-level information (player name, suspected or confirmed exposure, general timing)
2) Coach	Club designated COVID-19 contact	



3) COVID-19 Club Official Lisa Getzendaner 206-399-6406	Family of suspected infected player	Collects data from individuals related to timing, severity of illness, and contact tracing within club
4) COVID-19 Club Official Lisa Getzendaner 206-399-6406	Public health officials Assists with family contact if needed	Helps determine tactical response Health officials only contacted in cases where COVID-19 is confirmed
5) Club VP Currin Cyr 206-619-3808	Backfills 1 and 2 above if needed, assists everyone	Helps determine tactical response
6) Club President Justin Hunt 425-766-6715	Backfills 1 and 2 if needed, communicates to Board and keeps them updated	
7) Club Select chair Currin Cyr 206-619-3808	Coaches	Helps determine tactical response



SCENARIO 1: INDIVIDUAL FEELS ILL, HAS SYMPTOMS RELATED TO COVID-19, OR SUSPECTS THEY WERE DIRECTLY EXPOSED TO COVID-19

In this scenario, a player's Parent has contacted the Coach to report that the player might have been exposed to someone who tested positive for COVID-19 and the player has not been vaccinated or have had laboratory confirmed COVID-19 illness in the last 3 months.

1. The Coach gathers high-level information and contacts the Club Official
2. The Club Official should contact the parent to gather background information and review our policy (self-isolation for 10 days, etc.). This should be followed with an email to the parent with links to CDC and WA State Dept of Health, contact numbers for local health officials. Lake Hills SC strongly encourages the family to contact their medical professional and schedule a COVID-19 test.
3. Notify the Safety Team (Club President, Club VP & Club Select chair) and provide details obtained from previous step.
4. Club Official notifies the Coach of the situation prior to notifying the families of teammates
5. Club Official notifies the families of teammates who were part of the player's training group of the situation, and that the entire training group needs to self-isolate for up to 10 days. If any other players are identified during the interview in Step 2, their guardians will also need to be contacted, and those players will need to self-isolate for 10 days.
6. At 10 days the players may return to training unless there has been a positive test result or any of the players are presenting symptoms related to COVID-19. Players may return to training sooner if they test negative for COVID-19 and a medical professional releases the player(s) in writing to resume training.

SCENARIO 2: INDIVIDUAL CONTACTS CLUB TO INFORM OF A POSITIVE COVID-19 TEST RESULT

1. Coach is immediately notified by Parent and collects high level details.
2. Coach immediately contacts Club Official who then contacts the Parent for more details.
3. Club Official notifies Safety Team immediately and emergency call scheduled to review details
4. Club Official contacts Coach & families of impacted team advising to self-isolate for 10 days
5. Club Official contacts Public Health officials and made aware of situation, steps taken, and asked for further instructions
6. Club Official and Safety Team reconnects with updates and action plan if any from Public Health
7. Keep in periodic contact with players' families
8. After 10 days all players and coaches may return to training so long as they have been symptom-free for at least 3 days. Alternatively, players and coaches who are tested for COVID-19 may return sooner, if a medical provider provides written confirmation that the player tested negative and releases the player in writing to resume training.



COVID Contacts for Questions / Reporting Concerns

Medical questions related to COVID-19?

- Contact the Novel Coronavirus Call Center between 8 AM to 7 PM at 206-477-3977.

Non-medical questions about COVID-19 including compliance and business related issues?

- Contact the King County COVID-19 Business and Community Information Line (Monday – Friday)
8:30 AM – 4:30 PM at 206-296-1608

General questions about COVID-19 in Washington State

- Contact the Washington State Novel Coronavirus Call Center at 800-525-0127