



Lake Hills Soccer Club
COVID-19 Safety Plan
10/15/2021

BELLEVUE, WA EST. 1963



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 9/17/21, these are the latest protocols and safety guidelines for Washington Youth Soccer clubs to follow for the Fall 2021 season. We will update these if the governor's office or Department of Health issues new guidelines that would change the above.

Guidelines:

- Masks are NOT required for players/coaches/spectators at this time.
- If your local field does require a mask, please adhere to their rules.
- Complexes with multiple fields are considered single "events" according to the Governor's Office, and are limited to 500 people per field

Washington Youth Soccer has provided an updated Game Day safety protocol that can be found here. <https://washingtoneyouthsoccer.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 with, has an exposure to or suspected to have COVID-19, **the club must be notified immediately- See page 7 for club contacts.** Safety plan will be developed by LHSC Club leadership and need to suspend team activities will be determined based on exposure risk. See page 8 and 9 for scenarios and recommendations. Final plans will be provided to the teams by the COVID Coordinator after an exposure or diagnosis of COVID-19 in a player or coach.
- 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 ten (10) 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 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.
- 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



IN CASE OF A POSITIVE COVID-19 DIAGNOSIS OR EXPOSURE:

- Coach to contact the COVID Coordinator or other club official above and collect high level information on the player.
- COVID Coordinator will collect additional information and provide communication to the team and coaches. Directives will follow the below guidance:

When an athlete is diagnosed with COVID-19:

- Have the player stay home and isolate for 10 days.
- If the infected player was in contact with their team within 48 hours of diagnosis (date of positive test or date of symptom onset) – whichever was earlier, notify the parents/guardians that “someone” on the team has tested positive for the virus (do not reveal name of infected individual). Outdoor soccer activities are considered low risk exposures and do not require quarantine unless >15 minutes of contact with the infected individual within 6 feet over 24 hours, or other special circumstances (ie, carpool, social or indoor exposure). Each player may choose to be tested for COVID-19 (especially non-vaccinated players).
- If the infected player played in a game with their team within 48 hours of diagnosis, Club COVID Contact must notify the opposing team immediately with suggestions as above.
- Disinfectant all equipment.

When a coach has come in contact with or is infected with COVID-19:

- Get tested and stay home.
- Inform the team – if you have maintained social distance from all your players, players do not necessarily need to get tested but it can be considered, as stated above.
- Disinfect all equipment.

Scenario #1 - Player/Coach has a sibling/parent/roommate that lives with them and has tested positive. Unvaccinated individuals must quarantine at home for 14 days from the last exposure, or 10 days from last exposure with a negative PCR test.

Example: If a parent gets symptoms on Monday, tests on Wednesday, gets results on Thursday, but can't fully isolate away from player until Saturday, the 14 days (or 10 days with a negative PCR test) starts from last exposure, which was Friday.

For vaccinated individuals, they do not have to quarantine unless symptoms present but should try to separate from the positive individual. They should wear a mask when attending training or games for 5 days and get a test 3-5 days after exposure.

Scenario #2 - Player has had someone in class at school test positive and school rules state they must quarantine for 14 days. Unvaccinated players must follow the school rule and quarantine for 14 days before returning. For vaccinated players, some districts are allowing for those individuals to continue to school, and if so, may return to training (with a mask for 5 days) and get tested 3-5 days after exposure (if the school requires quarantine regardless of vaccination status, player must follow school guidelines and quarantine).



Vaccinated coaches with known exposure outside of the home do not need to quarantine but should wear a mask to practice for 5 days and be tested on day 3-5. Unvaccinated coaches with a known exposure need to quarantine for 14 days or 10 days with a negative PCR test.

Testing - To cut a 14 day quarantine to 10 days, it should be a PCR test. PCR is always more accurate than home kits. But for a “soft” quarantine (ie vaccinated kid with low risk exposure), a home kit would be fine.

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