

## **NYS Expectations for Return to Play**

As Federal, State, County, and local requirements for safe return to play for youth sports continue to be refined during our state's phased reopening, Newberg Youth Soccer's priority is, and will continue to be, the safety of our players, members, coaches, and community. All decisions regarding how we provide our services and when to begin different stages of training for our players will be dependent upon the best information available in the current environment. We will continue to monitor information and guidelines recommended by federal, state, and local authorities and health organizations to keep our phased policies up to date.

We understand that different families will approach how they respond to our county's reopening based upon their comfort level and confidence in the safety measures implemented for their protection. Once Newberg Youth Soccer is able to begin opening up opportunities for training again, we would like to stress that there is no pressure to return to play until you are comfortable returning to the fields. We will continue to work with families to provide opportunities for players to have a local team once they are comfortable returning to play.

Many of these policies rely on rules and regulations set forth by public health authorities in regard to COVID-19. The information in this document is NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. Since understanding and recommendations concerning COVID-19 are changing constantly, NYS does not assume the completeness of information within this document. These policies address only the early phases of return-to-play and new guidelines may be added as the COVID-19 pandemic continues to evolve.

Our state and county have instituted a phased approach to reopening businesses and loosening of social distancing guidelines. Progress along this plan will dictate how NYS and our coaches provide training for our members. We must all be aware of, and adhere to, all Federal, State, and Local requirements and guidelines during this process. Yamhill County was approved to enter Phase II of Oregon's phased reopening plan beginning June 6 which includes recreational sports within their guidelines. Newberg Youth Soccer will follow all safety and health guidelines as outlined by our state and county leadership and our soccer governing bodies... OYSA and US Soccer.

Finally, although it appears that young and healthy people may be at less risk for severe cases of COVID-19, every case may potentially have serious long-term effects within the community. Until a vaccine is developed, a cure is found, or the disease is eradicated, there is no way to completely eliminate the risk of infection. This should always be at the forefront when considering return to play.

We want to clearly communicate the policies and protocol that we will use in an effort to keep everyone healthy and as safe as possible as we look to return to the fields. We ask that all members follow these guidelines carefully and diligently. The following pages outline the plan, policies and protocol Newberg Youth Soccer will follow as we "RETURN TO PLAY".

## **Basic Guidelines for Participation during NYS Return to Play**

- **A Staff, Athlete or parent will not attend a Club activity if exhibiting signs or symptoms of COVID-19 in the prior 14 days or is exposed to someone that has been ill in the prior 14 days;**
- **Each Staff, Athlete or parent should take a body temperature measurement 30 minutes before each activity;**
- **The Staff will communicate regularly with each Athlete and observe Athletes for any signs or symptoms of the COVID-19 virus;**
- **Training sessions will ensure social distancing can be maintained;**
- **Athletes should properly sanitize their equipment after every session;**
- **Athletes must use their own water bottle, towel, and personal hygiene products;**
- **Physical contact between Athletes during training will be in alignment with developing medical guidance;**
- **The Club will maintain and disinfect equipment before and after activities;**
- **Staff will wear appropriate personal protective equipment; and,**
- **Athletes will be allowed but are not required to wear a cloth, surgical, or similar face covering during activities.**

# NYS Return-To-Play Plan

## The NYS Return To Play Operational Plan will include:

- **Training 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.
2. We will leave time between sessions and have a plan for entering and exiting the fields to minimize personal contact.

- **Training 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. We will plan activities that minimize physical contact between players.
4. We will plan activities that maintain social distancing requirements.
5. We will clearly mark spots six feet apart for players to set their backpacks and water bottles.

- **We will sanitize shared equipment at the field.**

- **We will provide hand sanitizing stations to all players before and after training.**

## NYS Will Create Protocols for:

- Pick Up/Drop Off - We will create maps for drop off /pick up as well as entering/leaving every field.
- Coach Behaviors/Policies (Responsibilities) - We will publish all policies and responsibilities for coaches.
- Player Behaviors/Policies (Responsibilities) - We will publish all policies and responsibilities for players.
- Parent Behaviors/Policies (Responsibilities) - We will publish all policies and responsibilities for parents.

## Equipment Considerations:

Prior to each session:

- Only staff should touch equipment, if possible.
- We will sanitize shared equipment at the field.
- 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.
- The club will facilitate coaching education and communication concerning requirements for:
  1. Personal Care
  2. Equipment Sanitation
  3. Conduct during sessions
  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 to participate
  3. Club protocols around their children attending training
  4. Parent and player role in reducing risks of attending training

# **POLICIES AND RESPONSIBILITIES**

These are the specific responsibilities for the club, coaches, parents and players within the NYS Return To Play plan. 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. Make all resources available through the club's website
- Have an effective communication plan for all aspects of return to play in place. Website - social media - Teamsnap - 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.
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
- 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.
- 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 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.
- Bring and use hand sanitizer with you at every training 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.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Do not assist coaches with equipment before or after training.
- Show up no earlier than five minutes before your scheduled session. If you drove yourself to training then please park and make sure to use the appropriate entrance and exit when using the field.
- 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 if your child feels sick.
- Stay in car or adhere to social distance requirements, based on state and local health requirements
- We recommend a child's training kit is washed after every training.
- We recommend equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Do not assist coaches with equipment before or after training.
- 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)

### **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.  
(Field maps/plans will be available on the NYS website.)
- 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.

### **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 the coach is the only person to handle equipment (e.g. cones, ladders etc.)
- All training should comply with social distances per state guidelines.
- Wear a face mask when actively coaching near players.
- We will NOT use pinnies (bibs, training vests etc) at this time.

# Promoting Behaviors that Reduce Spread

NYS encourages behaviors that reduce the spread of COVID-19. Everyone should follow these guidelines as we return to play.

## 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. At this time we do not know what, if any, requirements will be mandated concerning face masks while on an outdoor soccer field. We will update our recommendation, if we have any, as we return to play and receive more guidance from health authorities.

## 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 ways to stop the spread of germs such as by properly washing hands and covering youth coughs and sneezes.

Sample Field Sign that can be displayed at field entrances:



## 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 their 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.

## **Physical Barriers and Guides**

- The club will provide physical guides, such as signs and cone/paint on playing fields, to make sure that coaches and players remain at least 6 feet apart.

## **Helpful web resources:**

CDC COVID 19 Information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

State of Oregon COVID 19 Information: <https://www.oregon.gov/oha/erd/pages/COVID-19-news.aspx>

Yamhill County COVID 19 Information: <https://hhs.co.yamhill.or.us/publichealth/page/covid-19-coronavirus-information>

OYSA COVID 19 Information: <https://oregonyouthsoccer.org/about-oysa/COVID-19-info/>

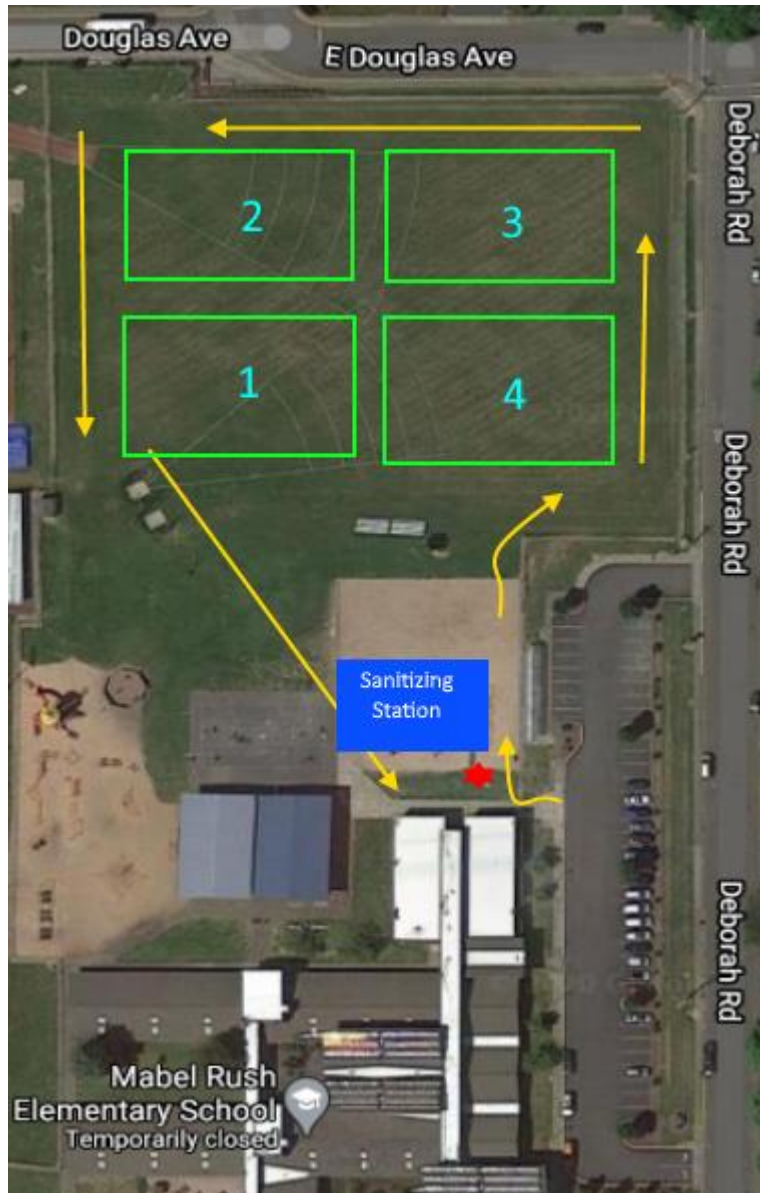
## **How to disinfect clothes**

<https://www.medicalnewstoday.com/articles/how-to-disinfect-clothes>



## Newberg High School JV Grass Field

1. Drop-off and pick-up will be in the Mabel Rush Elementary School north parking lot.
2. Training times will be staggered to assist with social distancing while arriving/departing.
3. Please maintain appropriate social distances when both entering and exiting the gate. Since there is only one open gate, please move through it quickly and stay to the right.
4. Please check in at the sanitization station upon arrival for screening and hand sanitizer.
5. Please remind your player that they should NOT gather in groups and that they should avoid all physical contact with other players. The club will have designated areas for players to keep their personal gear separated at least 6 ft apart.



## Newberg High School Turf Field

1. There will be 2 designated drop-off and pick-up areas at the NHS turf field. If your player will be training on the south side, drop-off and pick-up will be at the gym parking lot (Elliott Rd. entrance). North side drop-off and pick-up will be by the ticket booth by the tennis booth parking lot (Douglas Ave. entrance).
2. Training times will be staggered to assist with social distancing while arriving/departing.
3. Please maintain appropriate social distances when both entering and exiting the stadium.
4. Please remind your player that they should NOT gather in groups and that they should avoid all physical contact with other players. The club will have designated areas for players to keep their personal gear separated at least 6 ft apart.

