

Northshore Youth Soccer Association
12810 NE 178th Street, Suite 202
Woodinville, WA 98072

June 8, 2020

SUBJECT: NYSA Return to Play Protocols: In Summary

Each player, parent and coach will receive four checklists that describe, in detail, the guidelines we will have in place. We thought that the checklist form would be the most ideal format as it will be simple to read, easy to comprehend and very portable. As you can see in the Return to Play Acknowledgement Letter (attached) all of our families and coaches will need to sign and return a letter stating that they understand the guidelines that have been put in place and vow to adhere to them prior to their first session.

Additionally, all of our coaches will hold Zoom virtual meetings with their teams to go over the guidelines in detail and answer any questions that may arise.

Please find the Sound FC RTP Checklists attached. They are also available here for your convenience.

These protocols have been on our website since May 28th and an initial draft of our checklists were emailed to the club on May 31st. A final version, with acknowledgement letter, will be sent this week. Once again, families and coaches will need to sign this letter prior to getting back on the field.

TRAINING: TO DO OR NOT TO DO?

- Be SMART! If anyone is sick, stay home. This applies to players, parents and coaches.
- If you have been sick, stay at home for 14 days after recovery.
- Use hand sanitizer after every drill.
- Group play: all training groups limited to 5 players and must adhere to RTP Field Set Up diagram.
- All small groups need to remain the same (static) during entire length of Phase 2 to aid in contact tracing should anyone become ill.
- Coaches and spectators should wear masks at all times.
- Parents should remain in car during drop off and pick up when possible.
- Players need to keep water bottles in their bag when not in use.
- Players need to keep their bags six feet apart at all times.
- No use of public bathrooms.
- 10-15 minute gaps will be built in before/after each session in order to limit contact and exposure.

- Prohibit physical contact in all activities.
- No high fives, handshakes, hugs, etc.

PARENTS: TO DO OR NOT TO DO?

- Ensure your child is healthy; check temperatures daily.
- Stay in car and social distance while at training. Wear mask at all times if outside of your car.
- Ensure your child's clothing is washed after every training session.
- Label your child's equipment to guard against cross-contamination.
- Ensure all equipment, cleats, ball, shin guards, etc. are sanitized after every session.
- Have your child use the restroom prior to leaving home.
- Notify the club if your child becomes ill for any reason and do not bring them into contact with any coaches or players.
- Limited or no carpooling.
- Do not assist coaches with equipment before or after training sessions.

PLAYERS: TO DO OR NOT TO DO?

- Take temperature daily.
- Wash your hands thoroughly before and after training.
- Bring and use hand sanitizer at every training session, especially at the beginning and end of sessions.
- Wear mask before and after all training sessions.
- Label and bring your own ball to every session.
- Place bags and other gear at least 6 feet apart from your teammates' equipment.
- Wash and sanitize all equipment before and after every session.
- As the likelihood of public restrooms being open is low, please use the restroom at home before leaving for training.
- Do not touch or share anyone else's equipment.
- No group celebrations with players closer than 6 feet.
- No high fives, hugs, cheers, etc.

COACHES: TO DO OR NOT TO DO?

- Ensure the health and safety of your players. Greet them and inquire as to how they are feeling and send them home if they act or discuss feeling ill.
- Follow all established federal, state and local protocols.
- Ensure all athletes have their own equipment and that it is placed 6 feet apart from others.
- Strictly enforce social distancing guidelines and adhere to Field Set Up requirements.
- Always wear a mask and practice social distancing.
- Wash and sanitize equipment after training.

- Increase communication with parents to inform them of all safety measures being taken.
- Have FUN and stay POSITIVE!
- Strictly prohibit anyone from sharing anything.
- Do not allow players or parents to handle cones and other training equipment.
- The use of scrimmage vests/pinnies not permitted.