



## Phase 2 & 3 COVID PLAN

Northwest United FC's #1 priority is to PLAY ON...SAFELY!

Players and their families' health and safety come first; their physical and mental health are of utmost importance to us. Getting our kids outside, in fresh air and playing soccer safely is our goal. When our kids play, their body produces endorphins, which are a natural mood booster that can fight stress and depression. Feelings of empowerment, relaxation, and optimism follow. Play not only promotes healthy weight and cardiovascular fitness, but also enhances the efficacy of the immune, endocrine, and cardiovascular systems.

Below is Northwest United FC's phased approach to returning to play, based on the [official phased approach](#) to reopening Washington State businesses and modifying physical/social distancing from Governor Jay Inslee.

<https://washingtonyouthsoccer.org/washington-youth-soccer-return-to-play-guidelines/#1589399702818-07cfbee5-3644>

### **Note from 7/1/20 11:00 AM**

The governor's office's [recent release](#) regarding when face masks are required does not change the latest guidelines from our Return to Play documents, which state: Coaches must wear masks before, during, and after training and clean equipment after each session. Players must wear masks before and after training sessions and use hand sanitizer immediately following each session.

## Protocols

The following best practices are intended to offer guidance. Adherence to these considerations and recommendations does not ensure immunity from exposure. Northwest United makes no representations and assumes no responsibility for individual activity or participation decisions by Associations, Clubs, Coaches, Parents, or Players.

The following areas are addressed below:

- [General](#)
- [Northwest United FC's Responsibilities](#)
- [Coaches](#)
- [Parents](#)
- [Players](#)
- [Field Diagrams](#)
- [Phase 2 & 3 Action Plan / Communication Plan](#)

# Northwest United FC



- **General**

1. Be smart: if you are sick, stay home. This applies to everyone: players, coaches, and parents. If you have been sick, stay home for 14 days after recovery.
2. Screening: Greet all participants before practice and ask if they have been sick in the last 14 days or in direct contact with a person who is sick. Send home immediately if the answer is “yes.”
3. Sanitize: have hand sanitizer available and encourage hand washing before and after all activities.
4. Group play: all activities must be limited to the max number allowed in the current phase.
5. Physical play: facilitate soccer activities that eliminate physical contact. All drills and small-sided games should have as little physical contact as possible. Tackling, shielding, etc. should not be included in small-sided games or drills.
6. No high-fives, handshakes, or hugs: as much as we want to physically connect, this is not a safe practice for anybody right now.
7. Masks: coaches and spectators should wear a mask before, during, and after practice. Players should wear a mask when not actively practicing.
8. Drop-off/pick-up: if possible, parents should remain in car for drop-off and pick-up. All spectators must remain 6 feet apart.
9. Water bottles: to minimize accidental sharing of water, players must keep their water bottles in their own bag when not in use.
10. Have fun, stay positive: everyone is looking to each other to stay calm, supportive, and compassionate during this time.

- **Northwest United FC's Responsibilities**

- Distribute these protocols to our members.
- Have an effective communication plan in place, passing information between coaches and parents, as well as coaches to directors, and directors to NWU board members. Identify strategies for working with public to notify adult leaders, youth, and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.
- Small group sessions need to maintain the same group of players. This helps with contact tracing and limits exposure.
- Have a written action plan in place, in case of a positive test. If a person is diagnosed with COVID-19, the entire group must return to self-isolation until symptom-free for 14 days.
- Distribute your written action plan to administrators, coaches, managers, and parents, electronically or otherwise.
- In your action plan include both a communication chain for team personnel, including volunteers and managers, as well as triggers for executing the action plan.

# Northwest United FC



- Be prepared to shut down and stop operations. Develop plans for temporary closure of indoor facilities and cancel outdoor activities or camps to properly disinfect and ensure other adult leaders or youth are not infected.
- Provide adequate field space for at least six feet of social distancing per player.
- Develop a relationship and a dialogue with health local officials. (identify Risk Tolerance)

## • Coaches

- Ensure the health and safety of your players. Inquire how the athletes are feeling, send them home if they act or discuss feeling ill.
- Follow all established federal, state, and local protocols.
- Ensure all athletes have their individual equipment (ball, water bottles, bag, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least 6 feet apart.
- The coach is the only person to handle cones, disks, etc.
- All training must be outdoors and coaches must strictly enforce social distancing per the current phase guidelines.
- Coaches must always wear a face mask per current phase protocol and social distance from players when required.
- Wash and sanitize your own equipment after every session.
- The use of scrimmage vests/pennies is not recommended.
- Increase your communication with parents, they need to know what you are doing as a coach and club to maintain their safety.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.

## • Parents

- Ensure athletes are healthy, check their temperature daily.
- Limited or no carpooling.
- Stay in car or social distance when at training, wear mask at all times if outside your car.
- Ensure 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 training.
- Notify club immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.
- Do not assist coaches with equipment before or after training.
- Be sure your child has necessary sanitizer and cleaning supplies with them at every training.
- When traveling, take responsibility to sanitize hotel rooms.

# Northwest United FC



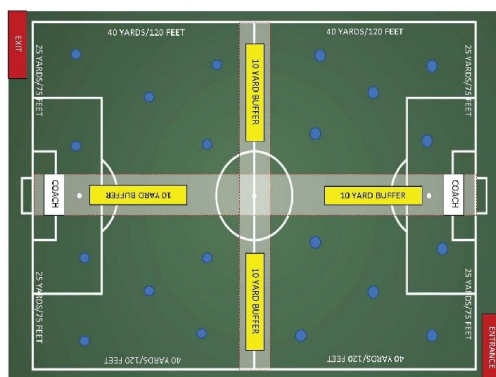
## • Players

- Take temperature daily.
- Wash hands thoroughly before and after training and any contact outside your home.
- Bring and use hand sanitizer with you at every training session. Especially at the beginning and end of sessions.
- Limited or no carpooling.
- Wear mask before and after all training sessions. This protects others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment.
- Bring your own ball to training, label it as your own.
- Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
- Wash and sanitize all equipment before and after every training session.
- No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.

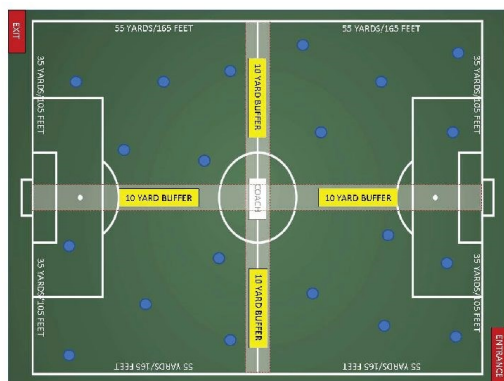
## Field Diagrams -- As example and subject to location specifics.

### FIELD DIAGRAMS

**9v9 Field:** 5 players per 9000 sq. feet or 1000 sq. yards or 0.2 acres



**11v11 Field:** 5 players per 17,325 sq. feet or 1925 sq. yards or 0.4 acres





## Phase 2 & 3 Action Plan

Communication will flow as appropriate.

Information should pass expeditiously (within 24 hours) between coaches and parents, as well as coaches to directors, and directors to NWU board members, while maintaining confidentiality.

Working with public health will include Skagit County health department and city hall for Burlington, Mt Vernon, and any other local city hall relating to the person exposed to infection in order to notify adult leaders, youth, and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity.

Triggers:

Any infected or suspected infected individual will be immediately and safely removed from training and contact. Coach, Parent, Team manager notified along with Marcos Vega at [marco.vega@nwunited.org](mailto:marco.vega@nwunited.org).

Testing and 14 days quarantine may be required.

## Communication Plan

This plan will be posted on our website at [www.nwunited.org](http://www.nwunited.org).

All Northwest United board members, directors, staff, and coaches will be required to read and understand this plan and their responsibilities. They will be prepared to answer questions from parents, players, and the community.

Players and parents will communicate any concerns or questions about protocols, cleansing supplies, distancing, etc., to their coaches directly.

If coaches have any questions or concerns, they will contact the coaching directors:

Director of Coaching: Kristian Powell

Girls Director of Coaching: Joana Michaelson

Boys Director of Coaching: Connor Moe

Directors will direct any questions to the board of directors.

Marcos Vega, club administrator, will be a key point of contact to convey information to the club as a whole, especially between parents and players, communicating directly with the board.