

ISC GUNNERS RETURN TO PLAY SAFETY PLAN

Updated 1/5/22

Criteria for Players

Consistent with the Washington Dept of Health's and CDC's 12/28/21 updated guidelines, in order to participate in any soccer activities other than individual activities at home, all ISC Gunners players must satisfy the following criteria:

- If you are experiencing *any* COVID-19 symptoms, please stay home – call your health provider to be screened and scheduled for testing. Remain at home until you receive your test results. Once you are symptom free and test negative, you may return to play as follows:

Immediately Effective Protocol for Positive Case(s):

- If they test positive for COVID-19, isolation is now five days, if they are asymptomatic on day five, followed by five days of wearing a mask when around others. If symptomatic, individuals should continue quarantine until a negative test confirms symptoms are not related to COVID-19. Do not return to training until asymptomatic.

Immediately Effective Protocol for Confirmed, Unvaccinated OR Vaccinated Exposure:

- For unvaccinated individuals or those that are more than six months from their original mRNA dose or more than two months after the J&J vaccine and not yet boosted, quarantine for five days from date of exposure followed by strict mask use for another five days during which time ISC requires masks during training or games for those individuals.
- Vaccinated individuals who have received their booster and are asymptomatic do not need to be quarantined but should wear a mask for 10 days after exposure, so ISC requires masks during training or games during that time frame for those individuals.
- If symptoms do occur after exposure, individuals should immediately quarantine until a negative test confirms symptoms are not related to COVID-19 and follow the positive case protocol above.
- When in doubt, get tested on day five and as always, wear a mask when in public spaces after isolation or quarantine are completed. Also be mindful of activities, especially indoors and in crowded settings.

Coaches and Staff

All Gunners Coaches and Staff have been fully vaccinated. If a coach or staff member has symptoms of Covid-19 or are exposed to Covid-19, they are required to follow the steps above for Criteria for Players.

Mask Requirements

When inside any Gunners offices, all persons must be masked when members of the public are present (i.e. anyone who is not Gunners Staff). While outdoors at LSSP or Central Park, masks are recommended but not required unless the number of people present exceeds 500 per Washington State guidelines. Current outdoor masking is mandated by the State of Washington for both vaccinated and unvaccinated individuals when 500+ people are present. Gunners will follow the requirements of any facility where they play when not at home.

Parents, Players, and Coaches will all be responsible for monitoring the health of players in the program.

**IF YOU HAVE ANY QUESTIONS OR ARE UNSURE OF SAFETY MEASURES, PLEASE CONTACT
Adam Collins at adam.collins@iscgunners.org**

CLUB RESPONSIBILITIES

Create and distribute protocols to its members.

Have an effective communication plan in place and identify strategies for working with public health to notify Club officials, youth and their families if the organization learns a participant has developed COVID-19 and may have been infectious to others while at a soccer activity. The confidentiality of the participant will be strictly maintained.

Have an action plan in place in case of a positive test.

All return to play activities must be published as being voluntary. Be sensitive and accommodating to players and parents that may be uncomfortable with returning to play too quickly.

Train and educate all Club staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information.

Train staff to recognize the symptoms of COVID-19.

Develop plans for a temporary closure of facilities and to cancel activities to properly disinfect and ensure other adult leaders or youth are not infected.

Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, etc.)

Ensure that Honey Bucket restrooms are cleaned frequently to meet State guidelines.

Staff participating in any soccer activity must wear face masks at all times if unvaccinated.

Follow local health official & government protocol as to how many players may train/play on a field at one time.

Develop a relationship and a dialog with local health officials.

COACH RESPONSIBILITIES

Before Leaving Home:

Follow best safety practices as defined by Governor Inslee (follow social distance guidelines as stated in the active Washington State reopening plan)

Do not participate in any Gunners activities if you are ill. Inform the Gunners immediately if you are ill.

At Practice

Ensure the health and safety of all players.

Before each soccer activity, ask all players how the athletes are feeling and whether they are experiencing any signs or symptoms of COVID-19 (e.g., cough, fever, or loss of taste or smell).

If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider.

Maintain social distance between players based on state and local health requirements.

Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.

PLAYER RESPONSIBILITIES

Before Leaving Home:

Follow best safety practices as defined by Governor Inslee (follow social distance guidelines as stated in the active Washington State reopening plan).

Use the restroom, "go before you go". We will have Honey Buckets at training, but we want to minimize usage.

Wash your hands.

Wear a freshly washed uniform.

Do not come to practice or matches if you are feeling ill or experiencing Covid-19 symptoms.

Getting to and from Practice/Match:

If you are carpooling, wear a mask in the vehicle.

At Practices/Matches:

Follow directions by coaches or volunteers.

Bring your own water – water bottles cannot be shared.

PARENT RESPONSIBILITIES

Notify the Gunners immediately if your player has become ill for any reason. Do not bring them to any training sessions or matches if you suspect they are sick.

Before Leaving Home:

Follow best safety practices as defined by Governor Inslee (follow social distance guidelines as stated in the active Washington State reopening plan).

Do your best to ensure your player is healthy before all training sessions and matches.

Please have your player in a washed uniform at training.

Please have your player use the restroom before practice. We will have Honey Buckets at training, but we want to minimize usage.

Ensure that your player has a water bottle, hand sanitizer, and a mask.

Have the Sports Engine (Rec and Select)/TeamSnap (Premier) software apps on their mobile phones and active.

Review account on Sports Engine/TeamSnap to ensure that all contact information is accurate.

Getting to Practice/Match:

Carpooling is not preferred, but limited if required.

If you are carpooling, wear a mask in the vehicle.

At Practices/Matches:

Follow directions by coaches or volunteers.

If attending practices or matches at Gunners facilities, masks are recommended but not required and parents/spectators should maintain appropriate social distancing.

PROTOCOLS/ACTIONS PLANS

PLAYER SICK AT PRACTICE PLAN:

If a player informs a coach during training that they are not feeling well, the coach will remove the player from the team and call their parents. Parents will be instructed to return to the fields immediately to take the player home. After exhibiting symptoms the player must either get a negative Covid test or follow the isolation/quarantine protocols discussed herein before returning to training.

POSITIVE TEST ACTION PLAN:

If a player or anyone in their household tests positive for COVID-19 we will act as follows:

Inform your club coach immediately or the Executive Director at adam.collins@iscgunners.org

The Club will inform the players in your child's team that there has been a positive test in their group.

TEMPORARY CLOSURE PLAN:

The Gunners will actively communicate to our membership using the SportsEngine/TeamSnap software platforms. All families must review contact information on SportsEngine/TeamSnap to confirm accuracy. All families must have the SportsEngine App (recreation and Select) or the TeamSnap App (Premier) on their mobile devices as this will be the primary communication tool used by the Gunners.

In the event of a temporary closure, the Gunners will email and send a text alert via Sports Engine or TeamSnap to the mobile device(s) listed on each family's Sports Engine or TeamSnap account.