

Capital FC Return To Play Plan

PHASE I - Initial Phase

The health and safety of our players, coaches, and Capital FC families take priority in our club's decisions in returning to play. While orders from Governor Brown to prevent the spread of COVID19 remain in place, Capital FC has created a list of precautions and processes to be implemented once practices are allowed to resume.

These protocols have been developed in consultation with our "Return to Play Medical Committee," health professionals who serve on our board of directors, and in coordination with Oregon Youth Soccer, as well as other local leaders in the Salem area. These protocols do not have a set duration, but the club will adhere to the recommendations of public health officials and make adjustments when needed.

We also recognize that each family has a different situation that may influence their desire to return to play. We want to make it clear that it is ultimately each family's decision for when they feel comfortable having their player return to the field. Players will not be punished for not showing up, so families should feel free to make the best decision for their unique situation.

If you do have any questions or concerns, please reach out to the members of the Return to Play Medical Committee at covid@capitalfctimbers.com

COVID19 GENERAL POLICIES

1. Participants must be healthy and free of symptoms in order to participate.

All participants - coaches, players, volunteers, and staff - must be free of a cough and/or fever above 100 degrees symptoms for the last 72 hours and at least 7 days from any onset of symptoms. Anyone who is exhibiting these symptoms during training will be asked to leave.

Parents will be asked to sign a waiver (attached) on behalf of their child in order to participate that indicates their child is not sick or has had contact with someone with Covid19. A current waiver must be on file for participation.

Coaches and staff will take their temperature before training begins and upon arrival be asked the following questions and respond negatively in order to

1. Have you had a cough or a fever above 100 degrees within the last 72 hours?
2. Have you had contact with anyone with confirmed COVID19?

2. Hand Washing and sanitizing of equipment

Coaches and players will be asked to sanitize your hands before and after every training. Players are encouraged to bring their own hand sanitizer. We will have some additional hand washing stations available at the complex.

Our office will be cleaned and disinfected daily. To limit traffic in the clubhouse we ask that members enter the office only for official business with coaches or staff or to use the restroom in an emergency.

3. Training will occur in small groups with adequate space.

All training will initially be limited to no more than 10 players per session. These cohorts of players will be selected, and players/coaches will stay within these cohorts during this phase of return to play.

No more than one group will be on each half of a field at a time.

4. Limiting of touching of equipment

There will be no sharing of equipment in this phase. Coaches will be the only ones touching cones, goals, etc. This equipment will be sanitized by staff before and after every training session.

Players will have their own marked area for their personal equipment such as a ball, water ball (no sharing of water bottles), and backpack. These will be marked and spaced out appropriately.

5. All players and staff will maintain minimum 6ft distancing

Training activities will be non contact, utilizing cones to maintain a minimum of 10ft distance. Topics include fitness, individual skill work on the ball, passing, and finishing.

Players will not be allowed to touch. No handshakes, high fives, or huddles. This will not be very fun but it is necessary for returning.

Lines of players will maintain appropriate social distancing.

Volunteers and team managers will be utilized to help ensure players and any spectators are maintaining 6ft distancing throughout each training session.

6. Protective Equipment

Wearing a face mask is required for all staff when working inside the office.

Masks are not required during training sessions, though staff and players may wear one if they would like.

COMPLEX LOGISTICS

1. During all training times, the club will have a person in charge on site. This may be a director or board member or volunteer who has been trained on all the policies in this document and will ultimately be responsible for making sure the policies are implemented.
2. Our complex will be divided into three separate parking lots and entrances (west, middle, turf). Each team will be assigned a specific field with a corresponding entrance.
3. Training sessions will begin on the hour and will last no more than 45 minutes to begin. Groups will have 15 minutes to clear out after their session. All players must be off of the field before the next group arrives.
4. Parents are strongly encouraged to stay in their cars or leave while the training is happening. In cases where it is necessary for a parent to be nearby, spectators must all observe 6ft distancing. Only one spectator is allowed per player, and spectators must stay in marked "spectator zones."
5. Signage will be displayed upon arrival, and players will be asked to wash their hands/use hand sanitizer upon arrival. We will have handwashing stations available.
6. We strongly encourage players to use the restroom before arriving at practice to limit the number of people entering this shared space. We will have the office bathroom available if needed and will clean this 3x day.

IF THERE IS A CASE OR SUSPECTED CASE OF COVID19...

Here is how our club will be prepared for a case of COVID19 within our club

1. The club will keep a log of all people entering the complex to aid contact tracing if necessary. Coaches will take attendance at every training session and require all spectators to provide their name and phone number. There will be a log in the office that office staff will keep with the same information for any visitors to the office.
2. Parents and staff should report to the club if any of the situations below happens:
 - a. The player or staff member has a fever
 - b. The player or staff member is sick with symptoms of COVID19 but has not yet been tested or the test has not come back yet
 - c. The player or staff member has tested positive for COVID19
 - d. The player or staff member has been exposed to someone who has tested positive for COVID19

3. Maintaining confidentiality is important. Families can:
 - Tell your coach or team manager, and they will refer to the “Return to Play Medical Committee”
 - Call the office at 503-673-6708.
 - Send an email to covid@capitalfctimbers.com which will reach “Return to Play Medical Committee” and maintain confidentiality
4. The club’s “Return to Play Medical Committee” will identify and communicate if there are infections and pass necessary information along to OYSA and club members in a way that ensures confidentiality.

COMMUNICATION PLANS

1. For coaches and staff

[Coaches and staff members will undergo training in the following document before being allowed to be on the field.](#)

In addition, coaches will be provided with weekly training sessions from the Director of Coaching that are in compliance with COVID19 restrictions on distancing.

[Coaches will also watch this video before taking the field.](#)

2. For parents and families

Capital FC will post the policies on our COVID19 website along with a document specifically targeted at parents. ([here](#))

Coaches will be asked to have a team meeting outlining these policies before training session occurs

Families will be required to sign a waiver in order to participate.

APPENDIX A: Capital FC “Return to Play Medical Committee” Members

Capital FC has engaged the following health professionals to provide guidance for approving and monitoring its return to play. Members include:

Dr. Kirsten Steketee, Emergency Medicine Physician, Salem Emergency Physicians

Dr. Weston Heringer, DMD, Pediatric Dentistry

Ryan Farwell, Administrator, Salem Clinic

Kate Sorem, Advanced Victim Advocate

Collin Box, Capital FC Executive Director

To contact the committee with concerns or questions, please email covid@capitalfctimbers.com

APPENDIX B: COACH RETURN TO PLAY CHECKLIST

Coaches - as we transition to returning to play, the health and safety of our staff, our players, and our families is our top priority. We will be adopting the following protocol as we take the field. These do not have a set timeline, and we will make adjustments as the situation changes.

1. Stay home if you are sick.

All participants - coaches, players, volunteers, and staff - must be free of a cough and/or fever above 100 degrees for the last 72 hours and at least 7 days from any onset of symptoms.

Please take your temperature daily. If you have a cough or a fever over 100 degrees, please report that to Joe as soon as possible so that we can make arrangements for another coach to take your training session.

You will not be able to return to training until you are symptom free for 72 hours and it has been at least one week from the onset of your symptoms.

2. Report any of the following as soon as possible to Joe or Collin

Parents and staff should report to the club if any of the situations below happens:

- a. You or any of your players have a fever and/or a cough
- b. You are sick with symptoms of COVID19 but has not yet been tested or the test has not come back yet
- c. You have tested positive for COVID19
- d. You have been exposed to someone who has tested positive for COVID19

3. Bring your own hand sanitizer

Sanitize your hands before and after every training. We will have some additional hand washing stations at the fields.

4. You will be responsible for taking attendance

We will give you a check in sheet that includes the date, name, and phone number for everyone on your team. In addition, all these players will need to have a signed waiver in order to participate.

Please take attendance at your session. Players who are not on your list will not be able to participate.

5. Do not allow players to touch/share practice equipment

For the time being, you will need to set up and pick up your own cones, small goals, and ball bags. Limit the amount of equipment players will be touching.

Please do not use your pinnies. Ask your players to each bring a light and a dark shirt.

6. Tell your players to avoid touching

No handshakes or high fives. No huddles. This will not be very fun but it is necessary for returning. You will need to both model and remind your players of this.

7. As much as possible maintain distance between you and players during training.

This means that you should limit the number of activities that you are doing that require players to gather in small spaces. If players need to be in lines, have them maintain 6ft distance.

8. Be positive and enjoy being on the field!

This will be a big adjustment, but let's be thankful that we do get to return to play. The better we do with these practices as a club, the quicker we can return to normal. Thank you for all you are doing!

APPENDIX C: FOR FAMILIES AND PLAYERS

RETURN TO PLAY RESPONSIBILITIES



STAY HOME IF YOU ARE SICK OR NOT COMFORTABLE WITH RETURN TO PLAY

PARENT

- Check your player's temperature before coming to any training session
- Make sure all of your player's equipment is washed and sanitized before coming to practice
- Supply your player with their own hand sanitizer
- Make sure your player has plenty of water
- Respect social distancing requirements; stay in your car/designated spectator zones
- Notify club/coach if your player becomes sick



PLAYER

- Wash your hands before and after each training session
- Wash and sanitize your equipment before and after each training session
- Do not share water bottles, food, or equipment
- Respect and practice physical distancing
- No high fives, knuckles, handshakes, hugs, or group celebrations
- Have fun!



**IF YOU HAVE A
FEVER OR A COUGH,
STAY HOME**



NEED HELP? HAVE CONCERNS?

CONTACT OUR RETURN TO PLAY MEDICAL COMMITTEE
COVID@CAPITALFCTIMBERS.COM | 503-673-6708

APPENDIX D: WAIVER OF PARTICIPATION

DRAFT - Waiting on OYSA.

APPENDIX E: FIELD MAP



**CAPITAL FC
TIMBERS**

