

# LWYSA Safety Procedures & Training Protocols

## *Safe Start Washington Phased Reopening*

The following written procedures comply with the safety and health requirements put forward by the State of Washington and include our association protocols for return-to-training and to match-play in Phase 3, which also incorporate sport-specific guidance collated from national sources.

The information here is not intended to be a substitute for professional medical advice and does not supersede any future directives or restrictions issued from local, state or federal authorities. As always, our priority at LWYSA remains the health and safety of all our players, coaches and their families. These Protocols will be communicated to each Coach and registered Family. Questions or concerns will be directed to the LWYSA Program Coordinator. (See below)

\*Before any participation is allowed, all LWYSA players will be required to sign the “Waiver/Release for Communicable Diseases including COVID-19” that has been provided by the association.

Furthermore, the association has provided written procedures below to follow for communication and tracking the health of our coaches and players through the phased reopening. The teams will be self-monitoring.

### **Phase 3 Training – General Protocols**

- No spectators will be allowed at training sessions. Parents may drop-off and pickup their children.
- Players and coaches are required to wear facemasks/buffs to and from the training fields. Coaches will not engage with players, parents or others within six feet without wearing their facemask/buff.
- Coaches will use hand sanitizer before the first and after their last training session of each day, and regularly throughout.
- No players may touch the training equipment. All training equipment will be set, adjusted and handled by coaches *only*.
- Training groups may include full teams; however, only light contact is allowed in training sessions. Coaches are to remind their teams that medium intensity is the threshold. Coaches should design exercises in accordance with this directive.
  - Coaches need to greet all players arriving for training and enquire about their recent health. They will ask how the athletes are feeling and send them home if they act or discuss feeling ill. A complete list of the questions required to be asked of each individual is below.
- Players & coaches with any of the following signs or symptoms should not attend training: fever, cough, shortness of breath/difficulty breathing, chills, body or muscle aches, diarrhea, sore throat, new headache, or a loss of taste or smell.

- Training session start and end times are staggered to allow for teams to arrive and leave without coming into contact with other teams training. Players are not allowed to arrive early or remain after training. If players arrive early, they need to remain in their cars until the previous group has left.

### **Phase 3 Training –**

- Training groups will include no more than one team. Players may not train with multiple teams.
- To minimize risk, when not training on the field, a distance of five feet *minimum* must be maintained between each player.
- Coaches must maintain a distance of at least six feet from all players and other coaches before, during and after training sessions.
- Coaches will screen each player that arrives for training by asking each individual the following (if any answer is yes, the player will be sent home immediately):
  - How do you feel today? Have you felt sick in the past 24 hours – fever, cough, difficulty breathing, chills, body or muscle aches, diarrhea, sore throat, the loss of taste/smell or had a new headache?
  - Have you come into contact with anyone in the last 14 days who is currently sick?
- Only light physical contact will be allowed through all activities and drills. No handshakes, high-fives or fist- or elbow bumps!
- Players need to store their backpacks, water bottles and any other gear at a minimum distance of 6 feet from each other.
- Players should bring hand sanitizer with them to training and use before and after the session.
- No sharing of equipment is allowed. Players may not touch any cones or other equipment before, during or after the session.

### **Phase 3 Training – Player Recommendations**

- Take temperature daily.
- Wash hands thoroughly before and after training and following any contact outside your home.
- Bring and use hand sanitizer with you for every training session. You must use hand sanitizer at the beginning and end of every session.
- Limited or no carpooling.
- Wear mask before and after all training sessions. This helps to protect 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.
- Bring your own water bottle to every training session. 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.

### **Phase 3 Training – Parent Recommendations**

- 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.

### **Match Guidelines**

- No more than 50 people are allowed to be present for any game in Phase 3. This includes:
  - Coach(es)
  - Teams (home and opponent)
  - One manager and/or film videographer per team.

### **Parent/Player/Coach Concerns**

- Recreational Program contact Rick Anderer at [ricka@lwysa.org](mailto:ricka@lwysa.org)