

Bellevue United FC / Newport FC

# Return to Play Safety Plan

Chris Colby, Doug Weber

6-15-2020

## EXECUTIVE SUMMARY

The health and safety of all Bellevue United FC / Newport FC players, coaches, families as well as the soccer community is our first priority. The information here is not intended to substitute for professional medical advice, and it does not supersede any directives or restrictions issued from local, state or federal authorities.

The purpose of this Safety Plan is to provide detail for the Bellevue United FC/Newport FC Return to Play protocols, processes, and procedures. It is determined that strict adherence to the protocols set forth in this document provide for the health and well-being of club players, coaches, employees and volunteers.

This plan is being created in response to Washington State Governor's Office communication released on June 4<sup>th</sup> 2020 as it relates to Sporting Activities Phase 2 and 3 COVID 19 Requirements.

## GENERAL INFORMATION AND GUIDELINES

This Safety Plan contains detailed information, rules, and procedures pertaining to all facets of our Operations and how we will conduct ourselves over the next weeks and months. Additionally, Bellevue United / Newport FC has adopted several new Policies in response to current conditions. Our hope is that in time, many of these rules, policies, and procedures will be lifted or removed and that the sport of soccer returns to something closer to how we remember it.

With many more details to follow, here are 10 important rules to remember:

1. Be smart: if you are sick, stay home for at least fourteen (14) days. This applies to everyone: players, coaches, and parents. If you have been sick, **remain home for at least 3 days after recovery.**
2. Screening: During the first week, we will 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. Players will be sent home immediately if the answer is "yes." After the first week, coaches will greet players as they arrive and do a quick health check.
3. Sanitize: have hand sanitizer available and encourage hand washing before and after all activities.
4. Group play: all activities will be limited to the max number allowed in the current phase.
5. Physical play: We will facilitate soccer activities that eliminate physical contact. All drills and small-sided games will have as little physical contact as possible. Tackling, shielding, etc. is prohibited until further notice.
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: parents should remain in car for drop-off and pick-up. No spectators will be allowed during Phase 2 and once we progress to Phase 3, 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.

## POLICIES

As part of our response to COVID-19 and Return to Play, Bellevue United FC / Newport FC has created or expects to create several new policies. Many of these take effect immediately while others are timed to coincide with phase advancement.

### NEW POLICIES, EFFECTIVE IMMEDIATELY (PHASE 2)

1. Illness or suspected illness: If any player, coach, employee, or volunteer of Bellevue United feels sick, exhibits symptoms of COVID-19, or suspects direct exposure to COVID-19, they must stay away from practices, meetings, and any other activity that would bring them into contact with another Bellevue United person. In all situations,
  - a. Individual must self-isolate for fourteen (14) days
  - b. Immediately notify team and club officials
  - c. Review the COVID Case Positive document published by the Washington State Department of Health (linked at our website)
  - d. Players must also be symptom free for at least three (3) days prior to returning to play. Player(s) may only return sooner if a medical provider provides written confirmation that the player(s) tested negative for COVID-19 and releases the player(s) in writing to resume training.
  - e. Bellevue United FC strongly encourages any individual who suspects they may have COVID-19 to seek advice from a medical professional as soon as possible.
2. If anyone in an assigned training group—player or coach—is diagnosed with COVID-19, then the entire group must self-isolate from training for a total of at least fourteen (14) days. Players and coaches must also be symptom free for at least three (3) days before returning to play. Players and coaches who are tested for COVID-19 may return sooner, if a medical provider provides written confirmation that the player tested negative and releases the player in writing to resume training.
3. Screening: Prior to being admitted to a field, all players and coaches must go through a screening process. This will include answering a few questions and may include a thermal temperature scan.
4. Masks should always be worn. Players are excused from wearing a mask while they are on the field and actively training.

5. Only coaches, authorized volunteers, and players are allowed on and around the training facilities. All other persons, including family members and guardians, are prohibited from loitering near the fields.
6. NO TRAVEL. Until further notice, no team may schedule or attend any tournament or other team activity that requires air or train travel and/or requires an overnight stay. Additionally, all team activities (training, games, tournaments, friendlies) must be held within Washington State.
7. No more than 5 players are allowed in a training area at the same time. Players who are grouped together must stay within the same group for the duration of Phase 2. While determining which team members will make up a group, the coach (and team manager, if needed) should take into consideration teammates who carpool to/from practice and teammates who are socializing outside of the field.

### PHASE 3 POLICIES

All policies from Phase 2 are still in effect unless specifically removed or changed

1. The 5-player limit is lifted: Full-team practices may commence. Light contact is allowed; however, it should be kept to a minimum.
2. No more than 50 people are allowed at a field. This count includes players, coaches, referees and spectators. Masks are required for everyone except for players who are actively training or playing.

## PLAYER SAFETY

Players and player families will receive instructions from the Club regarding personal safety and protocols in place during Phase 2. Instructions include the following:

### Players Should:

- Take temperature daily. If a player is feeling ill, has a fever above 100.3 degrees F, or is exhibiting any symptoms, please keep the player home and notify the club immediately.
- Wash hands thoroughly before and after training, and any contact outside your home.
- Bring and use hand sanitizer with you at every training session. Players should sanitize their hands at the beginning and end of each training session.
- Players should avoid carpooling, if possible. However, if carpooling is done it should be limited to players on the same team and training in the same group for the duration of Phase 2. Please advise the team's coach of carpool situations. Once a carpool group is established, please do not switch to a different carpool group.
- Wear a mask before and after all training sessions. This protects others if you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment.
- Bring your own ball to training and label it as your own.
- Practice social distancing and place bags and other equipment in specified areas at least 6 feet apart from teammates' equipment during sessions.
- When possible, players should store their equipment in their bag//backpack when not in use
- 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.
- DO NOT share water. Keep water bottles in their own bag when not in use.
- Tackling, shielding, and other forms of play that assume physical contact is prohibited until further notice.

The Club has established the following policy regarding players exhibiting symptoms of COVID-19 or who suspect exposure:

If someone in your household or someone whom you know that your player(s) had contact with is diagnosed with COVID-19, then:

1. Player must self-isolate for fourteen (14) days
2. Immediately notify team and club officials
3. Review the COVID Case Positive document published by the Washington State Department of Health (linked at our website)
4. Players must also be symptom free for at least three (3) days prior to returning to play. Player(s) may only return sooner if a medical provider provides written confirmation that the player(s) tested negative for COVID-19 and releases the player(s) in writing to resume training.

## FIELD LOGISTICS AND PROCEDURES

All coaches, players, and families will receive clear instructions about how fields will be setup during Phase 2 and the protocols and procedures related to each field.

### GENERAL RULES

1. Volunteers and coaches should park in areas that do not create congestion around the designated pickup/drop-off zones
2. Drivers and any other non-players are always to remain in their cars. There will be zero tolerance for parents/guardians/etc. on the sidelines or in the general area of practice during Phase 2. This will be strictly enforced.
3. Please do not arrive to the field more than 5 minutes prior to your player's assigned start time. Please also make sure that you are prompt to be at the designated pickup zone ON TIME.
4. **Carpools should be limited strictly to teammates**, and the group of players should always stay in the same carpool. This group should be communicated to the coach so that the group can be assigned to the same practice group.
5. When being dropped off, players should wear their facemask prior to exiting the car and keep it on until training begins. Once training is over and players are preparing to return to the pickup zone, they should again wear the mask and keep it on until they are inside the vehicle. Masks should be stored in the player's backpack during training.
6. Fields will be setup by the assigned coaches for each practice. Volunteers should not be used for field setup; however, if it is necessary to have a volunteer perform this, all setup activity must be complete and the volunteer clear of the field prior to player arrival.
7. Players are to place their equipment and bags in designated areas and no closer than six feet apart. If possible, all player equipment should be stored in their bags when not in use.
8. Each field will have a screener who is tasked with greeting players as they arrive to the field. Players must check in with the screener prior to entering the field area.

In complying with the State and with Washington Youth Soccer, during phase 2 we will divide our training areas in a way that provides spacing for small groups of players and compartmentalization. Specifically, small fields will be divided into four quadrants of equal proportions and large fields may be divided into 6 sections if there is enough space. Each section will include a 10-yard buffer from other sections and provide a minimum of 1,000 square yards for each group of 5 players.

For protocols related to specific fields in the Bellevue United FC / Newport FC area, please see Appendix A.

## COACHING PROTOCOLS

All coaches will receive training and documentation on the protocols and procedures of our Safety Plan. Each coach will be required to acknowledge (in writing) that they have received and understand the training material prior to engaging their team(s) on the field.

All coaches must:

- As with players, coaches should be screened prior to arriving on the field.
- Ensure the health and safety of players. Inquire how the athletes are feeling, send them home if they act or discuss feeling ill. If players are sent home, the coach must alert the Select Registrar and VP Select and give them details
- 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 in the designated areas
- The coach should be the only person to handle cones, disks, etc.
- All training will be outdoors, and coaches must strictly enforce social distancing per the current phase guidelines. Physical contact should be discouraged, including slide tackles and shielding.
- Players should not use hands unless necessary. Throw-ins should be eliminated or replaced with kick-ins.
- 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/pinnies is not allowed unless players bring their own, and it must not be shared with teammates.
- Increase your communication with parents, they need to know what you are doing as a coach and club to maintain their safety.

The Club has established the following policy regarding coaches exhibiting symptoms of COVID-19 or who suspect exposure:

If a coach suspects exposure to COVID-19 or is exhibiting any symptoms, he/she should:

1. Immediately notify club officials, who are:
  - a. The Select Registrar
  - b. The VP Select
2. Self-isolate for fourteen (14) days
3. Review the COVID Case Positive document published by the Washington State Department of Health (linked at our website)
4. Coaches must also be symptom free for at least three (3) days prior to returning to play. Player(s) may only return sooner if a medical provider provides written confirmation that

the player(s) tested negative for COVID-19 and releases the player(s) in writing to resume training.

## COMMUNICATION PLAN

Bellevue United FC has established the following communication plan related to Return to Play, this Safety Plan document, COVID-19, and related issues. For any situation not covered by this communication plan, please contact Chris Colby [ccolby@bellevue.soccer](mailto:ccolby@bellevue.soccer).

## Communications Plan

Iteration / Timing	Method	Audience	Content / Topic	Who communicates	Priority	Other info
<b>6/15, and as needed thereafter</b>	MS Teams	Coaches	Phase 2 protocols, review Safety Plan document,	Director of Coaching VP Select	High	Coaches will be asked to acknowledge training and have access to Safety Plan
<b>Prior to 6/17</b>	MS Teams	Board and Volunteers	Phase 2 protocols Procedures at field, including pickup/drop-off and player screening	Chris Colby Doug Weber	High	
<b>Prior to 6/17</b>	Email	Select players and families	Summary of policies and procedures during Phase 2, oriented mostly toward the Player Safety section  Link to this document	VP Select or President	High	
<b>As needed, immediate</b>	Email Phone	Board, then Coaches & players	Sudden reversion to previous phase	President	High	
<b>1 week prior to Phase 3</b>	MS Teams	Coaches, Board, Volunteers	Upcoming Phase 3 changes	Chris Colby	Medium	
<b>Mid-August</b>	MS Teams	Rec Coaches	Protocols and policies for Rec Soccer	Chris Colby President	High	Only needed if there is going to be a Rec soccer season

## ACTION PLANS

Bellevue United FC's primary focus is to provide a fun, safe, and healthy environment to learn and play the game of soccer. That goal has never been as important as it is today. With this in mind, we have created the following action plans intended to minimize community spread should an individual contract or express symptoms of COVID-19.

## COMMUNICATION CHAIN

Bellevue United FC has identified five individuals who will be responsible for handling communications for any health alerts. The following chart lists the "Safety Team" individuals and their primary communication responsibilities:

Who	Communicates with	Notes
Amy Ulrich	Families	Collects data from individuals related to timing, severity of illness, and contact tracing within club
Doug Weber	Public health officials Assists with family contact if needed	Helps determine tactical response Health officials only contacted in cases where COVID-19 is confirmed
Chris Colby	Backfills Amy and Doug if needed assists everyone	Helps determine tactical response
Charles Dyer	Backfills Amy and Doug if needed Communicates to Board and keeps them updated	
Aaron Byer	Coaches	Helps determine tactical response

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### SCENARIO 1: INDIVIDUAL FEELS ILL, HAS SYMPTOMS RELATED TO COVID-19, OR SUSPECTS THEY DIRECTLY EXPOSED TO COVID-19

In this scenario, a player's parent has contacted the club to report that the player might have been exposed to someone who tested positive for COVID-19

1. The Club Official should contact the parent to gather background information and review our policy (self-isolation for 14 days, etc.). This should be followed with an email to the parent with links to CDC and WA State Dept of Health, contact numbers for local health officials. Bellevue United FC strongly encourages the family to contact their medical professional and schedule a COVID-19 test.
2. Notify the Safety Team and provide details obtained from previous step.

3. Notify the families of teammates who were part of the player's training group of the situation, and that the entire training group needs to self-isolate for up to 14 days. If any other players are identified during the interview in Step 1, their guardians will also need to be contacted, and those players will need to self-isolate for 14 days.
4. Notify the coach of the situation
5. At 14 days the players may return to training unless there has been a positive test result or any of the players are presenting symptoms related to COVID-19. Players may return to training sooner if they test negative for COVID-19 and a medical professional release the player(s) in writing to resume training.

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#### SCENARIO 2: INDIVIDUAL CONTACTS CLUB TO INFORM OF A POSITIVE COVID-19 TEST RESULT

1. Safety Team is immediately notified, and emergency call scheduled to review details
2. Families of grouped teammates contacted; players must self-isolate for 14 days
3. Public Health officials contacted and made aware of situation, steps taken, and asked for further instructions
4. Safety Team reconnects with updates and action plan if any from Public Health
5. Keep in periodic contact with players' families
6. After 14 days players and coaches may return to training so long as they have been symptom-free for at least 3 days. Alternatively, players and coaches who are tested for COVID-19 may return sooner, if a medical provider provides written confirmation that the player tested negative and releases the player in writing to resume training.

#### CONTACT LIST FOR COVID RELATED QUESTIONS OR TO REPORT CONCERNS

- Medical questions related to COVID-19?  
Contact the Novel Coronavirus Call Center between 8 AM to 7 PM at 206-477-3977.
- Non-medical questions about COVID-19 including compliance and business related issues?  
Contact the King County COVID-19 Business and Community Information Line (Monday – Friday) 8:30 AM – 4:30 PM at 206-296-1608.
- General questions about COVID-19 in Washington State  
Contact the Washington State Novel Coronavirus Call Center at 800-525-0127.

# APPENDIX A

## INDIVIDUAL FIELD PROTOCOLS

The Club utilizes several fields across Bellevue for its teams' practices and training. Protocol for each field is contained in this section (fields are alphabetically listed).

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### CHINOOK MIDDLE SCHOOL

#### **Dropoff and Pickup locations**

Chinook East Field: Players are to be dropped off and picked up in the lower lot below the tennis courts.

Chinook West Field: Players are to be dropped off and picked up in the bus loading zone (off 96<sup>th</sup> Ave)

#### **Ingress/Egress:**

Chinook East Field Access: Players will enter and depart Chinook East via the concrete stairs at the end of the lower parking lot. This will minimize player exposure to the Chinook West field.

Chinook West Field Access: Players will enter and depart Chinook West via the ADA Concrete Ramp OR via the fire access road at the west end of the Chinook West field. This will minimize player exposure to the Chinook East Field.

#### **Player Equipment/Bags**

For both Chinook East and Chinook West: Player bags and equipment are to be placed along the touchline immediately adjacent to the players' assigned field space. Each player should keep their items no less than six (6) feet apart from neighboring items.

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### CLYDE HILL ELEMENTARY

#### **Dropoff and Pickup location**

Players will be dropped off and picked up in the North parking lot of the school adjacent to the field.

#### **Ingress/Egress**

Players will enter and exit the field via the gate located adjacent to the North parking lot for Clyde Hill Elementary School, taking care to maintain proper social distancing from other players/coaches. Masks are to be worn when arriving/departing the field.

### **Player Equipment/Bags**

Player bags and equipment are to be placed along the touchline directly adjacent to their assigned practice area on the field, with each player placing their items no less than six (6) feet from neighboring items.

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### ENATAI ELEMENTARY

#### **Dropoff and Pickup Location**

Players will be dropped off and picked up in the main parking lot for Enatai Elementary School.

#### **Ingress/Egress**

Players will enter and exit the field via the access gate at the North end of the field, taking care to maintain proper social distancing from other players/coaches. Masks are to be worn when arriving and departing the field.

#### **Player Equipment Bags**

Player bags and other related items are to be placed along the chain link fence on the East side of the fields with each player placing items no less than six (6) feet apart from neighboring items.

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### NEWPORT HEIGHTS ELEMENTARY

#### **Dropoff and Pickup Locations:**

Player **drop-off** will be the south end of the field along SE 54<sup>th</sup> PL.

Player **pickup** will be the north end of the field along 117<sup>th</sup> Ave SE

#### **Ingress/Egress**

Players will enter by the southeast corner by the playground. Players will exit by the northwest corner opposite of the playground. Masks are to be worn while arriving and departing the field.

#### **Player Equipment/Bags**

Player bags and equipment are to be placed along the touchline immediately adjacent to the players' assigned field space. Each player should keep their items no less than six (6) feet apart from neighboring items.

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## MEDINA ELEMENTARY

### **Dropoff and Pickup Locations:**

Non-players are to remain in their cars throughout the pickup procedure.

Player **drop-off** will be in the parking lot to the North of the field (entrance is on 81<sup>st</sup> Ave NE).

Player **pickup** should occur in the parking lot to the West of the field (entrance on NE 8<sup>th</sup>), providing for distance from any arriving players in the North parking lot for subsequent practices.

### **Ingress/Egress**

Players will enter and exit the field via the entrance adjacent to the ballfield backstop, taking care to maintain proper social distancing while entering through the chain link gate. Masks are to be worn while arriving and departing the field.

### **Player Equipment/Bags**

Player bags and equipment are to be placed along the chain link fence on the north side of the practice field with each player placing items no less than six (6) feet apart from neighboring items.

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## NEWPORT HILLS PARK

### **Dropoff and Pickup Location**

Players will be dropped off by the restrooms (north end of the field). Players will be picked up by the gazebo (south end of the field).

### **Ingress/Egress**

Players will enter by the restrooms. Players will exit by the gazebo. Masks are to be worn when arriving and departing the field.

### **Player Equipment Bags**

Player bags and equipment are to be placed along the touchline immediately adjacent to the players' assigned field space. Each player should keep their items no less than six (6) feet apart from neighboring items.

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## TYEE MIDDLE SCHOOL

### **Dropoff and Pickup locations**

Players are to be dropped off by the gym (off SE 40<sup>th</sup> St) and picked up in the bus loading zone (off SE Allen Rd, Bellevue)

**Ingress/Egress:**

Players will enter via the concrete stairs by the gym. Players will exit the south end of the field toward the play shed. Masks are to be worn while arriving and departing the field.

**Player Equipment/Bags**

Player bags and equipment are to be placed along the touchline immediately adjacent to the players' assigned field space. Each player should keep their items no less than six (6) feet apart from neighboring items.

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WILBURTON FIELD

**Drop-off and Pickup locations:**

Players will be dropped off in the lower parking lot adjacent to the field. It is recommended drivers drop players at the top of the stairs at the Northeast corner of the field, immediately departing thereafter to allow for the next driver to drop-off, and so forth.

Players will be picked up in either the lower or upper lot following.

**Ingress/Egress**

Players will enter and exit the field via the stairs located at the Northeast corner of the field, taking care to maintain proper social distancing from other players/coaches. Masks are to be worn when arriving and departing the field.

**Player Equipment/Bags**

Player bags and other related items are to be placed along the touchline directly adjacent to their assigned practice area on the field, with each player placing items no less than six (6) feet apart. In some cases, bags/equipment may be placed on the opposite side of the track to allow for proper distancing requirements.