



## **Crossfire Select Return to Play Phase 2 Safety Procedures & Protocols**

\*Before any participation is allowed, all Crossfire Select players and coaches will be required to sign the "Waiver/Release for Communicable Diseases including COVID-19" that has been provided by the club.

\*\*Crossfire Select will provide every player with an Crossfire-branded buff to wear. As stated below, facemasks/buffs are required to be worn to and from training by all coaches and players. Crossfire will also be providing a free bottle of hand sanitizer to every player. Players must use hand sanitizer before and immediately upon completion of training.

\*\*\*All Crossfire Select training within Phase 2 of the Washington's Phased Reopening will take place at 60 Acres Park in Redmond, where there is more than adequate space to provide required social distancing within the small-group sessions, as well as significant buffer zones between training groups.

To maintain compliance with these protocols and ensure the club is doing everything possible to protect the health and safety of our players, Crossfire Select has appointed a COVID-19 site supervisor to be responsible for monitoring the training complex at 60 Acres. The supervisor will be on-site and available to answer any questions during all Crossfire Select practices at the facility.

Some potential benefits to returning to small group soccer training include:

- Foster mental and physical wellbeing for kids/athletes
- Begin a progression of reconditioning and physical training to prevent musculoskeletal injuries and prepare for larger team trainings and competitions
- Establish safe and healthy hygiene and social distancing habits both on and getting to/from fields

The information here is not intended to be a substitute for professional medical advice and certainly doesn't supersede any directives or restrictions issued from local, state or federal authorities. Players and their families health and safety come first. The following best practices are intended to offer guidance to our families. Adherence to these considerations and recommendations does not ensure immunity from exposure.

### **Summary Safety Procedures & Protocols**

**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. This applies to everyone: players, coaches, and parents. If you have been sick, stay home for 14 days after recovery.**

1. Players will be placed in a static group of no more than five and groups will remain the same.
  - Coaches will greet each player arriving for practice and enquire about their recent health. Players will be sent home if they report feeling ill in the last 14 days.
  - If anyone in a group is ill, the entire group must return to self-isolation until symptom-free for 14 days.
  - Coaches will follow up on any practice absences and report any illness to COVID Co-ordinator [President@crossfireselect.com](mailto:President@crossfireselect.com) by the end of the day.
2. Practice sessions will be shorter than previously (45 mins, twice per week) and will be staggered by 15 mins so players have time to clear the area before the next group arrives.
  - Do not arrive early for your session
  - Be prepared to leave the fields immediately once practice has ended
  - Players cannot remain at the fields
  - Players cannot join other groups for training
3. Coaches and players will remain at least 6 feet apart from each other during the practice.
  - No physical contact will be allowed through all activities and drills
  - No hugs, handshakes, high fives or fist or elbow bumps etc.
  - Players will not be in lines
4. Personal protection.
  - Masks: coaches and players should wear a mask to and from the practice fields. Coaches should wear a mask at all times. Players should wear a mask when not actively practicing.
  - Sanitize: coaches and players are required to use hand sanitizer immediately before and after practice, and after bathroom breaks. Coaches will use hand sanitizer after touching any equipment.
5. Equipment – no sharing
  - Players need to store their backpack, water bottles and any gear at a minimum distance of 6 feet from each other
  - Players need to bring their own ball and water bottle, with their name clearly marked. Store water bottle in backpack when not in use.
  - Players should not touch any cones or goals (items will be sanitized by coach after each session)
  - Do not help coach carry equipment
  - No scrimmage pinnies allowed
6. Drop -off/pick-up: parents should remain in car for drop-off and pick-up. No spectators on the field. Parents/siblings must remain outside the fenced area of the complex.

#### **Reporting Illness and RTP Requirements & Missing Practice**

- Players and coaches with any of the following symptoms should not attend training: fever, cough, shortness of breath/difficulty breathing, chills, body or muscle aches, diarrhea, sore throat, new headache, or loss of taste or smell. If you have symptoms of COVID-19, test positive for COVID 19, or were exposed to someone who tested positive

within the last 14 days, stay home for 14 days after recovery. Please report the illness to the Club's COVID Coordinator by emailing [president@crossfireselect.com](mailto:president@crossfireselect.com).

- If a player shows signs of illness at practice, they will be isolated and required to wear a mask. The coach will contact parent/guardian for immediate pick up and then contact the Club's COVID Coordinator.
- The entire group should self-isolate and cannot attend practice until cleared. The group will wait for confirmation of diagnosis from COVID Coordinator. If a player tests positive for COVID-19, the entire group must stay in self-isolation until symptom free for 14 days.
- To return to practice, the coach will need appropriate clearance in writing from the player's licensed medical professional.
- **“YES” in TeamSnap for attendance and then player doesn't attend practice**  
Parents should contact coach to confirm absence was not due to symptoms of COVID-19, a positive test for COVID 19, or were exposed to someone with COVID-19. Coach will reach out if they haven't had confirmation by the end of scheduled practice time. If absence due to showing symptoms of COVID-19, a positive test for COVID 19, or were exposed to someone with COVID-19 within the last 14 days, stay home for 14 days after recovery. Please report to COVID Coordinator [president@crossfireselect.com](mailto:president@crossfireselect.com).

### **Parent Requirements:**

**Notify COVID Coordinator [president@crossfireselect.com](mailto:president@crossfireselect.com) immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.**

1. Ensure athletes are healthy, check their temperature daily.
2. Limited or no carpooling.
3. Stay in car or wear mask at all times if outside your car. Parents must remain outside the fence before, during and after all practice sessions. Parents are not allowed on the field.
4. Ensure child's practice clothing is washed after every training session.
5. Label your child's equipment to guard against cross-contamination.
6. Ensure all equipment, cleats, ball, shin guards etc. are sanitized after every training.
7. Do not assist coaches with equipment before or after training.
8. Be sure your child has necessary sanitizer and cleaning supplies with them at every practice.

### **Player Requirements:**

**Players will be placed in a static group of no more than 5 - groups will remain the same throughout Phase 2. Players cannot remain at the field after practice or join other groups.**

1. Take temperature daily.
2. Wash hands thoroughly before and after training.
3. Limited or no carpooling.
4. Bring and use hand sanitizer at the beginning and end of every practice session
5. Wear mask to and from practice sessions. This protects others in the event that you are unknowingly carrying the virus.
6. Do not touch or share anyone else's equipment.
7. Bring your own ball and water bottle to training, label it as your own.

8. Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
9. No physical contact will be allowed through all activities and drills. No hugs, handshakes, high-fives or fist- or elbow bumps!
10. Notify your coach if not feeling well during practice.
11. If you are injured during practice the coach will contact your family for assistance.
12. Wash and sanitize all equipment before and after every training session.

### **Head Coach and Assistant Coach Requirements:**

**These are not suggestions. Not only is the health and welfare of players at stake, if we are found to have coaches or teams not following the rules, we will lose the ability to rent fields at city and county facilities. If any coach falls into high risk category or chooses not to participate please contact DoC immediately.**

**Communicate to COVID Coordinator [president@crossfireselect.com](mailto:president@crossfireselect.com) immediately if there is a report of a player being ill.**

### **Preparation for Practice**

1. Before a player may participate the parent must have signed the waiver.
2. Go through the RTP plan with families and answer any questions ahead of time.
3. Remind players of items needed at training; Bag, water bottle, soccer ball, hand sanitizer and mask. Labelled clearly with players name.
4. Remind players to use bathroom before practice.
5. Coaches should sanitize all equipment prior to training.
6. Players need to be placed in a static group of no more than five - groups will remain the same. Once a player has been placed with a group that is his/her group. Coaches should decide how they wish to group the players.
  - Groups will practice twice a week for 45 mins. Practice start/stop times will be staggered by 15 mins so players have time to clear the area before the new group arrives.
  - Players cannot remain at the fields following their training session.
  - Players cannot join other groups for additional training.
  - Parents should drop their players off and remain in the car. They must remain outside the fences around the complex.
  - The new group must remain outside the fence until the previous group has left the area. After a group has finished, make sure they pack up and leave the complex immediately.

### **Starting Practice**

1. Arrive no more than 5 minutes early and set up session plan that DoC has provided. Wait for previous group to exit the field before entering.
  - Train only in your assigned area/field
  - Coaches should stay in the 10 yard buffer outlined in the field layout diagram
  - Make sure you have a buffer of 10 feet from any other teams/training groups.
  - Make sure you have a buffer of 10 feet between your groups if you are training multiple groups at once.

- The players must stay in their quadrant and cannot rotate between quadrants
2. Always wear a face mask and remain 6 feet away from players, other coaches and parents.
  3. Screening: Greet all players before practice and ask if they have been sick in the last 14 days or in direct contact with a person who is sick. Contact family immediately to send home if the answer is “yes.”
    - Direct them to their quadrant
    - Bags should be spaced at least 6 feet apart.
    - Remind players to use their hand sanitizer before practice begins
    - Players should wear masks to and from the field and when not actively practicing
    - Ensure all players have their individual equipment (ball, water bottles, bag, etc.) and prohibit them from sharing anything.

### **During Practice**

#### **1. No Contact**

- Coaches must strictly enforce social distancing. Players within a group need to remain 6 feet apart at all times.
- No physical contact will be allowed through all activities and drills. No handshakes, high-fives or fist- or elbow bumps!
- Players should not be in lines at any point during training.
- Team talks should be executed from a distance and have players pull up their facial covering when drill stops or while standing listening to coach
- No spectators are allowed on the field. Parents must remain in their cars or behind the fences

#### **2. Equipment**

- Coaches should only bring cones and mod goals. Leave all other equipment at home.
- Players need to bring their own ball
- Players and coach should avoid touching any balls with their hands
- The coach is the only person to handle cones and goals. Do not let players help move or carry equipment.
- No use of scrimmage vests/pinnies. Leave them at home.
- Use hand sanitizer at multiple points during the training

#### **3. Water Breaks**

- Players should use hand sanitizer before touching their water bottle. Return water bottle back inside bag when not in use.

#### **4. Bathroom Breaks**

- Encourage players to use bathroom before practice
- If they need to use the bathroom during practice, have them sanitize their hands and then put on mask before leaving for bathroom
- Upon return they must use hand sanitizer

### **Ending Practice**

- Coaches should allow time to exit the field before their time slot has ended.

- Players cannot remain at the fields following their training session or join other groups on the field.
- Players should retrieve their ball and return to their bag.
- Coach should instruct the players to use their hand sanitizer and put their masks on.
- In order to maintain social distancing while exiting the field, coaches should dismiss groups at intervals so that they don't run into other groups leaving the field. Make sure the players clearly know where to exit/pick up location per the field map
- The coach should then retrieve all equipment (cones/goals), sanitize hands and exit the field.
- Coaches must sanitize all equipment prior to the next practice.
- Follow up the same day with players that didn't show up after marking "yes" for attendance in TeamSnap. Report any illnesses to COVID Coordinator [president@crossfireselect.com](mailto:president@crossfireselect.com)

**Thank you Coaches!**

**Have fun and stay positive. We are role models! Players and parents are looking to you to stay calm, supportive and compassionate during this time to ensure a smooth and safe transition back to the field.**

**Crossfire**<sup>TM</sup>  
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