



EYSC Board of Directors

(Phase 2) Return to Play Safety Guidelines

EYSC

Return to Play

Everett Youth Soccer Club

Return to Play

(Phase 2) Guidelines & Action Plan

Snohomish County recently entered Phase 2 of re-opening, which allows a return Youth Sports on a limited basis.

What this means for EYSC & Youth Soccer in Washington State:

- No games (Cup or League) will be played during Phase 2.
- Training may take place with groups of no more than 5 Players
- All training must take place outside.
- Special guidelines for Clubs, Coaches, Players & Parents regarding hygiene and distancing.

The following expectations are based on recommendations from U.S. Soccer, Washington Youth Soccer as well as official guidelines from Washington State & the CDC, and are considered an extension of the EYSC Code of Conduct.



Coaches

- Wear a face mask at all times & observe social distancing whenever possible. (Coaches may briefly remove their mask to project their voice if no Players are within 6 ft.)
- Be the only ones to handle all training equipment e.g. cones, small goals, etc. .
- Ensure at the beginning of each training that all Players feel healthy & are not exhibiting symptoms such as coughing, shortness of breath etc. and send home any player who expresses feeling or behaves ill. Ask Players if they have been in contact with anyone exhibiting symptoms in the past 14 days.
- Sanitize equipment before & after each practice.
- Ensure that all Players & Parents adhere to the Codes of Conduct.



Players

- Stay home if feeling unwell or experiencing common Coronavirus symptoms (coughing, shortness of breath etc.).
- Wear a mask before & after practice, both to & from the car and the field.
- Bring own equipment (bag, ball, water bottle etc.) & do not share equipment with teammates. Keep equipment at least 6 ft. apart.
- Observe social distancing when possible & refrain from high-fiving, shaking hands, hugging etc.
- Refrain from offering to help Coaches with field equipment.



Parents

- Ensure Players are healthy prior to practice, check their temperature prior to practice & ask if they have experienced coughing or shortness of breath. Do not allow the Player to practice if they have been in contact with anyone diagnosed with Covid-19 in the past 14 days.
- If a Player feels unwell, is exhibiting symptoms or tests positive for Covid-19, notify the Coach immediately & do not bring them to practice.
- Limit & avoid carpooling except where absolutely necessary.
- Ensure Players wear masks before & after practice, to & from the car/field.
- Remain in the car or social distance while at practice. A mask must be worn at all times when not in the car.
- Sanitize/wash player equipment after each practice (ball, cleats, uniform, water bottle, etc.)
- Ensure that Players adhere to their Code of Conduct.

Phase 2 Training Outline

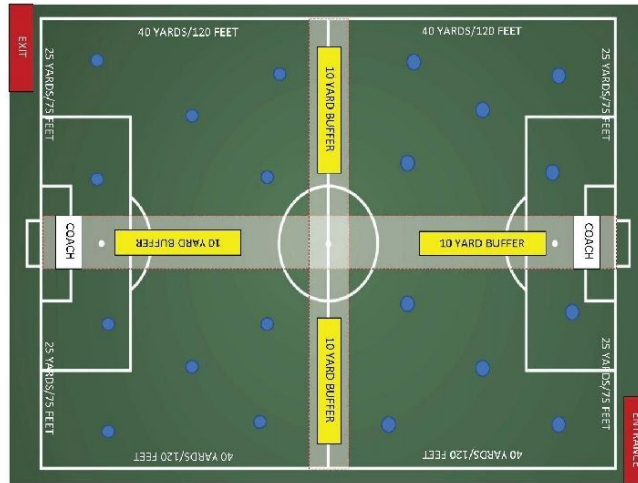
- Practice will consist of 2 sessions a week, 1 hour in length. Emphasis will be on passing, technical skills & physical conditioning.
- Players will be split into training groups of 5, each with a designated zone of play separated by a buffer (see diagram). Players in each group will remain constant throughout Phase 2 to comply with League requirements.
- No GK-specific training. GKs will train as field players during Phase 2.
- No throw-ins or handling of the ball by Players or Coaches during practice.
- Exercises will be designed to limit unnecessary physical contact.
- Shared pinnies will not be used. Use of take-home/personal pinnies may be used at Coaches discretion, & must be sanitized between practices.
- Players should limit restroom use to before/after practice unless absolutely necessary to keep use of on-site facilities to a minimum.

Per League rules:

- ***If any Player is diagnosed with Covid-19, the entire training group is required to self-quarantine for 14 days, & until symptom-free. The diagnosed Player will need to submit a letter from their Doctor to their Coach clearing them to resume play.***
- ***(Once inter-Club competitions resume) if a Player is diagnosed with Covid-19 then the entire team roster is required to self-isolate, as well as the entire roster of their most recent opponent.***

FIELD DIAGRAMS

9v9 Field: 5 players per 9000 sq. feet or 1000 sq. yards or 0.2 acres



11v11 Field: 5 players per 17,325 sq. feet or 1925 sq. yards or 0.4 acres

