



Thurston County United Phase 3 Return to Play Guidelines for Players and Parents

IMPORTANT NOTE: Taking part in training and other team activities remains a family decision at this time. If a family decides to opt out of training for health or any other reasons, there decision is to be respected by all. Please be in contact with your head coach or team manager.

- If you are sick, stay home. This applies to everyone: players, coaches, and parents. If you have been exposed to or diagnosed with COVID 19, stay home for 14 days after recovery or diagnosis.
- Players and coaches are asked to check their temperatures before they leave the house. Anyone over 100.4 should not attend any soccer activity.
- Players or parents check-in with coach before practice and affirm they have not been ill with diagnosed COVID or COVID-like symptoms in last 14 days or in direct contact with a person who is sick.
- Players should bring hand sanitizer with them, but coaches should have available at training. Encourage hand washing before and after training.
- Coaches will facilitate soccer activities that discourage and limit physical contact. All drills and small-sided games should have as little physical contact as possible. Tackling, shielding, etc. should not be included in small-sided games or drills.
- Respect the “no-go” zone of at least 20 feet between all adjacent fields or training areas.
- Balls that leave one field or work area should only be returned by feet and not by hand. Players are encouraged to bring their own balls to training and clean them before each session. Common use balls are to be sanitized by the team coach at the end of each training session. Players without balls will be issued one by team for the remainder of the current phase.
- Where possible, coaches should issue pinnies to each player that they will take home and wash between trainings.
- No high-fives, handshakes, or hugs. Close team huddles for team instruction or other reasons are not allowed.
- Masks: coaches and spectators should wear a mask before, during, and after practice except when observing training or play from a distance. Players should wear a mask when not actively practicing or playing.
- If a player is injured or otherwise needs to be attended to, it should be by a coach or other designated club member (manager or assistant coach) wearing disposable non-Latex gloves.
- Drop-off/pick-up: Parents should park near the field area where their team is training. Players and parents are not to walk through the middle of another team’s training or work area.
- Please avoid letting younger players out of cars until your coach or is at field so that s/he can enforce social distancing before training starts for younger players.
- All spectators not sharing the same house must remain 6 feet apart.
- Water bottles: to minimize accidental sharing of water, players must keep their water bottles in their own bag when not in use.
- Club will follow Washington State Dept of Health Contact Tracing Guidelines.