



Good News! Multnomah County has been approved for Phase 1 reopening. We are happy to roll out our Phase 1 plan for the players and teams. It will take coordination and patience as we limit the number of teams practicing at a time and maintain a safe practice environment. As always, safety is our main concern and if something needs adjusting to keep the players, coaches, and parents safe, we will let you know. We expect Phase 1 to last for approximately 20 days, and then the Governor may authorize movement into Phase 2. When this happens, we will send out updated practice protocol, schedule, and expectations.

We previously sent out our return to play protocol, and while that remains the same, we would like to add specific details as to what to expect when we can get back on the field.

FIELD: During Phase 1, the player coach ratio will be 9:1, and social distancing guidelines are at 10 ft. We have divided the field into 4 quadrants with a designated path around the field so players can access their quadrant in an organized fashion. There will be one entrance and one exit. Hand sanitizer stations will be placed by the entrance and exit gates for the players to use on their way in and on their way out. For players with allergies and sensitivities, we would ask that you provide your own sanitizer that works for you.

Dan will send the field map out to everyone in SportsEngine using the chat feature so you can review and discuss with your player how they will be entering and exiting the field. Coaches and staff will be on hand to help direct players and keep them moving along designated pathways.

PRACTICES: Phase 1 practices will focus on technical skills and **each player will need to bring and use their own ball.** Teams will be divided into static groups and assigned a quadrant for the duration of Phase 1. For teams that get divided into two groups, two coaches will be designated. The coaches will rotate so that every player will get one practice a week with their head coach.

The practice schedule has been designed with social distance protocol in mind. There will never be more than 2 teams practicing at a time, and never more than 9 kids per practice field. Team managers have the practice schedule and will be posting it in SportsEngine soon.

PLAYERS: Players will be admitted to the field no earlier than 5 minutes before their practice time, and only after the field is clear from earlier practice groups. When you arrive at the field, please wait in your vehicle until it is time for practice to begin. Five minutes before your practice is set to begin, carefully cross the parking lot to the entrance gate, where you can sanitize your hands and a staff member will be there to take your temperature. (Parents, please remain on site until your player has been admitted onto the field.) When you are admitted to the field, please proceed along the fence to your designated quadrant. Players will set their bags along the fence next to the field quadrant they are practicing on. Bags will be spaced 10 ft apart.

During this phase, we would request that **players bring their own ball**, water bottle, towel (if desired) and any needed personal items. Players will not be allowed to share

anything. Masks are not required on the field (coaches will be wearing masks for the duration of practice), but for safety off the field it is recommended that players and parents wear them.

EQUIPMENT: Players will need to provide their own ball. Coaches will be setting up the field before players arrive, and once on the field, players will not have contact with any of the field equipment and will not be using pinnies. Club equipment will be wiped down after every use with sanitizing cleanser. Players should plan to sanitize their ball at home after each practice.

PARENTS: If you would like to stay for the entirety of practice, please plan to remain in your vehicle. We recognize that some of you enjoy watching practice, but during this time and for the safety of all players, coaches, and families, we would ask that you help us create a safe environment for everyone. If you cannot do this, we would ask that you respect social distancing guidelines, wear a mask, remain on the sidewalk outside of the field and a minimum of 10 feet away from any of the gates.

CARPOOLS: While we cannot regulate how a player gets to/from the field, and we recognize that carpools are a very efficient method of transport, it is our desire that players arrive at the field in their own vehicles.

ZOOM: There will be continued Zoom sessions for players that would like to participate. We are planning to combine the age groups and run a couple of sessions each week. These sessions will complement the outdoor practices. Details on these sessions will be posted on SportsEngine with the updated practice schedules.

PLAYER REGISTRATION: As we shift to outdoor practices and programming that includes future tournaments, and games, we will be closing the Zoom registration and moving to our normal team registration. This will be similar to what was used last year but will be discounted by the number of months that the Zoom sessions were run. Gretchen is working on this now and will get the link sent out soon.

WAIVER: In order to practice in person, we ask that each family complete a waiver of liability documenting that there is risk to resuming in person practice, and that SCA will not be held liable should a player or parent contract Covid-19. Gretchen will send the waiver under separate cover in the morning. Please sign and return a scanned copy of the waiver to your Team Manager or Gretchen directly. Players will need to have waivers completed in order to practice in person next week. Please do not bring a paper copy to practice to help keep a safe and sanitary environment.

If you have made it this far, thank you, we appreciate your attention to these details. We are looking forward to seeing the players at practice next week. We are also grateful for your support as we took our team practices online during this pandemic.

If you have any questions, concerns, or comments, please send them to Dan, Joe or Gretchen. We have tried to plan for every contingency but recognize there may be a scenario we didn't envision.

We look forward to seeing all of you next week!
Dan, Joe and the SCA staff



Return to Play Protocol

As SCA returns to the field, we want to make sure that every player, coach and parent is protected and safe. To ensure this, we have implemented the following steps:

Field Use:

1. To enter the field, ALL coaches and players will be required to use hand sanitizer.
2. Players will be encouraged to use the honey bucket as little as possible and will need to revisit the hand sanitizer before returning
3. No parents will be allowed on the field.
4. Training sessions will be manipulated to respect social distancing requirements this is including of but not limited to:
 - a. A limited number of teams on the field on a time
 - b. Teams split into 2-3 groups and spaced on the field
 - c. Staggered training times to support reduced interaction of groups
 - d. As a result, there may need to be a balance of training schedules initially on zoom and on the turf

Coaches:

1. All coaches will wear masks while on the field with players.
2. Coaches will discourage any physical contact between players, and will not engage in any high fives, handshakes or demonstrations with players that could lead to physical contact (ie showing field position or defensive positioning between players).
3. Field equipment will only be handled by the coaches.

Players:

1. Players will be required to use hand sanitizer before entering the field.
2. Players exhibiting any cold or flu symptoms regardless of how they feel will be asked to stay home and respect the 14-day guidelines.
3. No high fives, handshakes or other types of physical contact between friends
4. Are not to touch any of the equipment with their hands outside of Goalies with gloves on
5. Prior or following practice please continue to respect proper social distancing

Parents:

1. Parents will need to remember to demonstrate proper social distancing if they choose to watch practice from outside the field.
2. Also remind their child of the guidelines prior to return to play

Summer Travel:

1. Non essential travel is highly discouraged by our state and local authorities during this time. If you have travel plans that will take you outside of the state, please contact Gretchen and Dan prior to leaving to share your travel dates, and number of people travelling with you. We do not want to be intrusive but do want to ensure the safety of every player that comes to our practice



facility. We have established processes that allow us to know who is at practice and who they have interacted with if someone does get sick.

2. We will ask that you refrain from practice for 14 days after returning from a trip that includes air travel or large gatherings. We do this out of an abundance of caution for all our players and coaches.

Practice:

1. Each team will have their own designated time for practice.
2. Teams will be divided into groups of no more than 9 players. These groups will be static through all phases of reopening.
3. Players will provide their own ball for each practice and are not to touch any other equipment.
 - a. We will not be using the goals until it is safe to share equipment.
4. It is important for us to know who is planning to be at practice, RSVPs in SE are essential for planning the practice but also for tracking player attendance. Please RSVP 72 hours in advance of practice. If you are a maybe, please list a reason.