



Rogue Valley Timbers Return to Play Operational Plan  
As of September 17, 2020

The Rogue Valley Timbers will follow all national, state, and local guidelines when determining how best to return to play. The following information will lay out a framework for the RVT to get back on the field while keeping the health and well-being of our players, coaches, and officials as our primary focus moving forward.

At this time, there is no requirement for a child's participation. Each family should make decisions that best work for their situation.

**Club Contact for issues involving Covid-19:**

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In the case that a player or staff member is found to be COVID positive they must immediately inform the club contact.

- The club contact will contact the Jackson County Health and Human Services Department, OYSA, Oregon Health Authority and any other pertinent local and state organizations as deemed appropriate.
- The club will disperse instructions to all pertinent parties as to how best to proceed based on guidance provided by state and local officials.

## Education and Communication Plan

The RVT will provide ongoing communication with updated policies and procedures throughout the return to play process. Information will be provided via email, [www.rvsoccer.com](http://www.rvsoccer.com), and through our various social media platforms.

Coaches will be educated on return to play procedures in writing and through coaches' meetings.

## Parent Education and Communicable Disease Acknowledgment

Parents will sign and ELA during the registration process

### Phase 1

- All players must bring a signed assumption of risk and waiver (attached to this email)
- A Staff member, Athlete or parent will not attend a Club activity if exhibiting signs or symptoms of COVID-19 in the prior 14 days or is exposed to someone that has been ill in the prior 14 days;
- Each Staff, Athlete or parent should take a body temperature measurement 30 minutes before each activity
- Players with fevers or other symptoms of illness are required to stay home
- The Staff will communicate regularly with each Athlete and observe Athletes for any signs or symptoms of the COVID-19 virus;
- Athletes should properly sanitize their equipment after every session
- Athletes must use their own water bottle, towel, and personal hygiene products;
- All coaches and staff are required to wear masks.
- Athletes **are required** to wear cloth, surgical, or similar face covering during activities where 6 feet of social distancing can't be maintained. This includes during games and training sessions
- Avoid carpools
- Hand Sanitizer will be provided by the RVT. Players are to sanitize their hands upon entering and prior to leaving the field complex
- All personal belongings should be placed in an orderly fashion along the sideline at a minimum of 10 feet apart from others
- Players are not to share equipment including soccer balls, pinnies, water bottles, etc...
- **Players to bring their own soccer ball**
- Coaches should utilize minimal equipment
- No pinnies are to be utilized during this phase
- All equipment must be sanitized after each session
- Use of water fountains is prohibited
- The Club will maintain disinfectant equipment before and after activities

**Number of training sessions per week:** 1 to 2 (depending on field and coach availability AND player response) 50 minute long sessions

**Number of players on the field:** 9 per + Coach

**Coaching Cohort:** Coaches to work in cohorts of 9 players to 1 coach. Coaches will have multiple cohorts. Kids will have the same coach throughout this phase.

### **Facility/Field Ingress/Egress:**

US Cellular Park:

Teams (and coaches) training on Fields 11 and the west side of field 12 (side closest to the Grange CO-OP) are to be dropped off and picked up in the south parking lot (closest to the baseball field). Teams (and coaches) training on field 13 and the east side of field 12 (closest to the stadium) are to be dropped off and picked up in the north parking lot (the lot closest to field 13).

Training will be 50 minutes long, starting on the hour. Coaches are to sanitize all equipment used during the time between field sessions.

Only coaches and players will be permitted on the field. Parents are to drop players off and pick them up. **Parents are not permitted to stay and watch.** At the end of training, coaches are to walk their team to the parking lot while maintaining 6 feet of social distance between all players. Coaches are not to leave until every player has been picked up.

**Activities:** RVT Director of Coaching to provide a curriculum that meets all social distancing guidelines.

### **Phase 2**

- All coaches and staff are required to wear masks.
- Players with fevers or other symptoms of illness are required to stay home
- It is suggested that players wear masks while entering and leaving the field, but not required
- Avoid carpools
- Contact is limited to what is necessary to play the game. No high fives, fist bumps, handshakes, etc...
- No throw-ins or slide tackles

- Only the goalkeeper can handle the ball with hands
- Hand Sanitizer will be provided by the RVT. Players are to sanitize their hands upon entering and prior to leaving the field complex
- All personal belongings should be placed in an orderly fashion along the sideline at a minimum of 6 feet apart from others
- Players are not to share equipment including, pinnies, water bottles, etc...
- Coaches should utilize minimal equipment
- All pinnies must be washed after each session (it is possible that players will need to have their own pinnie)
- All equipment must be sanitized after each session
- Players must wear masks while participating in contact exercises and competition or at any time a minimum of 6 feet of distance cannot be maintained.

**Number of training sessions per week:** 2 Per Week @ 90 minutes each (Competitive).  
*Recreational training recommendations will be made based on age group but will typically be 1 training per week at a maximum of 1 hour per training session.*

**Number of players on the field:** TBD based on available field space, state, and local guidelines. This number will remain fluid as the guidelines are changing rapidly.

**Facility/Field Ingress/Egress:** Depending on any restrictions outlined in phase 2, the RVT is prepared to stagger start times on the fields as to minimize contact with others outside of a player's cohort. Further, we are prepared to enter the facility at one end of the field and leave at another.

#### **Parent/Spectator - Competitive**

Only coaches and players will be permitted on the field. Parents are to drop players off and pick them up. **Parents are not permitted to stay and watch.** At the end of training, coaches are to walk their team to the parking lot while maintaining 6 feet of social distance between all players. Coaches are not to leave until every player has been picked up.

During games, spectators are limited to 1 per player (1 Parent/Guardian per player). All spectators will be required to wear masks while in the field complex. Spectators will have to keep a social distance of a minimum of six feet apart. If parents/spectators are unwilling to comply, their player will not be allowed to participate.

#### **Parent/Spectator - Recreational**

Due to the young age of our recreational players, 1 parent or guardian per player will be permitted to observe practice sessions. They must maintain a minimum of six feet of distance from one another and have a mask on while at the practice

**Activities:** Limit the amount of contact activities until players have fully acclimated to participating while wearing masks. Games times and substitution policies may be amended to provide relief from masks.

### **Phase 3**

Return to normal activities without restrictions

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### **Stakeholder Responsibilities:**

#### **Club:**

- Provide adequate field space to allow for proper social distancing
- Provide proper education and training for all stakeholders (parents, players, and staff)
- Have an appropriate communication plan in the event a player or staff member tests positive for COVID-19
- Provide hand sanitizer to all teams and coaches
- Provide masks to all staff members
- Continually monitor guidelines from national, state and local health authorities and amend RTP operational plan as needed

#### **Players:**

- Follow all team and club rule and guidelines
- Sanitize hands upon entering and leaving the complex
- Don't touch anything that doesn't belong to you
- Adhere to social distancing requirements
- No group celebrations, high fives, hugs, handshakes or contact of any kind with other players while social distancing guidelines are in place
- No spitting
- Take temperature prior to coming to training. Stay home if your temperature is elevated or if you are experiencing any other symptoms of illness

#### **Coaches:**

- Follow and enforce all team and club rule and guidelines
- Sanitize hands upon entering and leaving the complex
- Wear a mask during all training sessions until further notice
- Monitor personal health and hygiene. Stay home if you have a fever or any other symptoms of illness
- Wash and sanitize ALL equipment following training
- No group celebrations, high fives, hugs, handshakes or contact of any kind with other players while social distancing guidelines are in place

## **Families:**

- Take the player's temperature and ensure the player is healthy prior to attending any soccer activity.
- Stay in your car during all training sessions.
- Ensure that all players gear and clothing is sanitized prior to and following all training sessions
- Notify RVT Executive Director immediately if a player becomes ill
- Support the RVT RTP plan by reinforcing and following these policies

## **Educational Resources:**

### **National Resources**

#### **[Center for Disease Control and Prevention – Coronavirus \(Covid-19\)](#)**

- **[How to Protect Yourself and Others](#)**
- **[Guidance for Administrators in Parks and Recreational Facilities](#)**
- **[Guidance Documents](#)**
- **[Symptoms of Coronavirus](#)**
- **[Schools and Childcare Programs](#)**
- **[Cleaning and Disinfecting our Home](#)**
- **[Cleaning and Disinfection for Households](#)**

#### **[United States Olympic and Paralympic Committee Coronavirus Updates](#)**

- **[Return to Training Considerations](#)**
- **[Return to Events Considerations](#)**

#### **[The Aspen Institute](#)**

- **[Return to Play – Risk Assessment Tool](#)**
- **[Coronavirus & Youth Sports: How Should Youth Sports Return to Play?](#)**
- **[Wild West: Youth sports providers weigh liability risks](#)**
- **[Survey: 50% of parents fear kids will get sick by returning to sports](#)**

#### **[National Recreation and Park Association – Slowing the Spread of Covid-19](#)**

### **Oregon Resources**

### Governor Kate Brown Website

- [Stay Home Executive Order 20-12 – March 23, 2020](#)
- [Reopening Oregon: Details on Restarting Public Life and Business – May 7, 2020](#)

### Oregon Health Authority

- [Outdoor Recreation Guidance – May 8, 2020](#)
- [Guidance for the General Public](#)

### **Coaching Resources**

[Sports Meets COVID-19: What to Say, What to Do](#)

[Aspen Institute: Calls for Coaches](#)

[SafeSport: Keeping your kid safe online during Covid-19](#)