



**WILLAMETTE UNITED FOOTBALL CLUB
2021 MODIFIED SPRING RECREATIONAL SOCCER
PARENT/COACH MANUAL**

WUFC RETURN TO PLAY POLICY GUIDELINES

The purpose of this document is to provide field partners, WUFC players, parents and coaches with critical information to be used during the modified fall recreational soccer season.

ALL OF THE RULES WITHIN THIS DOCUMENT HAVE BEEN IMPLEMENTED FOR PLAYER SAFETY. IF ANY PLAYER, COACH OR SPECTATOR REFUSES TO FOLLOW ANY RULE THEY WILL BE REMOVED FROM THIS LEAGUE AND NO REFUND WILL BE GIVEN. THIS IS CRITICAL FOR PLAYER SAFETY.

We want to stress to ALL OF OUR COACHES AND PARENTS that this season will be much different than past seasons. The priority, more than ever, must be making sure that our children have FUN. Don't worry about scores and winning. Help us make this a season that children will remember for the rest of their lives.

OHA GUIDELINES FOR RECREATIONAL SPORTS

The Oregon Health Authority recently updated their guidelines for the Return to Play for Recreational Sports. This document says soccer is still a minimal to medium contact sport and we can play games as long as we follow all safety and health guidelines defined by the OHA.

SAFETY RULES

Our number one priority has been and will continue to be the health and safety of our players and their families. We want to stress to our families that there is no pressure to return until you are comfortable returning to the fields. We will work with any family concerned with "return to play" to ensure that their child has a soccer home WHEN they are comfortable returning to the field. This program is voluntary.

HIGH LEVEL SAFETY RULES

1. All players must wear face coverings at ALL times
2. No more than 75 people at a field at any given time.
 - All games will be 4v4 or 5v5 for all ages to keep numbers below safety guidelines
 - Only TWO spectators per player may attend games
 - NO referees or linesmen will be used
3. No non-essential contact. (Fist bumps, high fives, side-hugs etc)
This includes modified rules for soccer such as no throw-ins.
4. Social Distancing of a minimum of 6 feet between spectator cohorts.
5. Membership will be required to follow all COVID-19 safety guidelines
6. All activities will include ONLY Willamette United players and teams.

Many of these policies rely upon rules and regulations set forth by public health authorities. In addition, we all must recognize that there will be logistical and implementation challenges for participants and their families given COVID-19.

We want to clearly communicate the policies and protocol that we will deploy in an effort to keep everyone healthy and as safe as possible as our players return to the field. We ask that all of our members follow these guidelines closely and diligently.

HIGH LEVEL SAFETY PRECAUTIONS

In order to make soccer activities as safe as possible at this time we are changing some policies and protocols that have been set in place for years.

GAME AND PRACTICE SCHEDULES

We will be staggering practice and kick off times in an effort to reduce foot traffic and parking lot congestion. In the past WUFC has had set kick off times for all games at the same time. For example, we may have had 50 recreational games all kick-off at 10AM. This year we will stagger kick off and practice start times so that only a few games start at the exact same time. By making this change we will reduce the number of people parking and walking to and from fields at the same time. We are taking steps to reduce the number of people that may be in any given area. This means that you will need to double and triple check all game times and practice times.

In addition we ask that you arrive at your event no earlier than FIVE minutes before your start time. We also ask that our members do not group up for conversations AFTER an event . As soon as your event is complete PLEASE leave the venue to clear things out for the next group.

BATHROOMS

While bathrooms may be open at the venues we are using we are asking that you refrain from using the park facilities unless absolutely necessary. We want to reduce the number of people using the restrooms if possible as restrooms are an enclosed area and are traditionally used by many people. Please try to use the bathroom right before your game to reduce the need to use park facilities.

PARKING

Please be careful, safe and courteous when parking for soccer events. Leave space between cars if possible. Wear face coverings from the moment you get out of your car and wear it until you are seated in your car. Avoid walking to fields in groups or close to others walking to the fields. Wait a moment for a clear time and space to walk to the fields and wait to get into your car until it is clear around your vehicle.

Unfortunately we recently were informed that the gravel parking lot at Mary S. Young will NOT be able to be used due to the storm debris being processed in that location. We ask that you use the back parking lot and CAREFULLY walk to the fields. Please leave IMMEDIATELY after your game to free up parking for the next game. ONE CAR per family please.

WUFC RETURN TO PLAY PLAN

POLICIES AND RESPONSIBILITIES

These are the specific responsibilities for the club, coaches, parents and players for our Return To Play.

Club Responsibilities:

- The club will create a hybrid game that follows the rules and guidelines as stated by the OHA
- The club will provide adequate field space for the required social distancing.
(All players and coaches must stay at least six feet apart at all times.)
- We will limit numbers to 75 participants per field per game.
- We will educate staff/volunteers on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
- We will require all players to bring and ONLY use their own water bottles
- We will clearly mark spots six feet apart for spectators and players on the bench
- We will educate our players and families on healthy behavior while on the field.
- We will create and distribute protocols, policies/responsibilities to all members.
Make all resources available through the club's web site
- We will require players not feeling well to stay home.
- We will maintain participant confidentiality regarding health status.
- We will be accommodating to families that are uncomfortable with returning to play at this time.
- The club will follow OHA Guidelines when dealing with a player's positive diagnosis of COVID 19.
- The club will provide field maps for all of the venues we will be using this fall. **(EXHIBIT 1)**

Recreational Coach Responsibilities:

- Strive to ensure the health and safety of players.
- Inquire how the athletes are feeling. The coach will inform a player's parents if a player becomes ill.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own personal equipment and store it properly (water bottle, bag etc.)
- Ensure coach is the only person to handle equipment if equipment is ever needed
- Wear a face covering at all times
- Players only use their own pinnies. (The club will give all K-2 players a pinnie to keep.)

Player Responsibilities:

- Let your parent and or coach know if you are not feeling well.
 - Wash hands thoroughly before and after training.
 - Bring and use hand sanitizer with you to every training and game if possible.
 - Do not touch or share anyone else's equipment. Place gear on designated spots.
 - Maintain social distancing when not playing in a game, place bags and equipment at least 6 feet apart.
 - Wash and sanitize all equipment and apparel before and after every training.
 - No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
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- Do not touch goals, cones or any other equipment
- Show up no earlier than 5 minutes before your scheduled practice or game.
- Do not gather in small groups before or after practices and games.
- Do NOT touch other players except for essential contact needed to play the game.

Parent Responsibilities:

- Ensure your child is healthy, and check your child's temperature before activities with others.
- **MANDATORY**
 - **Wear a face covering when you leave your car and leave it on until you return to your car.**
- Do not send you player to games if they feel sick.
- We recommend child's uniform is washed after every game.
- We recommend equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Do not assist coaches with equipment before or after training.
- We recommend providing your child with personal sanitizing products.
- Educate your child about proper behavior for social distancing. (Stay at least six feet away from other players)
- Park in designated lots for games. Do not show up earlier than 5 minutes for games and please leave immediately after your game. Avoid gathering in groups and staying after games to talk.
- Show up no earlier than 5 minutes before your scheduled practice or game.

WUFC PARENTS ARE REQUIRED TO USE THE DESIGNATED PARKING LOT ASSIGNED TO THEIR FIELD.

Promoting Behaviors that Reduce Spread

WUFC encourages behaviors that reduce the spread of COVID-19. Everyone should follow these guidelines as we return to play.

Staying Home when Appropriate:

We are encouraging sick staff, families, and players to stay home. If any staff member or player is not feeling well and or has a high temperature we encourage you to stay at home. While we want everyone on the fields having fun we ask that any player or coach that may not be feeling well to stay at home!

- Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.
- Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.

Hand Hygiene and Respiratory Etiquette:

Please wash your hands thoroughly before and after attending any soccer activity. Wash hands with soap and hot water for at least 20 seconds.

- If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be

used. We will have hand sanitizer available at every field we use.

- We will not allow spitting and we encourage everyone to cover their coughs and sneezes with the inside of their elbow. Use hand sanitizer after you cough or sneeze.

Face Coverings

- We will follow all requirements concerning face masks as set by Federal, State and County mandates. Face coverings are REQUIRED for all WUFC events at this time.

Cleaning and Disinfection

- Use of shared objects and equipment (e.g., soccer balls) will be limited.
- The club will ensure safe and correct use and storage of disinfectants, including storing products securely away from children. Use products that meet EPA disinfection criteria.

Water Systems

- We are requiring staff, and players to bring and use their own water bottles.

Modified Layouts and Social (Physical) Distancing

- The club will identify adult staff, members or volunteers to help maintain social distancing among youth, coaches, referees, and spectators (if state and local directives allow for spectators).
- We will make every effort to space spectators and players on the bench at least 6 feet apart on the field while participating in soccer activities.
- Unnecessary physical contact (high fives, handshakes, fist bumps, hugs) is NOT allowed.
- We will urge parents to limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride with persons living in their same household.
- If facilities are shared, we will increase the amount of time between games and practices to allow for one group to leave before another group enters the facility.

Physical Barriers and Guides

- The club will provide physical guides, such as signs and cone/paint on playing fields, to make sure that coaches and players follow safety guidelines. **(EXHIBIT 2)**



MODIFIED SOCCER RULES

During this 2021 Modified SPRING Recreational season we will be playing small-sided games for all age groups. This will be a dramatic change for our 3rd to 8th grade players. We have no doubt that this will be an incredible experience for all of our players as small-sided soccer allows more touches for each player, more scoring and fast-paced action.

We want to stress that we need ALL OF OUR COACHES AND PARENTS to understand that this season will be different and the priority has to be making sure that our children have FUN. Don't worry about scores and winning. Help us make this a season that children will remember for the rest of their lives.

We will provide every coach a whistle. We will not be using referees and coaches will have to mediate the game. We are asking all of our coaches to focus on providing our children a stress-free and enjoyable experience. When in doubt give the other team the benefit of the call. Work with each other and help each other. This league is filled with WUFC teams ONLY so we should be able to work together to make this a FUN experience.

If there are any problems or issues we urge coaches to seek the advice and help of the WUFC field monitor. Our paid staff member is there to mediate and solve any issues that may arise on the field.

Parents should provide multiple face coverings so that players may swap them out if they get wet or dirty. This is a particularly good idea if it happens to be raining.



4v4 (Kindergarten through 2nd Grade)

All coaches have been given a large bottle of hand sanitizer. We ask that you use the hand sanitizer in between each quarter on your goalie gloves. Put a little on your keepers hands BEFORE and AFTER they put the gloves on and put a little on the gloves several times a game.

Every player should have their own pinnie. If you need more ask us. Players should KEEP and only use their own pinnie.

Please take the keeper jersey home after each game and wash it.

- FOUR 10 minute quarters with 3 minute breaks in between quarters.
- No goalies
- No throw ins. Ball is to be set on the line and “kicked in.”
- No score is to be kept.
- No offsides.
- No slide tackling.
- Only 4 players on the field at any given time.
- SUBSTITUTIONS: Substitutes may enter the game during any stoppage in play. There is no limit on substitutions. Every player MUST play at least half of the game.
- SIDELINES: Parents must be on the opposite side of the field as the teams’ bench. Only TWO parents or spectators per player and all cohorts must sit at least six feet apart.
- Home team will wear their BLUE WUFC jerseys and the other team will wear the club provided pinnies. Each player is to ONLY use their own pinnie. NO SHARING.
- No jewelry is permitted, even if taped. Medical alert bracelet/necklaces are allowed, if taped.
- Shin guards, covered by socks, are mandatory in all games. Players not wearing shin guards will not be allowed to play.
- Face coverings for all players, coaches and spectators are REQUIRED.
- No TIGHT huddles! Stay spread out.
- NO DIRECT FREE KICKS. ALL SET PIECES ARE INDIRECT.
- NO heading
- Equal playing time for every player.

5v5 with goalies (3RD through 8Th Grade)

All coaches have been given a large bottle of hand sanitizer. We ask that you use the hand sanitizer in between each quarter on your goalie gloves. Put a little on your keepers hands BEFORE and AFTER they put the gloves on and put a little on the gloves several times a game.

Every player should have a blue and a white jersey. Players should only use their own jersey.

Please take all jerseys home after each game and wash it.

- FOUR 10 minute quarters with 3 minute breaks in between quarters.
 - Goalies MUST wear gloves.
(A small bottle of hand sanitizer is provided by the club. Put some on goalie gloves at the start of the game and each quarter. If gloves are shared use hand sanitizer on both sets of hands when exchanging gloves.)
 - No punting by goalies.
 - No throw ins. Ball is to be set on the line and “kicked in.”
 - No score is to be kept.
 - No offsides and NO CHERRY PICKING. Use common sense and play soccer.
 - Only 5 players on the field at any given time.
 - SUBSTITUTIONS: Substitutes may enter the game during any stoppage in play. There is no limit on substitutions. Every player MUST play at least half of the game.
 - SIDELINES: Parents must be on the opposite side of the field as the teams’ bench. Only TWO parents or spectators per player and all cohorts must sit at least six feet apart.
 - Home team will wear their BLUE WUFC jersey and the away team will wear their WHITE jerseys.
 - No jewelry is permitted, even if taped. Medical alert bracelet/necklaces are allowed, if taped.
 - Shin guards, covered by socks, are mandatory in all games. Players not wearing shin guards will not be allowed to play.
 - Face coverings for all players, coaches and spectators are REQUIRED.
 - No TIGHT huddles! Stay spread out.
 - NO DIRECT FREE KICKS. ALL SET PIECES ARE INDIRECT.
 - No Heading
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FAQS

1. Why are we not playing normal soccer?

We have decided to stick with our modified programming this spring. We may go back to normal soccer rules in the fall if OHA guidelines allow it. This format worked really well last fall. Kids had more fun than ever and nobody got sick. For now... we are sticking with a good thing! Please remember that all participation in soccer activities are still VOLUNTARY at this time.

2. What if we don't want to play with a face covering?

If you do not want to wear a face covering then we can NOT allow your participation at this time. Wearing a face covering is a MANDATORY condition if we are going to host soccer games. This mandate comes from the Oregon Health Authority and no matter your political views, comfort level or issues with face coverings we must MANDATE that face coverings are worn. If a player, coach or spectator is seen NOT wearing a face covering to a WUFC event we will be forced to ask you to leave and then remove you and your child from our league with no refund. Help us keep our kids on the field by following safety guidelines.

3. Why are our games in the afternoon and early evenings?

For years we have hosted soccer games in the mornings. Due to the severe field shortage at this time and so many sports going all at once we are now playing games later in the day. We have a responsibility to work with ALL YOUTH SPORTS in our community and these are the blocks of time that are available for soccer in April and May. We owe a great deal to our cities and schools for allowing us to use these fields!

Due to the field shortage we are unable to host practices during this spring season.

This season is unlike any we have ever had before. We want to STRESS that we will not keep score and we will not keep standings. This year it is about keeping everyone as safe as possible and letting the kids get outdoors to have some form of social interaction and to keep everyone safe!

Don't worry about winning or making every call perfect. You have one job as a volunteer coach this year. Make sure the kids have fun!

Thank you to our field partners, parents, volunteer coaches and our community for making this happen.

EXHIBITS

**EXHIBIT 3
WUFC COVID-19
FIELD PLANS**



MARY S. YOUNG

We are asking all of our members to be disciplined and follow all published rules and guidelines. If we all work together we can have a great modified soccer season for our children. Anyone NOT following the published rules will be removed from the league and no refunds will be given.

1. Please arrive for your game NO EARLIER than 15 minutes prior to your scheduled kick-off or practice.
2. Please leave IMMEDIATELY after your game/practice is finished. (No gatherings at the park.)
3. Please use the designated parking lot for your scheduled event.
4. Please stay at least six feet apart from other families when walking to and from your field.
5. ONLY TWO spectators may attend games per player. NO EXCEPTIONS.
6. Spectator cohorts (family members) must sit at least six feet away from other spectators.
Please use the painted dots as a guide for setting up chairs.
7. NO snacks or food at soccer events.
8. Face coverings must be worn AT ALL TIMES while attending soccer events.
9. Follow all safety guidelines in the 2020 WUFC Fall Season Manual. If you or your child is not feeling well, please stay home.
9. Let's all work together to make this a safe experience for our kids! Be patient, courteous and safe!

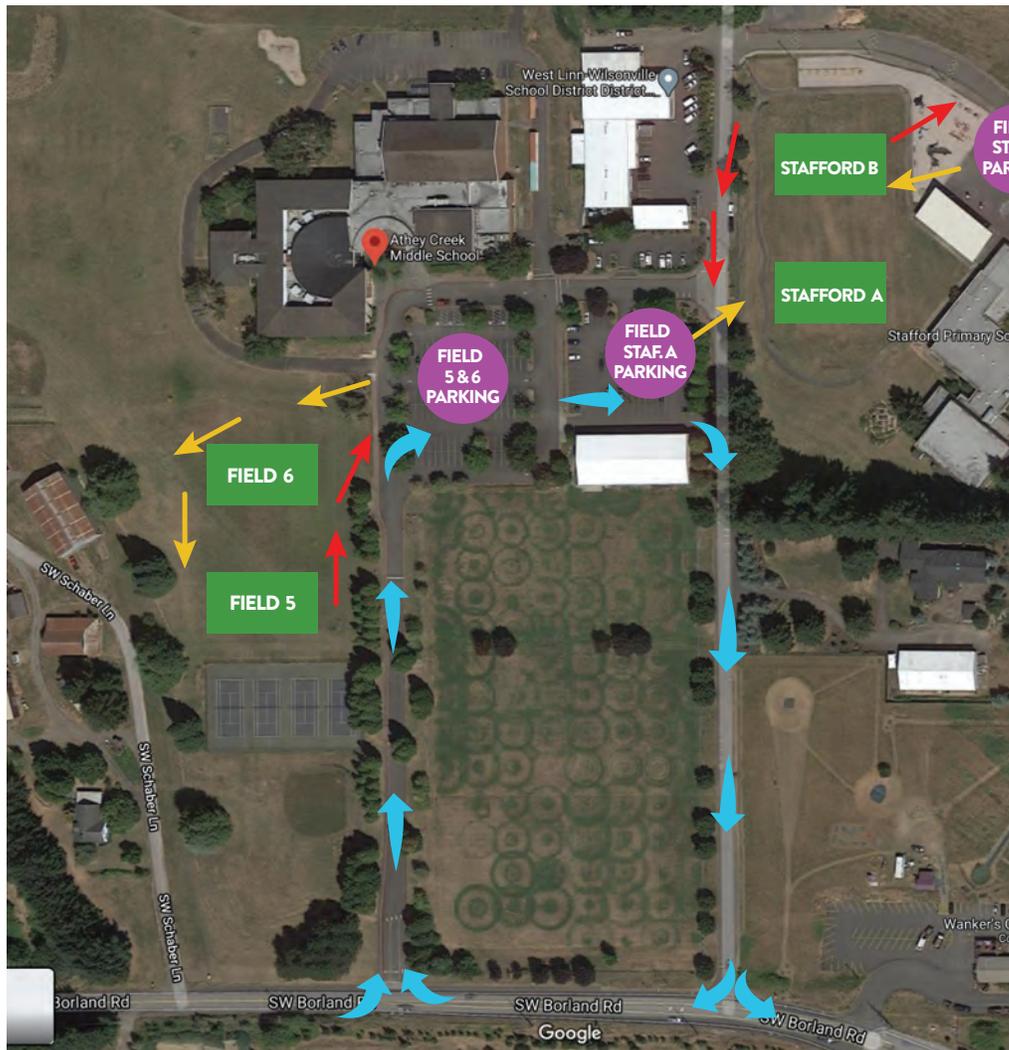




ATHEY CREEK FIELDS - SPRING RECREATIONAL

1. Enter the school driveway off Borland Road and follow the arrows for traffic flow. Please park in the appropriate parking lot as this diagram shows.
2. There are TWO mini-fields by the tennis courts labeled Field 5 and Field 6. Please enter the fields as the YELLOW arrows show. When exiting the fields please leave following the RED arrows.
3. There are TWO mini fields on the field by Stafford Elementary labeled Stafford A and Stafford B. Please park in the lot labeled with your assigned field number. Enter the field following the YELLOW arrows and exit the fields as the RED arrows show.
4. When entering and exiting the field if you are confused PLEASE remember to simply keep ten feet of distance from all other people at all times to avoid any issues.
5. Please arrive no earlier than 10 minutes BEFORE your scheduled time and please leave the fields immediately after your game.

FACE COVERINGS ARE REQUIRED AT ALL TIMES ONCE YOU LEAVE YOUR CAR. THEY MUST REMAIN ON UNTIL YOU GET BACK INTO YOUR CAR. ALL SPECTATOR COHORTS MUST STAY AT LEAST TEN FEET APART AND STAY TEN FEET BACK FROM THE FIELDS!



**EXHIBIT 4
WUFC COVID-19
FIELD SIGNS**



STAY SAFE!

PROTECT YOURSELF AND YOUR TEAMMATES
BY PRACTICING GOOD HEALTH HABITS!



STAY HOME
WHEN SICK



COVER COUGHS
AND SNEEZES



WASH OR SANITIZE
YOUR HANDS OFTEN



DON'T TOUCH
EYES/NOSE/MOUTH



NO HAND SHAKES
HIGH FIVES OR HUGS



DON'T SHARE
WATER BOTTLES



STAY 6 FEET APART

WHEN POSSIBLE



DON'T TOUCH
TRAINING EQUIPMENT



Club · Character · Community

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