



MT. RAINIER FC: RETURN TO PLAY GUIDELINES

Health Screenings & Sick Policies

Prior to any MRFC Practice or event all participants will be subject to the following screenings:

1. Temperature check carried out by a supervisor while wearing a mask

If a player/coach/parent fails the health screening, they will be asked to leave the facility:

- a) At this point the player/coach/parent is responsible to follow all state guidelines for testing and return to play listed here [WA Safe Start Document](#)
- b) Testing; if a player undergoes a test, they will be asked to provide proof of negative test results before return to play

Safe Start Youth Sports Overview

1. Full team training allowed - minimal contact – maximum 50 people per field
2. Coaches to wear masks and disinfect equipment before and after each session
3. Players to wear masks while not training and use hand sanitizer following each session
4. There will be the COVID-19 Safety officer at training locations and will communicate and oversee the policy across the club and will provide regular updates and reminders.
5. All MRFC programs will be following the above and below guidelines throughout the current phase of Governor Inslee's Safe Start Plan.
6. For information on League game protocols and procedures please visit: [PSPL Return to Competition](#)

Guidelines for the following groups

Coaches

- a) Ask each player on arrival to practice as players if they are feeling well and/or exhibiting any symptoms of COVID-19.
- b) Players and coaches to use Hand sanitizer before and after each training session
- c) Coaches to wear Masks for the duration of training; players only while they're not training
- d) Avoid unnecessary touching such as high fives and hugs.
- e) Avoid having large group team meetings and instructions should be kept to a minimum and have players practice social distancing rather than sitting next to each other on a bench.
- f) Make sure Players when off the field maintain social distancing of 6 feet; masks on while on bench
- g) Equipment to be Disinfected before and after use
- h) Only coaches should pick up team equipment or move practice equipment.
- i) Benches should be wiped down with a disinfectant prior and after training.
- j) Soccer balls after the game or practice are also sprayed with a disinfectant.
- k) Shin guards and vests should not be shared.

Players

- a) Players when off the field maintain social distancing of 6 feet; unless wearing mask.
- b) Players to bring their own Pinnies and balls
- c) Players should not share water bottles and drink containers.
- d) It is recommended that players have their own hand sanitizer for personal use.
- e) Uniforms should be washed as soon as possible after training or the game.



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Parents and spectators

- a) Those with underlying medical conditions: It is recommended should consult with medical provider or not to attend games or practices.
- b) For games, (1) spectator per player is allowed under the new guidelines. Should there be an issue with how many spectators there are, a field marshal or team coach will ask that any additional spectators leave the field. If spectators do not wish to adhere to this policy, the game will be abandoned.

Safety Training

MRFC will continue to be vigilant throughout the pandemic and has offered a range of safety training.

MRFC staff have undergone virtual covid-19 safety training (presentation available upon request) with a participant Question & Answer followed by the training. Members of staff have undertaken this training twice since June 7 with the aim of completing a refresher upon entering Phase 3.

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