

# Summary of COVID-19 Requirements as they Pertain to Youth Soccer Activities

## Summary of January 2021 changes:

- New Phase 1 and Phase 2 requirements youth team sports and sporting activities, and outdoor adult recreational team sports and sporting activities

## Included Here:

- School and non-school youth team sports and sporting activities indoor and outdoor, and adult recreational team sports and sporting activities indoor and outdoor
- All professional sporting activities, indoor and outdoor, youth team sports and sporting activities, and adult recreational team sports and sporting activities operating must adopt a written procedure for employee safety and customer interaction that is at least as strict as this procedure and that complies with the safety and health requirements below.
- **No business may operate until it can meet and maintain all the requirements in this document, including providing materials, schedules and equipment required to comply. Additional considerations may be adopted, as appropriate.**

## School and Non-school Youth Team Sports Indoor and Outdoor and Adult Recreational Team Sports Indoor and Outdoor

### Sport Risk Category guidance (Soccer)

**Moderate risk sports:** softball, baseball, t-ball, **soccer**, futsal, volleyball, lacrosse, flag football, ultimate frisbee, ice hockey, cricket, crew, field hockey, school bowling competitions.

#### For Phase 1:

- Facial coverings required for all coaches, volunteers and athletes at all times.
- Outdoor team practices, training and intra-team competitions allowed for low and moderate risk sports. Scrimmage against other teams or training or practices with other teams is not allowed.

#### For Phase 2:

- Facial coverings required for all coaches, volunteers and athletes at all times.
- Outdoor training, practices and competitions allowed outdoors for low, moderate, and high risk sports. Maximum 200 people allowed at competitions, including spectators.
- Indoor team training, practices, and competitions allowed for low and moderate risk sports.

### Guidance applicable to ALL sporting activities in all phases levels

No tournaments allowed. A prohibition on tournaments for sporting activities does not include postseason, playoff, state or regional championship competitions sanctioned by a statewide interscholastic activities administrative and rule-making body that oversees competition in all counties in the state.

Non-essential travel such as out-of-state team or individual travel for sporting activities are subject to quarantines as detailed in the [Governor's Travel Advisory](#).

*Stay home when sick or if a close contact of someone with COVID-19*

Athletes, coaches, umpires/referees, spectators and any other paid or volunteer staff should be required to stay home if they feel unwell, show any signs of COVID-19, or are a close contact of a confirmed case. All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening should consider [symptoms listed by the CDC](#). Any person with symptoms of COVID-19 or who is a close contact of someone with confirmed COVID-19 should not be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional. Those who are excluded from training or contests due to [COVID-19 symptoms](#) or because they are [close contacts](#) must follow DOH and local public health isolation and quarantine guidance before returning to training or contests.

People with underlying health conditions should consult with their medical provider regarding participation in athletic activities.

### ***Masks***

Masks required for all athletes/participants. Coaches, trainers, managers, spotters, and any other paid or volunteer staff must wear face coverings at all times.

### ***Physical Distance***

Physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times with exceptions for training and medical personnel and volunteers performing their medical duties. Six feet of distance must be maintained among athletes when not engaged in sporting activities, huddles and team meetings must be physically distanced.

### ***Hygiene***

Require athletes, coaches, umpires/referees and any other paid or volunteer staff to practice good hygiene including washing their hands frequently and covering their sneezes and coughs. Wash hands often with soap and water for at least 20 seconds before and after practice, especially after touching shared objects or blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth. If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content. Cover all surfaces of your hands and rub them together until they are dry. Athletes should not share water bottles, uniforms, towels, or snacks and should not spit (saliva, sunflower seeds, etc.). Provide handwashing or hand sanitizing stations at training and contest locations.

For real time updates, click [here](#) to view the Gov.'s dashboard. The link will help better understand the current infection rate trends in every county (scroll down and click on "Summary Data Tables" for county-by-county info):

<https://coronavirus.wa.gov/what-you-need-know/covid-19-risk-assessment-dashboard>