

Crossfire Premier Safety Procedures & Training Protocols

Safe Start Washington Phased Reopening



The following written procedures comply with the safety and health requirements put forward by the State of Washington and include our club protocols for return-to-training in Phase 2, which also incorporate sport-specific guidance collated from national sources.

The information here is not intended to be a substitute for professional medical advice and does not supersede any future directives or restrictions issued from local, state or federal authorities. As always, our priority at Crossfire Premier remains the health and safety of all our players, coaches and their families.

*Before any participation is allowed, all Crossfire Premier players and coaches will be required to sign the “Waiver/Release for Communicable Diseases including COVID-19” that has been provided by the club.

**Crossfire Premier will provide every player with an XF-branded buff to wear. As stated below, facemasks/buffs are required to be worn to and from training by all coaches and players. Crossfire will also be providing a free bottle of hand sanitizer to every player. Players must use hand sanitizer before and immediately upon completion of training.

***All Crossfire Premier training within Phase 2 of the Washington’s Phased Reopening will take place at 60 Acres Park in Redmond, where there is more than adequate space to provide required social distancing within the small-group sessions, as well as significant buffer zones between training groups.

To maintain compliance with these protocols and ensure the club is doing everything possible to protect the health and safety of our players, Crossfire Premier has appointed a COVID-19 site supervisor to be responsible for monitoring the training complex at 60 Acres. The supervisor will be on-site and available to answer any questions during all XF training at the facility.

Furthermore, the club has provided written procedures below to follow for communication and tracking the health of our coaches and players through the phased reopening.

Phase 2 Training – General Protocols

- No spectators will be allowed at training sessions. Parents may drop-off and pickup their children in the 60 Acres parking lots on the north side of the complex, where Crossfire Premier sessions will be held. Parents/siblings must remain outside the fenced area of the complex at all times.
- Players and coaches are required to wear facemasks/buffs to and from the training fields. Coaches will have facemasks/buffs easily accessible during all training sessions and will not engage with players, parents or others within six feet without wearing their facemask/buff.

- Players are required to use hand sanitizer immediately before and immediately upon completion of training.
- Coaches will use hand sanitizer before the first and after their last training session of each day, and regularly throughout, including after touching any equipment.
- No players may touch the training equipment. All training equipment will be set, adjusted and handled by Crossfire coaches *only*.
- Training groups will include no more than five players total, and groups will not be altered throughout Phase 2. Players may not train with multiple groups.
 - If anyone in a group is diagnosed with COVID-19, the entire group must return to self-isolation until symptom-free for 14 days.
 - Coaches are required to report all training absences to Devin Rairdon (devin.rairdon@crossfiresoccer.org) by the end of the day. Coaches are required to follow-up with the player and report the reason for the absence to the club by 11 a.m. the following morning.
 - Coaches need to greet all players arriving for training and enquire about their recent health. They will ask how the athletes are feeling and send them home if they act or discuss feeling ill. A complete list of the questions required to be asked of each individual is below.
- Players & coaches with any of the following signs or symptoms should not attend training: fever, cough, shortness of breath/difficulty breathing, chills, body or muscle aches, diarrhea, sore throat, new headache, or a loss of taste or smell.
- Training session start and end times are staggered to allow for groups to arrive and leave without coming into contact with other training groups. Players are not allowed to arrive early or remain after training. If players arrive at 60 Acres early, they need to remain outside the fences until the previous training group has cleared their area.

Phase 2 Training – XF Training Procedures

- Training groups will include no more than five players total. Players may not train with multiple groups.
- A distance of five feet *minimum* must be maintained between each player for the duration of each training session.
- Coaches must maintain a distance of at least six feet from all players and other coaches before, during and after training sessions.
- Coaches will screen each player that arrives for training by asking each individual the following (if any answer is yes, the player will be sent home immediately):
 - How do you feel today? Have you felt sick in the past 24 hours – fever, cough, difficulty breathing, chills, body or muscle aches, diarrhea, sore throat, the loss of taste/smell or had a new headache?
 - Have you come into contact with anyone in the last 14 days who is currently sick?
- No physical contact will be allowed through all activities and drills. No handshakes, high-fives or fist- or elbow bumps!
- Players need to store their backpacks, water bottles and any other gear at a minimum distance of 6 feet from each other.

- Players should bring hand sanitizer with them to training and use before and after the session.
- Coaches will have hand sanitizer available.
- No sharing of equipment is allowed. Players may not touch any cones or other equipment before, during or after the session. *The use of training bibs is prohibited during Phase 2.*
- Players should not be in lines at any point in Phase 2 training.

Phase 2 Training – Player Recommendations

- Take temperature daily.
- Wash hands thoroughly before and after training and following any contact outside your home.
- Bring and use hand sanitizer with you for every training session. You must use hand sanitizer at the beginning and end of every session.
- Limited or no carpooling.
- Wear mask before and after all training sessions. This helps to protect others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment.
- Bring your own ball to training, label it as your own.
- Bring your own water bottle to every training session. Label it as your own.
- Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
- Wash and sanitize all equipment before and after every training session.

Phase 2 Training – Parent Recommendations

- Ensure athletes are healthy, check their temperature daily.
- Limited or no carpooling.
- Stay in car or social distance when at training, wear mask at all times if outside your car. Parents *must remain outside the fence* at 60 Acres before, during and after all training sessions!
- Ensure child's clothing is washed after every training session.
- Label your child's equipment to guard against cross-contamination.
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized after every training.
- Notify club immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.
- Do not assist coaches with equipment before or after training.
- Be sure your child has necessary sanitizer and cleaning supplies with them at every training.

Coaches' Training Guidelines

- Before any player may train, he/she must have signed the Waiver.
- Wear your facemask/buff to and from your training area at 60 Acres. Have it readily available throughout your sessions.
- Parents are not allowed on the fields at 60 Acres during Phase 2 for any reason. They must remain outside the fences around the complex when dropping off or picking up their children.
- Your players may not arrive early or stay after training. If players arrive early, tell them they must remain outside the fence at 60 Acres until the previous groups have left the area. After a group has finished, make sure they pack up and leave the complex immediately.
- Sessions are scheduled for an hour: 50 minutes for training and 10 minutes for the group to depart and the next group to arrive.
- Upon players' arrival, screen each player by asking the following (if any answer is yes, the player needs to be sent home immediately):
 - Have you felt sick in the past 24 hours – fever, cough, difficulty breathing, chills, body or muscle aches, diarrhea, sore throat, the loss of taste/smell or had a new headache?
 - Have you come into contact with anyone in the last 14 days who is currently sick?
- Make sure your players leave their backpacks, water bottles, etc. at least six feet apart.
- Train only in your assigned area/field.
- Organize your training area to ensure appropriate social distance.
 - Make sure you have a buffer of 6-10 feet minimum from any other teams / training groups.
 - Make sure you have a buffer of 6-10 feet minimum between your groups if you are training multiple groups at once.
 - Players within a group need to remain a minimum of 5 feet apart at all times.
 - No lines!
 - You must remain at least 6 feet away from any player, parent or other coach at all times.
- You may have no more than five players per group. Players may not train in multiple groups, and the groups must remain static throughout Phase 2. No changes can be made—once a player has trained with a group, that's his/her only group!
- Goalkeepers may only train as field players throughout Phase 2. There is no shooting on GKs permitted.
- Players need to bring and use their own ball.
- Only you can touch the equipment (cones, small goals or PUGGs, agility poles, etc.) Do not let players help out.
- Training bibs / pinnies are prohibited in Phase 2.
- No physical contact is allowed through all activities and drills. No handshakes, high-fives or fist-or elbow bumps!
- Protect the grass! Don't do heavily repetitive exercises on the fields, move within your area frequently and display common sense.
- After training each day you must let Devin (devin.rairdon@crossfiresoccer.org) know if any player has been absent. If so, you must follow-up with the player and let Devin know by 11 a.m. the next day why he/she was absent.

*As an XF coach, you are responsible for setting the standard in following all of the guidelines & procedures above, while also being responsible for your players and parents at the complex. Your training privileges are dependent on your ability to follow directions.

For any questions on-site at 60 Acres, contact Troy Letherman who will be on Field 14 by the Portable. 907-982-3459 / troy.letherman@crossfiresoccer.org.



Phase 2 Practice Field Assignments

