

# **BEND FC TIMBERS CAMP PROTOCOL**

## **Introduction:**

Bend FC Timbers has created a detailed document of health and safety guidelines to implement at our Bend FC Timbers in-person youth programs. All coaches will be required to abide by the following guidelines in order to prioritize and maintain the health and safety of all participants, parents and staff.

## **Responsibilities:**

### **Coach responsibilities:**

- Safety of all players
- Wear masks at check in/check out and during any other interactions closer than 6ft., including while coaching
- No high 5s or physical contact with players
- Coaches must adhere to social distancing at all times
- Cleaning and disinfecting equipment at the start and after completion of each day of camp

**Player responsibilities** ( parents have received this information prior to the camp - this is for your reference)

- Masks are now mandatory for participants when 6ft. Of social distancing can not be kept
- Players are asked to bring hand sanitizer but coach can distribute if needed
- No high 5s with other players
- Players must adhere to social distancing when not actively playing
- Must remain in designated soccer tent for any breaks. Masks will be worn during breaks if social distancing is unattainable.

**Parent responsibilities** ( parents have received this information prior to the camp - this is for your reference):

- Complete relevant paperwork and waivers beforehand
- Ensure child feels well and comfortable with attending camp prior to arrival
- Check temperature and symptoms before arrival at camp each day
- Keep physically distanced from other parents/families/campers
- Only 1 parent/guardian to accompany player to check in/out
- Send child with enough water and refreshments for ALL day. Additional water will not be available.

- If full day, send child with something to keep occupied over 1 hour lunch-break

### **Role of the Director**

The Director of the camp is primarily a Management Role. At camp the Director's role is to ensure that all company policies, procedures and guidelines are being followed, especially this year due to covid19.

#### **Before camp:**

- Have rosters written out ready for Monday morning
- Oversee and help with inflating balls, and setting up areas/soccer tents
- Ensure everyone is ready to follow Bend FC Timbers guidelines & protocols

#### **Check in:**

- Director will be the greeter for all campers/parents checking in
- Wear mask
- Check player in, then point them in the way of their coach and allocate tent for the week

#### **After camp:**

- Ensure all equipment is being sanitized and cleaned

### **What will a day/week of camp look like?**

#### **Before camp:**

- Set up individual player/group soccer tent
- Sanitize all equipment
- Set up cones for first drill
- Coach to wait by their areas for their players to arrive

#### **Check in and arrival:**

- All coaches to wear mask when not actively coaching
- Arrive at camp early enough to allow time to set up as stated above
- Use a designated check in area. Table / picnic table if available
- Have 6 feet markers from check in area, so parents can queue up to sign in - use cones for this
- Director will meet & greet parents, 1 at a time (with 1 parent/guardian), at a designated area

- Initial quick greeting and ensure waivers and other pre-camp paperwork are all complete - refer to check in sheet.
- If they need to complete any paperwork; complete & put in plastic wallet provided in directors pack. Parents have been asked to bring and use their own pens.
- Parent will be sent COVID 19 Waiver on Sunday night before training. Please print and bring to check in on Monday. If you forget, waiver will be supplied.
- Player / parent check in. Player will go Designated Soccer Tent.
- Player will apply hand sanitizer upon entering the complex.
- No walk-up registrations allowed unless agreed to beforehand

### **Area/space/group:**

- Refer to physical distancing guidelines at all times (6-10ft) when not actively playing.

### **Breaks:**

- Designated soccer tent is to be used at every break. Larger morning break may be under trees in grass. Lunch will be held in grass under shade.
- Bathroom breaks; children can go in pairs maintaining at least 6 feet separation
- If taking group into shade maintain at least 6 - 8 feet between them at all times

### **Lunchtime:**

- Each child should stay sitting at designated soccer tent or grass area to eat their lunch and stay the full hour
- Parents have been asked to send their child with something to occupy them during the 1 hour lunch break
- Coaches can engage children in quizzes or stories, but while everyone stays in their soccer tent

### **Equipment:**

- Players/coaches must not share any equipment
- Use own water bottle. Bring enough for ALL day.
- Each group is designated a bag of pinnies. Those will be used by that group only. Director will wash at the end of each night.

### **Dismissal & check out from camp -**

- Kids stay in their allocated soccer tent until parent comes to pick them up. Parent will walk to south entrance of soccer complex and check out child with coach. Parent will stay on outside of fence line.
- Coach must wear masks at check in/check out and during any other interactions

### **After camp - what to do:**

- Sanitize all equipment (balls, cones) with spray/wipes (wear gloves when doing so)

## **WHAT TO DO IF A CHILD DISPLAYS COVID SYMPTOMS**

### **At check in -**

- If a child responds yes to any symptoms ask them to leave.
- Report incident to Bend FC Timbers.

### **During camp -**

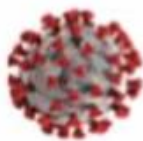
- report to the parent immediately and have parent collect child immediately.
- Have the child sit in soccer tent until parent arrives.
- Report to Bend FC Timbers immediately.

## **\*Symptoms of COVID19 to look out for\***

**Fever - Cough - Shortness of breath**



# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# Stop Germs! Wash Your Hands.

## When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



## How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH

**CLEAN HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



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