



Wagoner Soccer Club

COVID-19 Practice Guidelines

Dear WSC Coach,

This will by far be the weirdest season of Wagoner Soccer Club's history! Recognizing our need to lessen the likelihood of spreading the COVID-19 virus while also allowing our players an opportunity for the social and physical aspects of our sport, the Wagoner Soccer Club has developed the following guidelines for the upcoming season in regards to practices and games. PLEASE NOTE- NO MATTER HOW SAFE WE ARE, PLAYERS RISK EXPOSURE. PLAYERS WITH UNDERLYING HEALTH CONDITIONS ARE ENCOURAGED TO SIT THIS SEASON OUT. ADDITIONALLY, FAMILY MEMBERS WITH RISK FACTORS ARE ENCOURAGED TO NOT ATTEND GAMES OR PRACTICES.

- Teams using the Wagoner Soccer Club fields at Maple Park will be limited to 2, 55-minute sessions each week. It is highly discouraged to have additional practices at this time.
- Field schedules and practice times will be determined in a way to reduce the interaction between teams. The field schedules and practice times need to be strictly followed.
- Remain in your vehicle and off of the fields until the previous team(s) have left the field. This also means being mindful of getting your team off the field quickly so the next team can begin on time.
- We ask that parents and guardians who are watching do so either from their vehicle OR follow social distancing protocols of separating yourself 6 feet from others and wearing a face mask.
- Coaches should not bring benches for games or practices.
- Coaches should keep hand sanitizer available for use during games and practices.
- Each player needs to bring plenty of water. There is to be ZERO sharing of water bottles and/or snacks. As much as possible, keep bottles and bags separated from each other so when players are getting drinks, etc., they are not right on top of each other!
- Prior to games and practices, coaches should ask all players if they are experiencing any COVID-related symptoms. These symptoms include: fever, cough, sore throat, shortness of breath, upset stomach, overly tired, bodyaches, headache, loss of taste/smell, runny nose/congestion. Players should not practice /play if they are experiencing any of these symptoms.
- Concession stand will not be in operation this season. Additionally, we ask that teams do not bring "team snacks" for games or practices. This includes individually wrapped snacks.
- If you choose to hold practices at other locations, please be mindful of these policies. If there are other teams practicing there, coordinate to limit interaction between the teams.
- It is highly discouraged to scrimmage between teams at this time.
- During team discussions when you are closer than 6 feet apart, please wear a mask or neck gator.

- It is encouraged to focus more on individual drills during practices that can be spaced apart and limit the number of drills that involve direct contact of players. Soccer is a contact sport so we understand it is impossible to completely avoid contact.
- Please ask parents to keep hand sanitizer available for immediately after games and practices for their players.
- During games, it will be important to make sure your team is social distancing or wearing face masks/neck gators during quarters/halftime and while on the sidelines.
- After games, we will not shake hands or do "good game" line-ups. Thank the other team and coach from a distance.
- If a player or coach has a household member test positive for COVID-19, they will need to isolate from the team for at least 2 weeks. Players or coaches who have a household member who tests positive, will have to have a release note in order to return to play.
- If a player or coach tests positive, then the entire team will need to take 2 weeks off and reschedule any affected games. Players or coaches who test positive will have to have a release note in order to return to play. Contact a WSC Board Member if getting a release becomes an issue.
- It will also be important to limit the number of players carpooling to practices and games. If teammates carpool together, it is important to wear face masks while in the car.
- It is encouraged to limit the number of spectators during practices and games. We encourage players to have a maximum of two spectators per practice or game. Household family members should sit together, distanced from other family groups.

Please know that COVID precautions may evolve and change based on the spread of the virus in our community. As guidelines and recommendations are updated, we will let you know as soon as possible. If you should have any questions about COVID guidelines and recommendations, or exposure or transmission of the virus, please contact Dr. Ashley Comiford, DrPH, WSC president and epidemiologist for Cherokee Nation, at 918-607-6139. We know that these practices will not guarantee that none of our players, parents, or coaches will get COVID-19, but by putting these in place, we can create a safer environment to still enjoy the sport we love!

Sincerely,
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