



**Pacific Northwest Soccer Club
Monthly General Membership Meeting
JUNE 15, 2020
6:00 pm
Zoom Videoconferencing**

1. Welcome – John Wilson, President
 - a. A big thank you to the following individuals for taking the time to review our guidelines and respond with invaluable input and guidance:
 - i. Dr. Josh Schiffer, MD, M.Sc.
 - ii. Fred Leyba
 - iii. Local Pediatrician
 - b. Our Return to Play Guidelines and PacNW Covid-19 Resources and Procedures Handbook were compiled with heavy reliance on the CDC and Washington State DOH online resources, Washington Youth Soccer leadership, review from the Division of Occupational Safety and Health and local physicians.
2. Recognition & Reporting COVID-19 – Kaelen Aramaki, Director of Operations
 - a. The PacNW COVID-19 Resources and Procedures Handbook can be found on the PacNW website under it's own drop-down.
 - b. The PacNW COVID-19 Handbook contents includes:
 - i. Page 3 - Player/Coach/Employer/Parent Return to Play Guidelines
 - ii. Page 4 – WYS Return to Play Guidelines
 - iii. Page 7 – PacNW COVID-19 Action Plan
 - iv. Page 10 – Clubhouse Cleaning Guidelines
 - v. Page 11 – Coronavirus Symptoms and How to Prevent Transmission
 - vi. Page 16 - What to Do if You are Sick
 - vii. Page 21 – What to Do if Someone in Your Home is Sick
 - c. Covid-19 Symptoms (per the CDC website):
 - i. Fever
 - ii. Cough
 - iii. Shortness of Breath
 - iv. Symptoms may appear 2-14 days after exposure

- v. Seek medical advice if you develop symptoms and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19
 - d. Screening of Coaches:
 - i. PacNW is following the Employer Visitor Screening Guidelines set forth by the Washington State Department of Health.
 - ii. Prior to reporting to work for any PacNW activity, coaches are asked “Have you had any of these symptoms, or been in direct contact with anyone with any of these symptoms that is not attributable to another condition?”
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - iii. If the answer is YES to any of these questions, use your work’s COVID-19 emergency plan right away.
 - e. How to Report a Positive Test for COVID-19 to PacNW:
 - i. On the PacNW website, look for the COVID-19 drop down menu. Under the PacNW COVID-19 Information”, look for the “Confidential COVID-19 PacNW Member Reporting”
- 3. Email is the PRIMARY Method of contact with PacNW.
 - a. It is up to you to update your email with US Soccer Connect (Affinity) when you register. PacNW doesn’t have access to update your contact information
 - b. Please do not unsubscribe to emails/newsletters
 - c. Contact Marilyn Montenegro, VP Communications at vpcomm@pacnwsc.org and request to be added to our subscriber list if:
 - i. You are not receiving our clubwide emails
 - ii. You would like a second email address to be added (Affinity-US Soccer Connect only allows us to upload on email address.)
- 4. Statement from Starfire – Kaelen Aramaki
 - a. “As of next week, we are opening up field reservations on a limited basis to some of our key partners and clubs. Please understand that King County requirements dictate that we limit the field time and we will not be able to give you the same fields and times that we were able to provide prior to Covid-19.”
 - i. In addition, the indoor facility will not be accessible to you, your players, or their parents
 - ii. Access points to the fields will be limited to participants and coaches only. No spectators on the fields.
 - iii. Access for players and coaches is via the ramps and gates nearest the field you are entering.
 - iv. BATHROOMS will not be open – please encourage your players to use the bathroom before they arrive at Starfire.
- 5. Getting Back on the Field – Leighton O’Brien, Technical Director
 - a. Thank you to Washington State Youth Soccer, the PacNW Technical Committee and Program Directors, PacNW Coaching Staff, John Wilson and the PacNW Board, and

Kaelen Aramaki, Director of Operations for all the hard work throughout COVID-19 and in the process of getting back on the field.

- b. NO SYMPTOMS: Players and Coaches with any COVID-19 symptoms should NOT attend practice. Players and coaches with a family/household member sick at home with suspected or confirmed COVID-19, or waiting for a test result should also NOT attend practice.
- c. Players' Responsibilities:
 - i. Ensure the player is healthy
 - ii. Masks – wear a cloth mask before and after the training while transitioning to or from the field
 - iii. Hand Sanitizer – Carry it in your bag and use it before practice and immediately after practice before reapplying mask.
 - iv. Equipment – Always bring and use your own ball, water, bag. NO SHARING.
 - v. Distance - Players and players' equipment should be 6 feet apart at all times.
 - vi. 15 minutes between sessions – Wait in car for the training.
 - vii. No gathering/no delays – Avoid social gathering before and after training.
 - viii. No handshaking, hugs, high fives, or any kind of contact during training or games
- d. Parents' Responsibilities:
 - i. Ensure the player is healthy – check for fever before practices and DO NOT attend training if exhibiting any COVID-19 symptoms.
 - ii. Notify your coach or manager immediately if the player becomes ill for any reason.
 - iii. Parents sideline distance – DO NOT gather/socialize on the sideline. Parents are encouraged to remain in their cars during practice.
 - iv. Equipment – Ensure players' clothing is washed immediately after each training and all equipment is sanitized before and after each use.
 - v. Carpooling is not encouraged.
- e. Coaches' Responsibilities:
 - i. Ensure the health and safety of the players
 - ii. Small groups – ensure training groups include 5 or fewer players. All players and coaches will observe 6 feet of distance from each other.
 - iii. Masks – Always wear a mask, even when not actively coaching.
 - iv. Equipment – Ensure each player has his/her own equipment. The coach is the only person to handle team equipment.
 - v. Hand Sanitizer – Coaches frequently use hand sanitizer and observe players using it.
 - vi. Distancing – No physical contact during activities/drills. No lines, no huddles, no handshakes, no high-fives and no fist bumps.
 - vii. Team Talks – Pre-practice, individual, during and post-practice team talks are not allowed. Team talks should be performed via Zoom, not field training.
- f. WA State Guidelines (Outdoor Youth Team Sports - RESTART COVID-19 REQUIREMENTS AND RECOMMENDATIONS)

- i. <https://www.governor.wa.gov/sites/default/files/COVID19%20Phase%202%20and%203%20Sporting%20Activities%20Guidance.pdf>
- ii. In Phase 2, team practice can resume if:
 - Players are limited to groups of five in separate parts of the field, separated by a buffer zone and
 - Practice can follow social distancing of a minimum of five feet between players with no contact.
 - Each league, organization, or club must publish and follow a “return to play” safety plan. Parents and household members must not congregate on the sidelines during practice.
- iii. In Phase 3, teams can resume playing games.
 - Total gathering at any one game cannot exceed 50 individuals. For sporting complexes with multiple fields or other playing surfaces, the 50- individual limit is counted on a per-field, not a per-complex basis. (16 players per team plus coaches plus referee team is 37 individual)
- iv. Assumption of Risk and Waiver:

PacNW Soccer Club is following the guidelines provided by our state and local authorities, and we have put in measures and protocols in order to reduce the spread of COVID-19. But we cannot guarantee that any of our players, parents, or coaches will not come into contact with or become infected with COVID-19. By simply attending PacNW activities you could increase the risk of contracting COVID-19, and you acknowledge that by participating in soccer activities sponsored by PacNW you are voluntarily assuming the risk of infection.

You also understand and agree that by participating in any PacNW soccer activities (or allowing your child to participate), you are releasing, waiving, and discharging Pacific Northwest Soccer Club and its directors, employees, coaches, managers, volunteers, other participants, sponsors, and, owners and lessors of premises upon which PacNW-related events and activities take place (the “Released Parties”), from any and all claims, demands, suits, causes of action, losses, and liability of any kind whatsoever, whether in law or equity, arising out of or related to any illness, injury, disability, death, or other damages incurred due to or in connection with any communicable diseases (including COVID-19) arising out of or related to PacNW activities, WHETHER ARISING FROM THE ACTIONS, OMISSIONS, OR NEGLIGENCE OF THE RELEASED PARTIES OR OTHERWISE, to the fullest extent permitted by law.

By participating (or allowing your child to participate) in any soccer events or activities organized by PacNW Soccer, you are indicating your consent and approval to this assumption of risk and waiver. If you do

not agree with this assumption of risk and waiver for yourself and your player, please do not participate (or allow them to participate) in any games or training sessions.

6. Executive Director Update – Todd Johnson

- a. Team Updates:
 - i. Team Treasurers should be RMA cleared
 - ii. Team Treasurers should have started process to open the team US Bank Team Account (Managers need to be signers as well before accounts can be open)
 - iii. Team tactical exercises
- b. Individual Updates:
 - i. Families should have received a notice to order uniforms on Soccer.com – There will not be any group gathering for sizing
 - ii. We recommend acquiring masks and hand sanitizer for your player.
- c. Tournaments:
 - i. Tournaments may be added at additional team expense with approval of the Directors of Coaching
 - ii. Each player is responsible for their own travel expenses to games and tournaments
 - iii. All costs associated with all tournaments must be paid through fundraising or collection of additional fees from the players to the team treasurer.
- d. Financial Information
 - i.

Pacific Northwest Soccer Club Fees (payment plans available)

Washington Youth Soccer Registration & Club Fees:	\$2,500
<ul style="list-style-type: none"> • Includes: Director & coach salaries, fields, referees, league & association fees, state fees, admin costs, etc. • Includes \$430 non-refundable registration fee. 	
Age-Specific Club Fees	(\$475)- \$275
<ul style="list-style-type: none"> • Club-paid coach & director travel, team equipment, team/age level club programs (e.g. Team Bonding Program), events, & trainings. 2 Summer tournaments as selected by the Director of Coaching and Winter Classic. 	
ECNL Surcharge	\$20
<ul style="list-style-type: none"> • You will need to select this in Affinity when registering your player 	
PacNW 2020-2021 Cost:	(\$2,995) \$2795
*Uniform kit not included	

PAYMENT PLAN

U13 – U14

2020 -2021 SEASON	JULY	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MARCH	TOTAL \$\$\$
PAY IN FULL	\$2795									\$2795 **
10 INSTALLMENT PLAN	\$635	270	270	270	270	270	270	270	270	\$2795 **

** Includes non-deductible registration fee of \$430

You will receive a discount code by email from the treasurer for fees already paid through the registration and virtual payments

ii. PacNW Uniform Kit (for birth years 2002-2011)



Total Kit Cost: \$283.83 plus taxes

UNIFORM ASSIGNMENTS

2002 - 2011

DAY	JERSEY**	SHORTS	SOCKS
MON	BLUE	MAROON	MAROON
TUES	BLUE	WHITE	WHITE
WED	BLUE	BLUE	BLUE
THURS	BLUE	MAROON	MAROON

**Players always wear blue jersey to practice. Parents are welcome and encouraged to purchase multiple blue jerseys



iii. Junior Academy Uniform Kit

JUNIOR ACADEMY

DAY	JERSEY	SHORTS	SOCKS
MON	MAROON	MAROON	MAROON
WED	BLUE	BLUE	BLUE

TOTAL KIT COST: \$158.68 plus taxes

- Kit comes with one set (jersey, shorts, socks) of each color (maroon and blue) and a black jacket
- Black soccer bag is OPTIONAL
- For more information or questions, contact:
 - jrcordinator@pacnwsc.org

MONDAY

WEDNESDAY



7. Questions (with responses updated post meeting due to Zoom meeting format):

Response Regarding All Starfire Bathroom Questions:

During Wednesday night's meeting we announced that Starfire had informed us of their intentions to keep the bathrooms closed at the facility during this phase of the re-opening. This news was alarming to many of our members and we received many comments in the chat from parents who expressed their concern. We heard you loud and clear! Throughout the day today we had a series of calls with Starfire and we have reached a resolution where the bathrooms **WILL** be open, with the following conditions:

- Starfire bathrooms should only be used if necessary. Players are still encouraged to use the bathroom at their homes before training.
- In order to avoid players congregating in a group, only one player per field to the bathroom at a time.
- Player must check in with coach before going to the bathroom. The coach on each field is in charge of keeping track of who has come and gone.
- Player must wear a mask to the bathroom.
- Player must wash their hands at the exterior hand washing station before entering the bathroom, and then wash hands when they leave.
- Only one entrance to the bathrooms will be open (this only applies to the bathrooms by concession stand). The entrance that will be open will be the doors on the Field 3/4 side. Starfire staff will come by once per hour and spray high-touch surfaces with disinfectant.

Q1: Are you requiring reporting if any member in the household has a positive COVID test? If so, I'd suggest making that clearer in your communication.

Please refer to page 7 of the PacNW COVID-19 Handbook: We cannot require reporting if a member in the household tests positive. If a family member of a player or coach has a confirmed positive test, that player or coach will need to self-quarantine for 14 days.

Q2: Most importantly, is the bar open?

Watershed is currently not open but hopes to open soon, likely after the July 4 holiday at this point. When open, access will be via the outside stairs at the deck entrance, and they will be subject to the Phase 2 capacity guideline.

Q3: Will the Fort Dent bathrooms be accessible?

The Fort Dent bathrooms belong to the City of Tukwila, but our understanding is that they have granted Starfire permission to open the bathrooms with the same conditions described above.

Q4: Can the coaches have the kids use hand sanitizer before and after practice? Kids won't necessarily remember.

This is listed as a guideline requirement for coaches, so yes, they will be reminding all players to use their hand sanitizer before and after practice. Parents, please do your part and review the **PacNW Return to Play Guidelines** Player Section WITH your player, so that they understand they must wear a mask both to and from the parking lot to the fields, and that they must use hand sanitizer prior to, and immediately after, practice. Please ensure your player is properly equipped with hand sanitizer and a mask.

Q5: Will PacNW be taking temperatures prior to practice?

Based on Washington Youth Soccer Return to Play Guidelines, parents are responsible to take their child's temperature daily. If your child has a fever, they MUST stay home. Parents, please be sure to familiarize yourself with your role in the PacNW Return to Play Guidelines.

Q6: If we are social distancing at practice, why not stick with the virtual training, which is going very well? If health is #1, then why does it feel like we are rushing back to training at Starfire?

The State of Washington has created guidelines for the safe opening of activities for outdoor youth team sports. We are following all current phase guidance to slowly return to full operation. Taking this first step is part of that process. The state has set guidelines so that individuals can safely participate in day-to-day interactions and return to work, and other activities. We recognize that everyone has different family and health situations, and that what may be considered safe for most, may not be safe for all. For that reason, we expect members to take into consideration their own health challenges and to choose not to participate "in-person" if uncomfortable returning under the current phase guidelines as set by the state.

We also need to be sure everyone understands there is still an inherent risk in any interaction with others, which extends to PacNW activities. For this reason, we require that all members agree to the waiver or choose not to return to on-field training. If you have concerns about your player returning to the field and need to discuss further Zoom options during Phase 2, please contact PacNW Technical Director, Leighton O'Brien at TD@pacnwsc.org.

Q7: My child's dad works in a high COVID exposure risk profession. He's seeing cases every day. Can virtual training options still be available?

If you have concerns about your player returning to the field and need to discuss further Zoom options during Phase 2, please contact PacNW Technical Director, Leighton O'Brien at TD@pacnwsc.org.

Q8: Can the club provide several LARGE hand sanitizer tubs at each training field so that players have access?

Each player should carry hand sanitizer in their own bag. Please be sure to equip your player with their own hand sanitizer for personal use.

Q9: If parents are required to stay away from the fields, can you make sure there are protocols for parking and carpool lines? During regular times, it has been very difficult as to the carpool lines.

Please follow the parking and field entry directions as outlined by Starfire in their Phase 2 parking and field access map. This is conveniently located under the COVID-19 dropdown menu on our website.

Please note: There are no spectators allowed on the field at any time. Your child may only enter the field during their assigned practice time. There is a 10-minute buffer between practices to avoid congestion at the field entry/exit points. Please have your player remain in your car until

their designated practice start time to avoid any congregating at the field entrances. Due to the reduced player count on the fields we anticipate plenty of parking available.

Q10: Can the parents walk on the cement path?

We assume that you are referring to the cement walking path behind the grass fields. If this is the case, then YES, parents are able to walk along this path, which actually belongs to the City of Tukwila. However, parents will NOT be allowed to walk any of the paths “inside the fence” of the actual Starfire facility.

Q11: Will the Fort Dent walking trails be open for parents to do social walks, runs, rides, during practice?

YES, parents are able to walk along the trails, which actually belong to the City of Tukwila. However, parents will NOT be allowed to walk any of the paths “inside the fence” of the actual Starfire facility. We ask that parents practice social distancing when using these trails.

Q12: For the HS Boys teams that have already paid their team fees in full, will they be reimbursed for the tourney fees?

Yes

Q13: Do fees include State Cup?

Yes, RCL team club fees include State Cup

Q14: What about the virtual training fees during May and June? What is the discount coming from that?

The following does not apply to Junior Academy. Junior Academy should contact Jrregistrar@pacnwsc.org with any payment questions.

Due to the time-consuming nature of backing out payments in Affinity, everyone will still be charged the July \$95 payment if due. Every family that has made payments in May, June and July will receive a discount code for the sum of that amount.

This would then be applied to the July payment due upon registration for the full year.

Utilizing the example in the Zoom meeting, the July payment due is \$635.

For Example:

- If you paid in full, you would receive a discount code for \$525 to apply to your July club fees and would only have a balance due of \$110 for July.
 - If you paid monthly, you would receive a discount code for the amount paid to apply towards your July payment and the balance due will be reduced accordingly.
- These codes will be sent via email on July 1st or 2nd depending on when your July \$95 payment processes.

Q15: What about money on accounts from previous season for credit?

The PacNW treasurer will make sure your requested credit is applied to your balance.

Q16: If you can't make it to a tournament but the team is going - do you still have to pay the tournament cost?

We are still working on these specific "opt-out" guidelines, however the goal is that only players that choose to participate in the tournament will be required to pay. We recognize there are extenuating health concerns that may prevent a player from participating in tournaments and we want to be cognizant of this.

Q17: We haven't seen the email about uniforms, who should we contact?

For uniform questions please contact Anita at Uniforms@pacnwsc.org

Q18: We ordered just what was required and the cost was \$350, not \$283.

We double-checked Soccer.com and the total cost for the required items for the uniform kit currently is \$284.83 plus tax. If you need a goalkeeper jersey or bag that would be additional.

Q19: When do we order uniforms by?

Please place your order ASAP. We have gotten our site set up prior to the rest of the country opening up, therefore Soccer.com should have all of our kit items available. If you wait, orders may be delayed due to high demand.

Q20: The pinnies are out of large and medium FYI

We have contacted Soccer.com with this concern and they have received another shipment and are now available again.

Q21: If we are still waiting to hear on uniform #, when can we expect to get confirmation? We did select our number, just haven't received confirmation.

Numbers are assigned by the uniform coordinator per PacNW uniform numbering guidelines. Please contact Uniforms@pacnwsc.org for number availability and assignment.

Q22: Can we reconsider blue for every practice? It requires more laundry or additional cost to purchase multiples.

Unfortunately we cannot. At this point it is too late to reconsider that option. The decision to use a blue jersey for every training session was the result of feedback from our players and parents who told us that it was too confusing to have a different jersey for each day of the week. We tried to be responsive to that feedback by going with a single training jersey.

Q23: Where should players enter the complex for each field?

Please follow the parking and field entry directions as outlined by Starfire in their Phase 2 parking and field access map. This is conveniently located under the COVID-19 dropdown menu on our website.

Q24: Will manager be able to enter Starfire or only coaches? Where will the entry be since fields are not just within the fences part of the complex.

Only coaches and players will be allowed within the complex. This is Starfire's guideline, and it

will be enforced. Coaches know the expectations and will remind players, if necessary.

Q25: Is the expectation that parents stay in their cars the whole time in case their kid needs to pee/looks sick?

You should assess your child for any illness prior to coming to the practice. If they are not feeling well, keep them home. If you are concerned that your child will need you, please ensure the coach has your phone number and they will reach out to you if your child needs your assistance. You will be able to then meet them at the field entrance point.

Q26: Are other teams notifying each other if someone in their club is infected? When we are playing other teams, will we know if our team played that team on a certain day?

Because of health privacy laws, clubs will not be notifying other clubs of infections within their own club. ALL players, in EVERY club though, will be following the same expectations set out by the State of Washington, their county, and Washington Youth Soccer.

Q27: Will the club continue to offer virtual options for kids who are at higher risk and need to isolate longer?

Yes, on a case-by-case basis. Players who are not able to attend in-person trainings at Starfire, should contact their coach and program director about their specific situation.

Q28: Parents Sideline Distance - even with the Jr. Program and U10's? If a player does get injured or experiences an emergency, I'm assuming the coaches will have the parent's phone numbers handy to call right away?

If you are concerned that your child will need you, please ensure the coach has your phone number and they will reach out to you if your child needs your assistance. You will be able to then meet them at the field entrance point.

Q29: How many trainings will we have per week?

For the week of June 22, 2020, there will be two trainings at Starfire for each team. Starting the week of June 29, 2020, each team will have two in-person trainings at Starfire, as well as one Zoom training, each week.

Q30: What about Goalkeeper training? Will it be at Starfire now? What if Goalkeeper training times conflict with team training?

In this phase of Return to Play, all Goalkeeper trainings will continue to be online Zoom trainings (on Fridays). If a player's online Goalkeeper training time conflicts with their Starfire team-training time, the player should attend the in-person team-training at Starfire. Please communicate the time conflict with the player's coach and with the Goalkeeper coach.

Q31: What is the benefit of doing the in-person trainings, rather than the Zoom workouts?

Although we are very proud of what we've been able to accomplish during the quarantine, there simply is no replacement for in-person training. For example, passing to another player, tactical spacing, body positioning, and immediate interactive feedback from the coach, among other things, are not as effective with online trainings.

Q32: For the younger kids, can the cones they are assigned be flat?

This question should be addressed in the player's Return to Play Zoom meeting. Logistics for each specific team will be discussed there.

Q33: Wondering if the in-person training sessions will be shorter duration due to space limitations, so more sessions but shorter time?

During this phase of Return to Play, training sessions will be a little shorter to reduce the potential social interactions. Given the space requirements, we are not able to have more trainings at this time, but we continue to follow Washington Youth Soccer and King County guidelines and will adjust when possible.

Q34: Will tournaments be voted on by the parents or will the coach decide?

Coaches will decide on each team's tournaments. Parents will then need to decide if the tournament is possible for their player. We expect that the list of tournaments for each team will be presented by June 29.

Q35: Will there still be evaluations of players since there was no tryout and since there won't be scrimmages?

As always, player evaluation is a continuous process. The possibility of movement between teams still exists.

Q36: Soccer.com is taking too long for uniforms to be sent to us. If I ordered on 6/5 and still do not receive anything what should my kid wear to practice? He is new to the club. Also, if players do not have their new blue jerseys for practice next week, what should they wear instead?

Players should do their best to match the colors listed on the [PacNW Uniform Schedule](#). We realize that not all players will have their new kits by Monday. Returning players can wear last year's jersey, and new players should do their best to match the day's set colors. All players should bring their own pinnie.

Q37: Will the same age group practice at the same time? So Blue, Maroon and ECNL be at the same time and day?

Younger teams can expect to train with their age group (as usual). Training times for older teams will be scheduled based on the coach's availability.

Q38: Can we join a different in-person training session if we can't make one of our team's scheduled sessions?

Not at this time. While we are keeping players in their pods of 5 or less, we are restricting the movement and flexibility in order to limit the potential exposure to larger groups of players. If your player is unavailable for a scheduled session, they will not be permitted to join a different team's session since that would increase the number of players that any one player would be around. It is possible that they could join a virtual Zoom training for a different group to get in a training session.