



## Wenatchee United Training Guidelines

While training, coaches, players, and parents are required to adhere to all protocols set out in this training plan. This is to help ensure the safety and well being of everyone during the COVID 19 pandemic.

Currently the Governor's new plan allows low and moderate risk outdoor sports to practice outside **with masks**. We can conduct practice while maintaining social distancing. With this plan in mind UNITED teams may conduct outdoor practices at approved fields.

Before each training session, all players will be interviewed to confirm that neither they nor anyone in their household is ill. This interview will take place prior to entering the training location. This will be a verbal interview that a coach or team manager will conduct prior to each practice. If using Wenatchee School District facilities each player and coach will be required to fill out the online WSD attestation form prior to entering the training location. This can be found at: [https://wenatcheeschools.sjc1.qualtrics.com/jfe/form/SV\\_26u980excQvEqs5](https://wenatcheeschools.sjc1.qualtrics.com/jfe/form/SV_26u980excQvEqs5)

A temperature check for coaches and players will take place prior to each practice and all COVID 19 protocols will need to be followed in order to participate. Any athlete or coach who presents any symptoms will not be allowed to participate in the training session and will not be allowed to enter the training location. Once the training session is complete, they are to return home, shower, and wash all training gear.

Coaches are required to sanitize all training equipment after each training session.

Any bathroom use will be limited to only 1 player at a time and for emergency use only. They must wash hands for 20 seconds & sanitize hands before returning to the field of play.

Player responsibilities:

- Players are required to bring their own mask.
- Players are not allowed to share water bottles or other training equipment.
- Players should use the restroom prior to coming to training.
- Players are required to follow the check-in process prior to entering the field.
- All players must enter the training facility through the designated entrance only.
- Following training, players need to leave the facility through the same area they entered.

**What you need to know:**

- All guidelines put forth in this document are mandatory and must be followed if you wish to participate in training.
- Social distancing must be maintained when possible.
- Athletes must pass a temperature check prior to each training.
- Athletes must sanitize hands prior to each training.
- All COVID 19 protocols must be followed by each athlete.
- Players and Coaches are required to always wear a mask.

**Upon receiving this document, you are required to submit back the letter of receipt to your coach or team manager prior to your first training session. By submitting the letter of receipt, you are agreeing to adhere to all guidelines set forth in this document. Your letter of receipt will be kept on file.**

**LETTER OF RECEIPT**

**Wenatchee United Training Guidelines**

By signing this form, I am agreeing to adhere to all guidelines set forth in the Wenatchee United Training Guidelines form. I understand these guidelines have been established to maintain the safety and health of all participants.

I understand that if I do not adhere to these guidelines I will not be allowed to participate in training. I agree to answer all health check questions honestly and will stay home from practice if me or a family member is having any COVID 19 symptoms or have been exposed to anyone that has tested positive for COVID.

Signature of Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_