



## PORTLAND THORNS ACADEMY COVID-19 RETURN TO PLAY PHASES

### Phase 0 -Stay at Home

TENTATIVE Dates: Now -June 22<sup>nd</sup>

- Individual Practice
- Club Virtual coaching only
- Physical and social distancing

### Phase 1 -Small Group Training—Pre-ID and ID CAMPs

TENTATIVE Dates: June 30th

Because of field availability and safety issues Westside Timbers will not start Phase 1 until this time.

- Field Access – 6 Grid Field
- Individual training – NO CONTACT
- 9 players - 1 coach
- Physical and social distancing
- Players bring own ball and water bottle
- No shared equipment
- No Goal Keeper training using hands until Phase 4
- Assumption of Liability Waiver signed
- Parent and Player Responsibility Waiver signed
- No Parents allowed on or near field to maintain social distancing

### Phase 2 -Larger Group Training

TENTATIVE Dates: Startup July 13th

- Field Access – 4 Grid Field
- Maximum 20 player- made up of 2 Cohorts of 10 each—restrict mixing of Cohorts
- Training time—60 minutes or less
- Limited CONTACT
- Physical and social distancing
- Players bring own ball and water bottle
- No shared equipment—balls, pinnies, water bottles etc.
- No using hands—(No throw-ins—No Goal Keeper training using hands)
- No Headers—No slide tackles
- No Parents allowed on or near field to maintain social distancing

### Phase 3 -Full Teams

TENTATIVE Dates: TBD estimate August

Phase 3: Dependent on guidelines provided by Governor Kate Brown and the Oregon Health Authority. Earliest that a county can enter in Phase 3 is TBD.

### Phase 4 -Full Team - Contact

TENTATIVE Dates: TBD

Phase 4: Dependent on guidelines provided by Governor Kate Brown and the Oregon Health Authority. Earliest that a county can enter in Phase 4 is TBD.