



PORTLAND THORNS FC

Portland Timbers and Thorns RTC/ODP Tryout Protocols



Objective: Create a safe and healthy environment for elite players to represent Oregon's Regional Training Center and Olympic Development Program that follows [U. S. Soccer](#), [OYSA](#) and [CDC guidelines](#).



Signs and Symptoms: If players or staff were exposed to someone with COVID 19 within the past 14 days, they will not participate in tryouts. If during the tryout scheduled dates, players or staff demonstrate COVID 19 symptoms, it should be reported to Erik Lyslo. **There will not be any walk-up registration to RTC Tryouts. All players must be registered online before they can attend tryouts.**



Spectators: Spectators may drop off their player in the parking lot/field area but will not be allowed to observe tryouts at the fields. Staff will be very swift with moving parents who do not comply. Parents/guardians are asked to stay in their vehicles.

Players must register online prior to tryouts. This year due to Coronavirus NO walk-up registrations will be allowed.



Drop off Procedures: All players will be required to wear a mask to the fields and keep their masks on during check-in and until training begins. If a player does not have a mask, they will not be allowed to check-in and tryout.

Staff will greet and check-in players in an orderly, socially-distanced way. Cones will be laid out to form lines for check-in. No parents are allowed on the field area.



Field Guidelines (Phase 1 and 2):

- All players will be required to check in with a staff member and attendance will be tracked for each session.
- All players will be required to wear a mask until instructed by the staff to remove them.
- All players will place their bags and water at a cone that is placed 6 ft. from others. Staff will help with this.
- Hand sanitization areas will be located in the middle of the tryout area.



Phase 1 Tryout Structure Guidelines:

- There will be no contact or game-type situations in any Phase 1 tryout. Social distancing is required at all times.
- Staff will focus on technical work (dribbling, passing, etc). At no time will players be allowed to make contact with other players or staff.
- Players must maintain a 6 ft distance from other players at all times. Water breaks will be done consistently and slowly to maintain a 6 ft distance from others.
- Goalkeepers will work with their own ball in a separate area with goalkeeping staff.



Phase 2 Tryout Structure Guidelines:

- Social distancing will be required during all check-in times, water breaks and entering and leaving the field.
- Staff will focus on technical work (dribbling, passing, etc) with the option of adding more players into a game-like situation. Players will not be allowed to make contact with anyone at anytime though.
- Water breaks will be done consistently and slowly to maintain a 6 ft distance from others.
- Goalkeepers will work with their own ball in a separate area with goalkeeping staff.



Pick up Procedures: All players will be required to put their mask back on as soon as training is complete and wear from the fields to their cars.

Staff will walk players to the parking lot exit point and make sure players find their rides.



Physical Interaction:

- Players and coaches should maintain a distance of 6 ft.
- Players and coaches will avoid physical contact, e.g. high fives, or passing objects by hand.
- Soccer balls may be shared, provided players only touch the ball with their feet.
- Kick-ins will be used rather than throw-ins.



For Parents and Guardians:

U.S. Soccer Recommendations

1. Parents and guardians should be thoroughly aware of all safety recommendations, and ensure their family follows them.
2. Parents and guardians should support the coach and organization in adhering to all safety recommendations.
3. Parents and guardians are not encouraged to attend training and should stay away from the training field.
 - a. Accompanying parents and guardians are encouraged to stay in their cars or depart the area while their child is training.
 - b. If necessary, the hosting organization may consider arranging a designated area for parents. However, this area should be carefully arranged to ensure all social distancing protocol is followed.
 - c. Note that anytime there is one coach alone with players, there should be one adult (designated parent or club staff) observing from a distance, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance.
4. Parents and guardians should not congregate together and should follow social distancing guidelines.
5. Parents or guardians should have the contact information of relevant staff.



Point of Contact: Please direct all questions, comments regarding ODP, RTC, and anything else to Erik Lyslo at elyslo@timbers.com, (971) 404 - 1574 .