

# **Letter of Instructions for Coaches**

**Welcome to the 2025 Fall Soccer season!**

**Below are just a few notes and instructions on how to make your season run as smoothly as possible for you. Please know that you can always call the office if you have questions or concerns.**

**a) COACH'S INFO:**

- i) Coaches Information Flyer: Important Season dates & times.**
- ii) Rules for Fall Soccer: Please read & be familiar with them by game time.**
- iii) Policy for Participation: This is an extension of the rules.**
- iv) Field Layout: JBLM Lewis Fields**
- v) Game Snack Schedule: We recommend that you elect a "Team Parent" by your first or second practice. They can help you organize and prepare for the games with snacks and drinks at each game. *This is your responsibility* if you cannot find someone to step up and be a "Team Parent."**
- vi) Incident Reports: The top page is a sample of how to fill one out if needed. These need to be filled out anytime you are applying an ice pack, band aid or any type of first aid (the first aid kit is located in your equipment bag). Please turn the form into the office as soon as possible afterwards. If the office is closed the next morning is sufficient.**

**b) PARENT'S INFO: There are stapled packets of paper on this side. One for each child's parents. Each packet holds the following:**

- i) Parent Letter – fall soccer parent letter for current season.**
- ii) Parents & Players Code of Ethics – please review these with the parents and players at your first practice and have them sign and return them to you. You keep these until the end of the season and then you may shred them. They are your back-up in case you have any sort of trouble with a parent at practices or games.**

**c) ONLINE: <https://jblm.armymwr.com/programs/youth-sports>**

- i) Game Rules**
- ii) Snack Ideas**
- iii) Field Maps**
- iv) Concussion Info**
- v) Lightning Info**
- vi) Players left unattended – this is not in the packet or online, but it is very important that you remind the parents that any children under the age of 10 are not to be dropped off and left at practices by themselves. If the child has emergency meds (this will be indicated on your rosters) even if the child is 10+ the parent still needs to remain on site. This is for you and your team's safety. This is also a JBLM policy and a zero tolerance policy with CYSS Sports. Also, siblings on the sidelines need to be attended by parents while practices are being conducted.**

**AS ALWAYS, WE THANK YOU FOR VOLUNTEERING  
TO COACH THE YOUTH OF JBLM!!!**

# FALL SOCCER

## Coach's Information 2025

### Enrollment Dates:

3 June - 31 July 2025

**Please help us get the word out!**

### Coaches wanting to be out on the fields or on the courts, must:

- ◇ Turn in background paperwork with fingerprints to Sports office.
- ◇ Complete **NAYS training, sport specific certification, Child Abuse Prevention, & Concussion.**
- ◇ You will receive an email for the NAYS link once your background paperwork is in.
- ◇ **ALL SHOTS & annual Flu shot (1 Dec-31May)**
- ◇ Once cleared, pick up green coaches shirt to wear at practices and games.
- ◇ **RETURNING COACHES** - CHECK WITH SPORTS FOR TRAINING RENEWAL Signatures.

### Coaches wanting their child/youth to be playing sports must:

- ◇ Complete annual CYS registration at Parent Central, Bldg. 2295. (appointments: 253-966-2977)
- ◇ Turn-in child/youth **annual sports physical.**
- ◇ **NO** flu shot verification needed if enrolled in public school. (1 Dec-31 May)



### Coach's Meeting:

Friday, 15 August 2025

1630 = 3-4 yr old teams

1700 = 5-8 yr old teams

1730 = 9-15 yr old teams

**Location: Youth Sports Office**

Bldg #6398 Garcia Blvd

**PLEASE CALL YOUR TEAM** over the weekend to advise them of practice times and location.

### ★ NAYS Coaches Certification ★

CYS Sports Department will email you a link to the training. **Training must be completed before the first day of practice:**

1-NAYS coach

2-sports specific training

3-Child Abuse

4-Concussion training



### Parent/Coaches Meeting:

CYS Staff will go over the Parent Letter, Sportsmanship & Code of Ethics with parents at your 1st or 2nd practice while you work with your team.

### Practices Begin:

Week of 18 August 2025

### Games are Saturday's:

6, 13, 20, 27 September 2025

4 & 11 October 2025

**Bumblebee Last Game - 4 Oct 24**

**Picture Days: Lewis - Sept 8-11**  
**McChord - Sept 16**

**CYS SPORTS OFFICE**  
**253-967-2405**

### Sports & Fitness Director

Cynthia

### Sports Specialist

Nakita

Caitie

Mia

### Equip & Facilities Asst.

Todd

Marty

### Fitness Specialist

Justin

Genia

### Admin Assistant

Helen



## CODE OF ETHICS

I hereby pledge to live up to my certification as a NAYS Coach by following the NAYS Coaches' Code of Ethics:

- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will not cheat or engage in any form of unethical behavior that violates league rules.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

\_\_\_\_\_  
Coach Signature

\_\_\_\_\_  
Date



# Soccer Rules



Our **CYS Soccer program** is a true recreational league for any player whether a beginner or a more talented player. Our guidance is for our players to **learn the basics** of the game and to have **FUN!!** These rules are designed to allow all participants equal opportunity to have fun in modified forms of soccer, which match the capabilities of the youth. **We are looking forward to a safe, fun, positive, and memorable season. Thank you for your participation!**

1. Parents and coaches are **expected to render positive support** to all youth in the program, as well as to other coaches, officials, staff, and program volunteers. Your coaches will be giving you a Parents Code of Ethics that will need to be signed for your children to participate.
2. **Rules:** Play will be conducted in accordance with the National Federation High School rules, and as modified in this Standing Operating Procedure (SOP) and/or Amendments.
3. **Age Classifications:** Children must be 3-15 years of age.  
Ages are determined by what age the player is **on the first game** scheduled for the season.  
Players may play up in the next age group but on space available and Director's approval.  
Ages are: 3-4, 5-6, 7-8, 9-11, and 12-15
4. **Ball size:**

3-6 yrs.	#3	<b>Game Balls will be provided by teams.</b> Use best ball available & Referee determines which one to be used.
7-11 yrs.	#4	
12-15 yrs.	#5	
5. **Number of Players:** (both teams should have an equal amount of players on the field and can share players to keep same)
  - a. 3-4 yrs. 6 players
  - b. 5-15 yrs. 7 players
6. **Coaches on Field:** 3-4-year-old and 5-6-year-old teams ONLY!
  - a. 2 Certified Coaches from each team are always allowed on the field (1 on each end)
  - b. Can NOT interfere with direct play of the ball or assist players on getting to the ball.
  - c. Coaches will officiate their games for this age group and confer with CYS staff when needed.
  - d. Coaches help with throw in at corner, sideline and goalie (show where to stand and technique)
  - e. No goalie's for 3-4 Bumblebee games.
7. **Coach's & Parents** are also teachers that role model good sportsmanship to our children. Please review your signed code of ethics.
  - **Do NOT argue with the Officials, Sports Director, or Staff on Duty.** Questions, concerns, and suggestions can & will be handled later away from the children. Please discuss your concerns with your child's coach first. **DO NOT CORRECT NOR TRY TO GIVE DIRECTION TO A CHILD THAT IS NOT YOURS!** Please direct all concerns to your coach or another CYS Sports staff on duty.
  - **Unruly, unsportsmanlike behavior will NOT be tolerated, and you WILL be asked to leave.**
  - Remember, that children are watching and that you are a "Role-Model"!
  - The referee's decision is **final and not to be questioned.** **Parents are not authorized to approach an official before or after the game.** Please see your coach if you have any questions regarding officials and their calls. You may write up your concern & email it to the Sports Director for follow-up at the email address found at the bottom of this page.
  - **Unruly, unsportsmanlike behavior will NOT be tolerated, and you "may" be asked to leave.**
  - **If a parent receives a RED card for a Disqualification or Ejection, then ONLY the Parent, not the coach will be asked to leave the vicinity.** You have 1 minute to leave, or a team forfeit will result. We do not want to punish the team or coach for inappropriate adult behavior. Please avoid this by remembering that this is a recreational league and that **no profanity or inappropriate behavior will be tolerated.**
  - **Should an official eject a coach, parent, or player,** the CYS Staff will be responsible for ensuring the person is escorted off the field.
  - The official should return to the center of the field and remain a neutral party until the removal is completed.
  - We play in a "Recreation" league so please emphasis safety, sportsmanship, team play, and good attitudes.
  - Please help us to **provide a safe, positive, and fun environment** for our youth.
8. **Game Day/Team Sides:** Will be designated by on-site coordinator. PARENTS - Please bring your own chairs for sanitation purposes. **PLEASE help to pick up trash as needed and put in proper receptacle!!**
9. **Game Duration:**

3-4 yrs.	25-35 minutes MAX field time (Coaches decide on half time and if done early)
5-6 yrs.	Two <u>20</u> minute halves with a <u>5</u> -minute half-time intermission. NO Overtime
7-15 yrs.	Two <u>25</u> minute halves with a <u>5</u> -minute half-time intermission. NO Overtime

**10. Playing Bylaws** (exceptions to High School rules):

- a. There are **no "offsides"** in **3 - 8 yrs.**
- b. For "**Free Kicks**", opposing players must be at **least 6 yards** from the ball.
- c. **Penalty** Kicks are done in ages **9 - 15 yrs.**
- d. All free kicks including the penalty kick is "**Indirect**" for ages **3 - 8 yrs.**
- e. **Timeouts:** none as in HS rules
- f. **NO HEADERS** allowed in any age group.



**11. SLIDE TACKLING:** **NOT Allowed at Ages 3 - 8 yrs.**

Sliding is allowed at other ages **unless safety or rough play** is result. Play is official's judgment & discretion.

**12. Goalie Rule for 5-6 yr. ONLY:** **ONLY the goalie is allowed to play the ball inside the 10' x 10' goalie box (approx.).** This is for safety. Offense can only kick the ball outside this area. Referee may sideline the offender for short time and if contact is intentional or flagrant, offender may receive a yellow or red card. **SAFETY FIRST!!**

**13. Player's Equipment:**

- a. Players **should** wear their team jersey, shorts or sweats without pockets, socks that cover shin guards.
- b. Acceptable soccer shoes are made of one-piece molded rubber or plastic cleats.
- c. No metal cleats or plastic cleats that screw on. No toe cleat.
- d. Soccer shoes are **not** mandatory, but highly recommended.
- e. There must be **no metal** or other hard object worn on the body unless properly padded & approved.
- f. Objects worn on the wrist, ears, or around the neck **must** be removed.
- g. Taping of earrings is NOT allowed.
- h. Exception: Medical I.D. allowed.

**14. Substitutions:**

- a. Substitutions are made with the **consent of the referee.**
- b. The game will resume after **all** substitutions have been made. The **clock is running**, so please **HUSTLE!!**
- c. Substitutes are **ALLOWED** after (1) each goal, (2) your own corner kick and throw in, if team with possession of ball subs, opposing team may also sub, (3) and injuries.
- d. Subs must be ready and standing at the **center line** on their side of the field.

**15. Officials:**

- a. One (1) referee is used per game. If for some reason the game referee **does not show**, a **neutral** coach or parent may officiate the game, **providing both coaches agree.**
- b. Two (2) **linespersons** are used per game when possible, with 9-15 yrs.
- c. **Coaches** should **encourage** players, parents, and other spectators to **remain behind the restraining line.**
- d. Linespersons **inform the referee** when substitutions are desired by coaches and direct such substitutes to the **midfield line.**

**16. Injuries:**

- a. Players injured during practices or games, and **treated by a physician**, must receive a **written release from the physician** allowing the player to return to active participation in the practices or games.
- b. Players injured during practices or games, which do **not** require treatment by a physician, may re-enter the practice or game when the coach determines that the player can perform at the same level as reached prior to injury.
- c. Players receiving **injuries requiring a cast** (a rigid dressing usually made of gauze and plaster as for a broken bone) are **allowed to participate** in practices or games if the **cast is padded properly for protection of both the player and others.**

**17. 3-4 yr. Skills Development:** Throw-ins are not mandatory, **NO Goalie**. Parents & Coaches can stand on sideline and keep ball in play by gently kicking or blocking, Coaches will referee and keep time. You have 30 - 45 minutes starting at game time.

**PLEASE KEEP THE MOST CURRENT COPY WITH YOU AT ALL TIMES FOR REFERENCE AND REMINDERS.**

Any questions, concerns, problems, injuries, or positive suggestions please call our JBLM sports office at 253-967-2405. We are looking forward to a safe, fun, positive, and memorable season. Thank you for your participation!

Please be a "Volunteer" & Thank a VOLUNTEER!

**Our Amazing CYS Sports STAFF: (253)-967-2405**

JBLM Sports Director: Cynthia

Equipment & Facilities Assistants: Todd & Marty

Sports Specialist: Nakita, Caitie, & Mia

Fitness Specialists: Justin & Genia

Administrative Assist: Helen

Website: [www.JBLMMWR.com/CYS](http://www.JBLMMWR.com/CYS)

# Healthy Snack Ideas

The key to healthy snacking is in providing a balance of food choices that the children can enjoy. Make it a point to read the Nutrition Facts Label that now appears on most processed or prepared food products. These labels provide useful information about serving size, total calories and calories from carbohydrates, protein and fat along with information on the other nutrients contained in the food. In addition to the nutrition facts label, food manufacturers are now required to list on the label, in descending order, the weight of all ingredients in a food product. Try to select snacks that do not have sugar, salt or oils listed as the prime ingredients.

## Guideline and Suggestions for Healthy Snacks:

1. Prepare snacks that are kid-friendly. When serving fruits and vegetables offer them in bite size portions. Some fruits and vegetables such as apples, pears and carrots can be cut up into sizes that children can easily manage. Try to prepare snacks in advance.
2. Select only juices that are 100% juice. All fruit drinks are now required to have a list of the ingredients on the label. Many products that advertise themselves as fruit juices contain no more than 10% juice. Avoid soft drinks.
3. Limit cookies, doughnuts, brownies and other baked goods. Instead serve bagels or rice cakes. Children also enjoy mixing several types of ready to eat cereals together for a snack.
4. Limit chips and other salty, high fat snacks. Instead, offer baked pretzels, air popped popcorn, dried fruit, dry cereal, granola and whole grain crackers.

## Snack Ideas

Apple Chips/Baked Chips

Ritz/Wheat Thins

Fruit Juices

Whole grain crackers

Muffins

Bagels

Cheese Sticks

Dried Fruit

Rice Cakes

Fresh Fruit Slices

Trail Mix

Bread Sticks

Ready to eat cereal mix

Baked Pretzels

Real Fruit Roll-ups

Animal Crackers

Granola Bars

Cheese & Crackers

Raw Vegetables

Beef Jerky

Fruit Bars

## DON'T GET CAUGHT OUTSIDE

No place outside is safe when a thunderstorm is in the area. Get inside as soon as you hear thunder. Run to a substantial building or hard-topped metal vehicle as fast as you can. If you can't get to a safe building or vehicle:

- ✓ Avoid open areas. Don't be the tallest object in the area.
- ✓ Stay away from isolated tall trees, towers or utility poles. Lightning tends to strike the taller objects in an area.
- ✓ Stay away from metal conductors such as wires or fences. Metal does not attract lightning, but lightning can travel long distances through it.
- ✓ If you are with a group of people, spread out. While this actually increases the chance that someone might get struck, it tends to prevent multiple casualties, and increases the chances that someone could help if a person is struck.

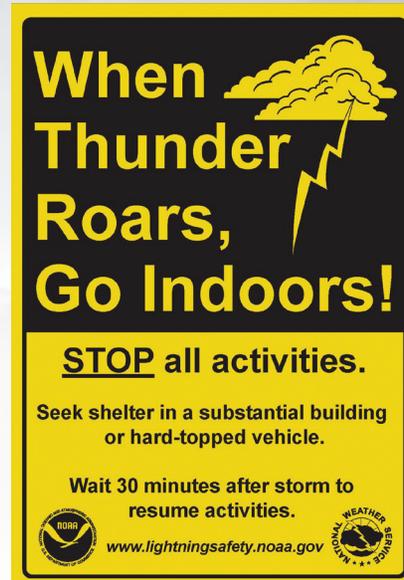
## IF SOMEONE IS STRUCK

Cardiac arrest is the immediate cause of death for those who die. Lightning victims do not carry an electrical charge and may need first aid immediately.

- ✓ Call for help. Call 9-1-1.
- ✓ Give first aid. Begin CPR if you are trained.
- ✓ Use an Automatic External Defibrillator if one is available. These units are lifesavers!
- ✓ Don't be a victim. If possible, move the victim to a safer place. Lightning CAN strike twice.

## ORGANIZED OUTDOOR ACTIVITIES

It's essential that people in charge of organized outdoor activities understand the dangers of lightning and have a lightning safety plan. Don't be afraid to ask. If you hear thunder, it's time to get to a safe building or vehicle. Speak out!



**LEARN MORE ABOUT  
LIGHTNING SAFETY AT:**

**[www.weather.gov/lightning](http://www.weather.gov/lightning)**

# NATIONAL WEATHER SERVICE



# LIGHTNING SAFETY

# FOR YOU AND YOUR FAMILY



## WHEN THUNDER ROARS, GO INDOORS!

Each year in the United States, there are about 25 million cloud-to-ground lightning flashes and about 300 people struck by lightning. Of those struck, about 30 people are killed and others suffer lifelong disabilities. Most of these tragedies can be prevented. When thunderstorms threaten, get inside a building with plumbing and electricity, or a hard-topped metal vehicle!

The National Weather Service collects information on weather-related deaths to learn how to prevent these tragedies. Many lightning victims say they were “caught” outside in the storm and couldn’t get to a safe place. Other victims simply waited too long before seeking shelter. With proper planning, similar tragedies can be avoided.

Some people were struck because they went back outside too soon. Stay inside a safe building or vehicle for at least 30 minutes after you hear the last thunder. While 30 minutes may seem like a long time, it is necessary to be safe.

Finally, some victims were struck inside homes or buildings while they were using electrical equipment or corded phones. Others were in contact with plumbing, outside doors, or window frames. Avoid contact with these electrical conductors when a thunderstorm is nearby!



Stadiums and other outdoor venues should have a lightning safety plan. Photo: NOAA

## WHAT YOU MIGHT NOT KNOW ABOUT LIGHTNING

- ✓ **All thunderstorms produce lightning and are dangerous.** Fortunately, people can be safe if they follow some simple guidelines when thunderstorms are forecast.
- ✓ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many lightning deaths occur ahead of storms before any rain arrives or after storms have seemingly passed and the rain has ended.
- ✓ **If you can hear thunder, you are in danger.** Don't be fooled by blue skies. If you hear thunder, lightning is close enough to pose an immediate threat.
- ✓ **Lightning leaves many victims with permanent disabilities.** While only about 10% of lightning victims die, many survivors must live the rest of their lives with intense pain, neurological disabilities, depression, and other health problems.

## AVOID THE LIGHTNING THREAT

- ✓ **Have a lightning safety plan.** Know where you'll go for safety and ensure you'll have enough time to get there.
- ✓ **Postpone activities.** Consider postponing activities if thunderstorms are forecast.
- ✓ **Monitor the weather.** Once outside, look for signs of a developing or approaching thunderstorm such as towering clouds, darkening skies, or flashes of lightning.
- ✓ **Get to a safe place.** If you hear thunder, even a distant rumble, seek safety immediately. Fully enclosed buildings with wiring and plumbing are best. A hard-topped metal vehicle with the windows closed is also safe. Stay inside until 30 minutes after the last rumble of thunder. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning.
- ✓ **If you hear thunder, don't use a corded phone except in an emergency.** Cordless phones and cell phones are safe to use.
- ✓ **Keep away from electrical equipment and plumbing.** Lightning will travel through the wiring and plumbing if your building is struck. Don't take a bath or shower, or wash dishes during a storm.



Lightning discharge on a golf green. Photo: E. Philip Krider

**For more information, visit [www.weather.gov/lightning](http://www.weather.gov/lightning)**

# Policy for Participation & Level of Play

## JBLM Youth Sports

- Teams are formed based on the age they are on the first game.
- Players can play up based on age, ability, size, and if room on the roster.
  - Must be approved by the Sports Director, Cynthia @ 253-967-2405.
- Older and more experienced players should always keep in mind safety over competition.
- This means no unsafe playing actions or rough play.
- Leadership and Sportsmanship is priority!



1. Teams **may use players from other teams** if their own team does NOT have enough players to provide both a starting lineup and substitutes.
2. Coaches with the team that does not have enough players will have the responsibility to control and monitor play time for all players. Some substitutes may be stepping in for a 2<sup>nd</sup> game and some may not.
3. Not all situations are simplified by rules due to some players and parents who do not want to play 2 games or for 2 hours. Be flexible to understand it is about playing the game vs. winning and losing.
4. If both coaches agree, both teams can take the field with less players. Please remember that we are a recreation league. Our focus is on helping all kids to learn the basics and to have fun.
5. If a situation is in question, do NOT question or try to deal with it during the game. Please contact the Sports Director, Cynthia, this helps us avoid our youth being involved.
6. If a concern happens during a game, the coaches need to tell the on-site sports staff of the situation so they can monitor and be aware.
7. **Remind parents to talk to you, the coach, and NOT the official if they question a call.**
8. **The coaches are responsible for calming their parents down if an emotional situation arises.**

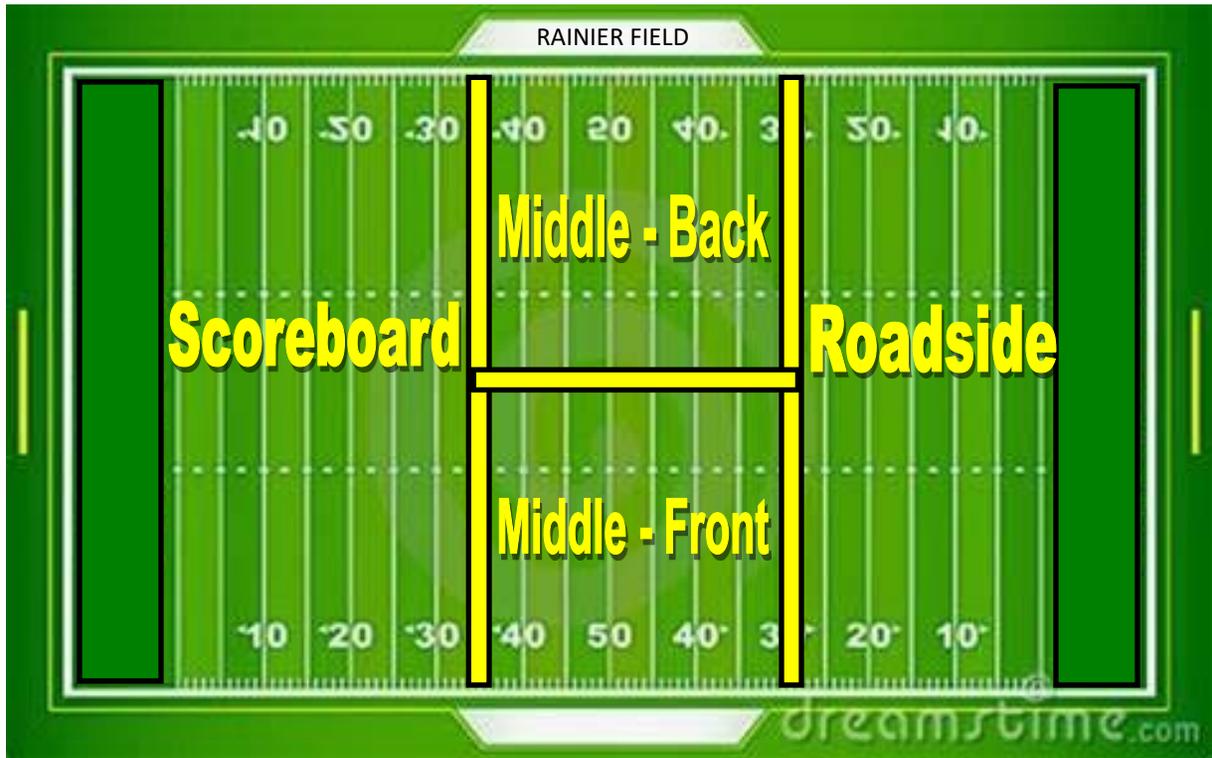
The Sports Director or assigned Sports Staff can clarify or monitor when needed.

Thank you for helping to provide a Safe & Positive Place for Youth!!

# CYS SOCCER PRACTICE AT RAINIER FIELD

COL JOE JACKSON BLVD.

WAREHOUSE RD.



BARNES ROAD

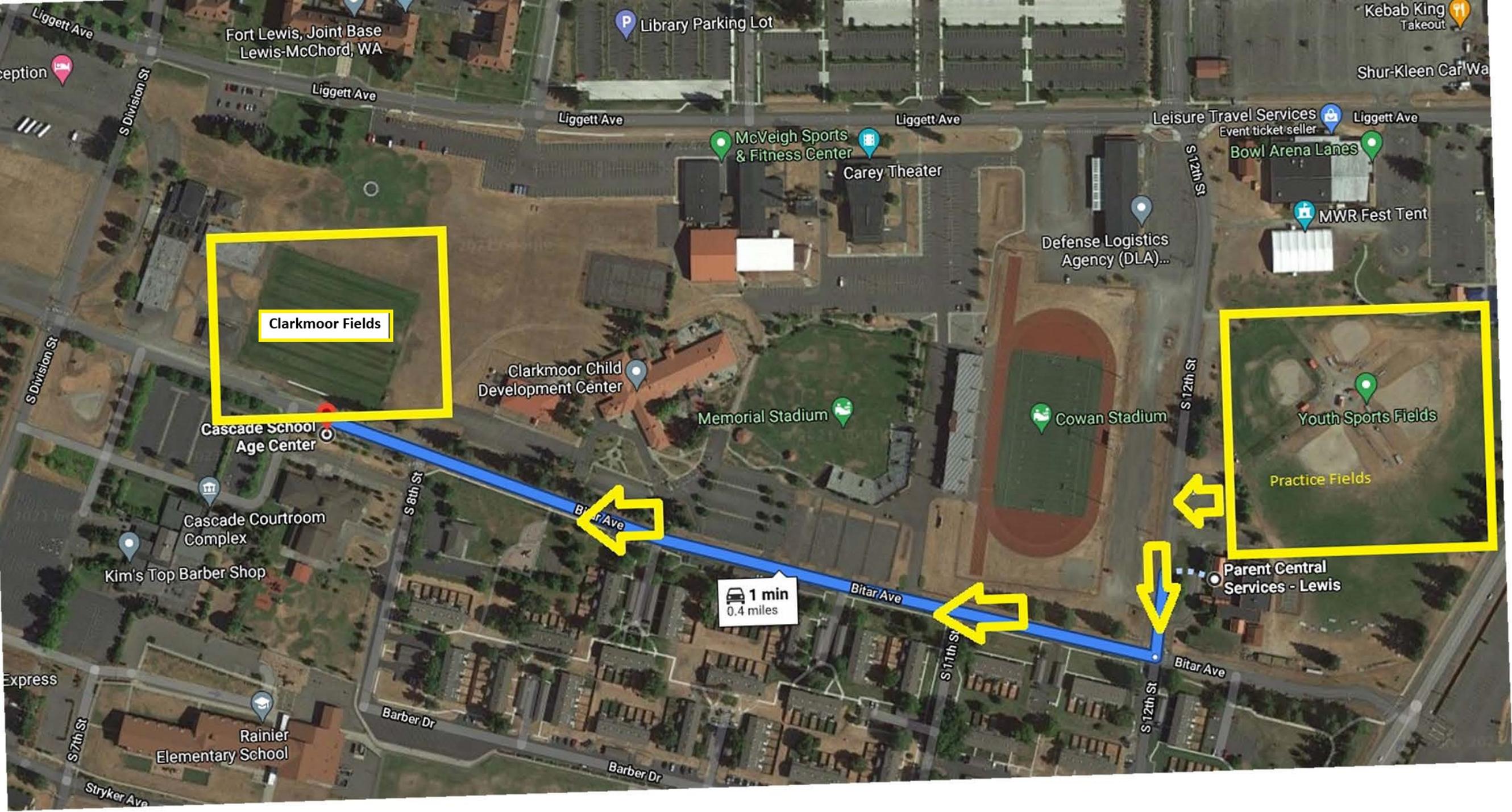
Roadside

Restrooms



PARKING





Clarkmoor Fields

Cascade School Age Center

Cascade Courtroom Complex

Kim's Top Barber Shop

Rainier Elementary School

Library Parking Lot

Fort Lewis, Joint Base Lewis-McChord, WA

McVeigh Sports & Fitness Center

Carey Theater

Defense Logistics Agency (DLA)...

Clarkmoor Child Development Center

Memorial Stadium

Cowan Stadium

Youth Sports Fields

Practice Fields

Parent Central Services - Lewis

1 min

0.4 miles

Leisure Travel Services

Bowl Arena Lanes

MWR Fest Tent

Shur-Kleen Car Wash

Kebab King Takeout

Liggett Ave

Liggett Ave

Liggett Ave

Liggett Ave

Liggett Ave

S Division St

S Division St

S 8th St

Barber Ave

Bitar Ave

S 11th St

Bitar Ave

S 12th St

S 12th St

Express

S 7th St

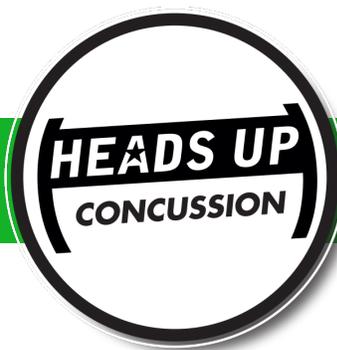
Stryker Ave

Barber Dr

Barber Dr

S 12th St

# HEADS UP CONCUSSION ACTION PLAN



## IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

▶ **"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON."**

## CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall



JOIN THE CONVERSATION AT [www.facebook.com/CDCHeadsUp](https://www.facebook.com/CDCHeadsUp)

# HEADS UP

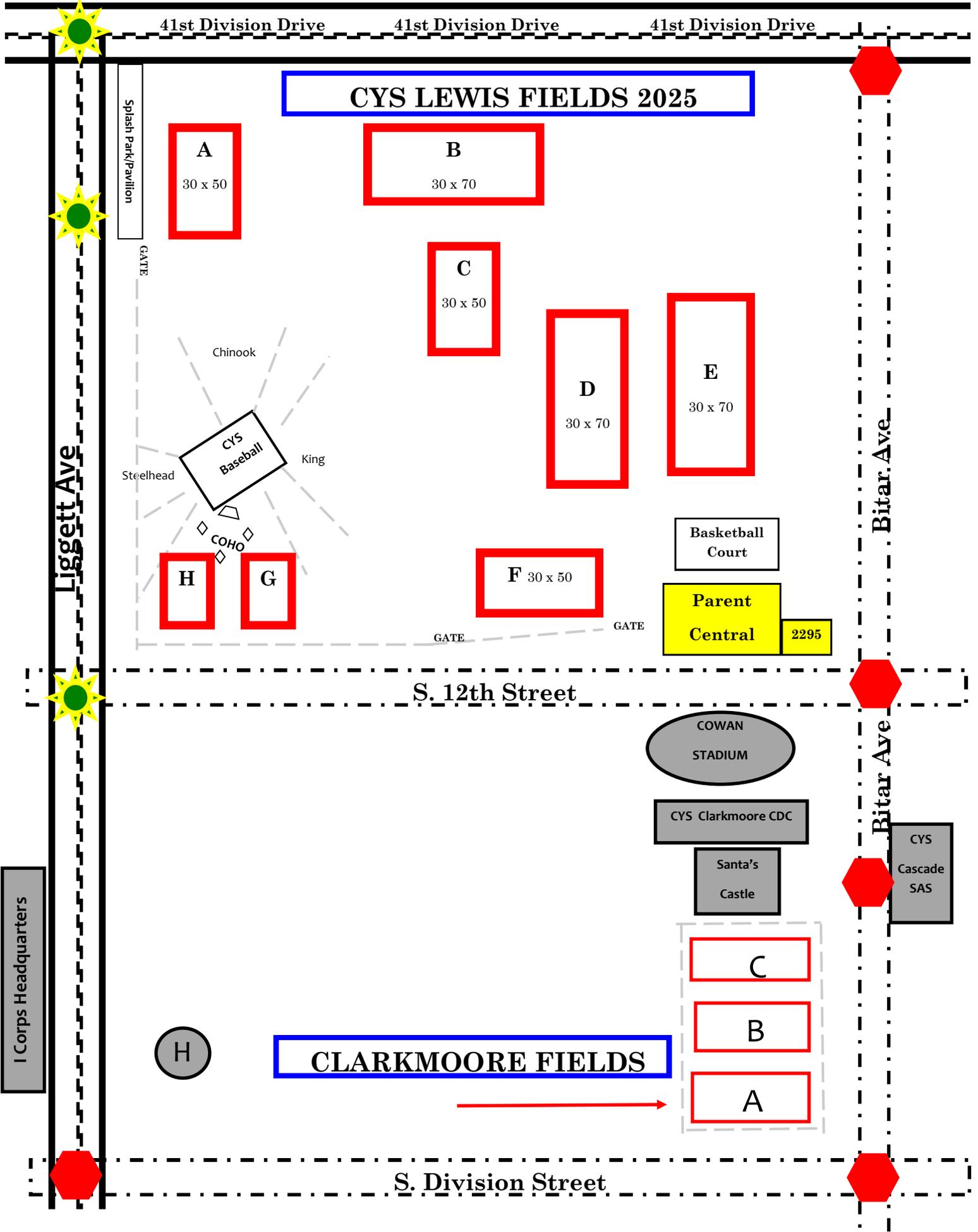
TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)

# **DIRECTION TO RAINIER FIELD FROM**

## **I-5, Bridgeport Way, Exit 125**

- Follow I-5 to Bridgeport Way SW in Lakewood, WA.
- Take Exit 125 for Bridgeport Way toward JBLM McChord Field.
- Continue on Bridgeport Way SW until the road changes names to Fairway Rd, just before the Visitor's Center and the gate.
- The Visitor's Center will be on your left, just before the gate. This is where you need to stop and get your passes.
- Once you have a pass, continue on Fairway Road and through the gate. Fairway Road will take a split to the right just past the gate, but you need to continue straight where the road will change names to Colonel Joe Jackson Blvd.
- You will then need to take the next right onto Warehouse Rd. (This is before the redlight at the intersection of Col Joe Jackson Blvd and Barnes Blvd. If you are at the redlight, you need to turn around and go back to Warehouse Rd.)
- Once on Warehouse Rd, take the first left and follow the road till it dead ends into a parking lot.
- You will have arrived at **Rainier Field at JBLM - McChord Air Force Base.**

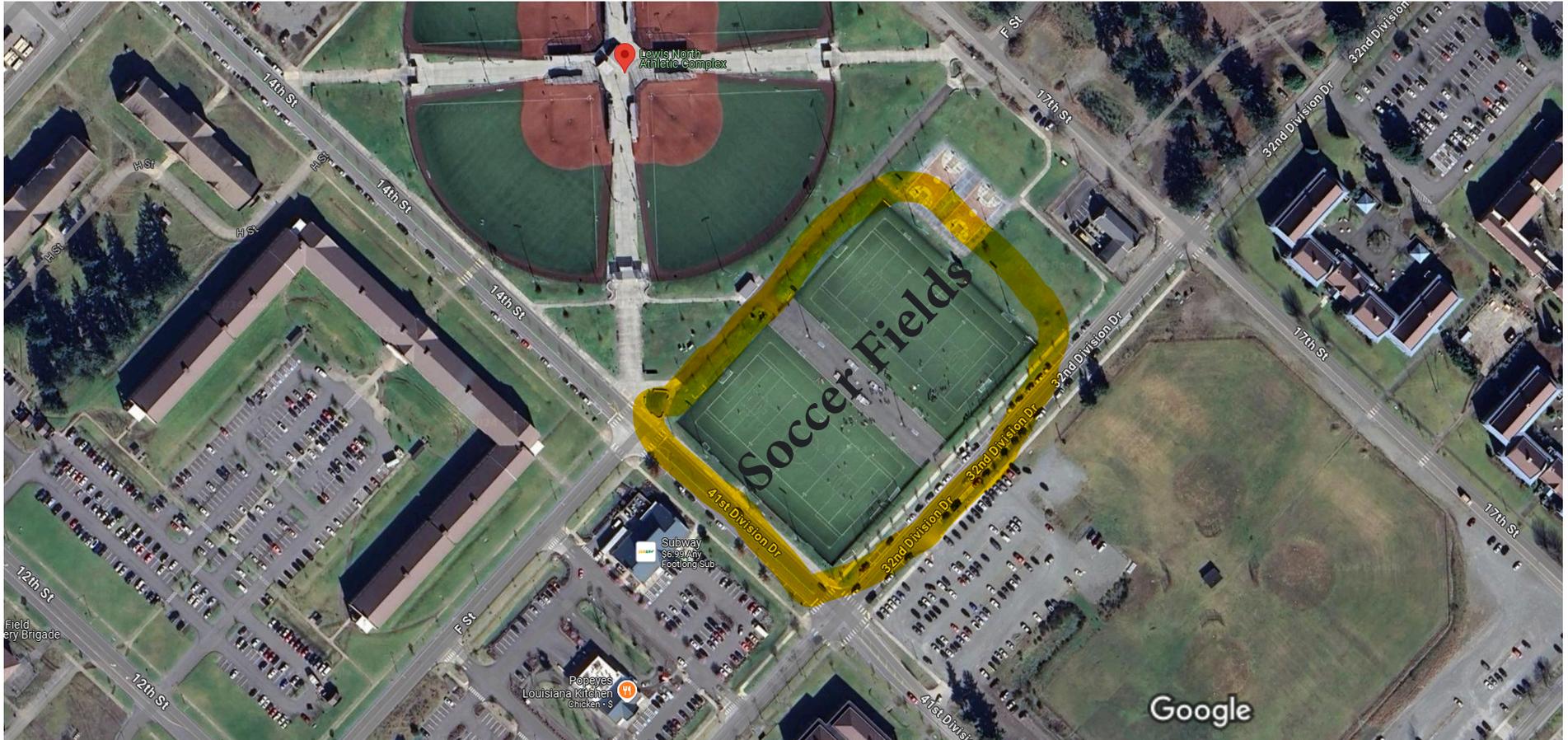
# CYS Soccer Fields Map 2025





# Lewis North Athletic Complex 14th St, Lakewood, WA 98498

Adult Sports Soccer Fields



# BLOODBORNE PATHOGENS

## UNIVERSAL PRECAUTIONS FOR THOSE OCCUPATIONALLY EXPOSED TO BLOOD OR OTHER POTENTIALLY INFECTIOUS MATERIALS

OSHA  
29 CFR 1910.1030

### BE AWARE

Treat All Blood and Body Fluid as if They Were Infected With:

- 1) HIV (Human Immunodeficiency Virus) Which Frequently Leads to **AIDS**.
- 2) HBV (**HEPATITIS B** Virus).
- 3) Other Bloodborne Pathogens (Microorganisms Found in Human Blood Which Can Cause Disease).

**READ** Your Organization's Exposure Control Plan.



**KNOW** Procedures, Practices, Vaccination Requirements, and Appropriate Reporting for Incidents of Exposure.

**KNOW** Color Codings:

- 1) Labels and Signs are Fluorescent Orange-Red with the Lettering or Symbol in a Contrasting Color.
- 2) Red Bags or Containers Don't Have to Be Labeled Since Their Red Color Indicates They May Contain Biohazards.



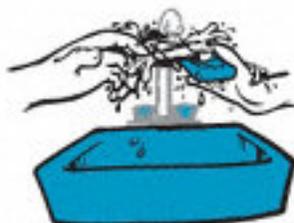
**READ** All Signs and Labels Carefully.

**USE** Appropriate Personal Protective Equipment



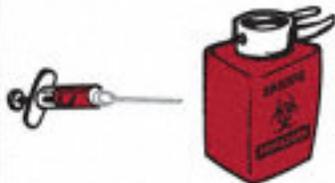
## GOAL: REDUCE TO ZERO YOUR RISK OF INFECTION

**ALWAYS** Wash Hands.



**FOLLOW** Safe Hygiene and Work Practices.

**NEVER** Recap, Bend, or Break Needles.



**ALWAYS** Dispose of Needles in Appropriate Containers.

**DISPOSE** of Personal Protective Equipment and Contaminated Laundry Properly in Designated Areas.



**CLEAN** Worksite and Decontaminate Equipment. Follow All Safe Handling Requirements.



**REMEMBER** Consider All Body Fluids as Potentially Infectious

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