

Northshore Select Club – Coaches Return to Game (RTG) Training Plan - Oct 2020

Effective October 6, 2020, the RTP protocols outlined herein will replace the “NSC Initial RTP Coach Protocols” signed by coaches. These protocols will be a guide to coaches when TRAINING. An additional document will be provided for GAME protocols in a comprehensive Return to Games (RTG) Game Plan prior to games commencing.

Northshore Select Club (NSC) is committed to the safety of our players, coaches, and their families. These new protocols have been adapted from Sporting Athletic Activities Guidance provided by the Governor's office.

The protocols are not simply suggestions, but instead are practices that coaches should do their best to adhere to as closely as possible. The health and welfare of coaches and players is the top priority of NSC, and coaches should reach out to the NSC DOC with any questions or concerns.

NSC believes that for the safety and protection of our players and members, adherence is required to the following protocols. As a reminder, returning to play is a personal choice. Families should make the decision on whether they want their player to resume activities in this RTP environment. If a player or family does NOT feel comfortable returning in this phase, this will not affect their position, status or ability to be placed on an appropriate team in the future. Training and games will include normal soccer contact with other players and scrimmages following the protocols below.

The following protocols are not intended nor implied to be a substitute or alternative to professional medical advice.

TRAINING Protocols for Coaches:

- Coaches should always wear a face mask, maintain physical distance requirements from players (>6 feet) based on state and local health requirements.
- Enter the field area after previous teams have left the field- following entering and exiting maps for each practice field.
- Use hand sanitizer before and after interacting with your team.
- Coaches should sanitize all equipment prior to training. This means to use a sanitizing wipe to clean all equipment.
- Coaches should set up any necessary cones. The coach should always maintain social distancing while setting up equipment. No players or parents should touch any equipment.
- As players arrive, inquire about their recent health. If the player answers yes to any of these questions they should be sent home.
 - Has the player had any close contact with a sick individual or anyone with a confirmed case of COVID-19? Has the player had a documented case of COVID-19 in the last 14 days? Is the player currently demonstrating or suffering from any ill symptoms?
- Coaches should communicate any COVID-19 cases or potential exposures (reported to them) to the NSC DOC.
- No coach that is sick or has signs or symptoms suggestive of COVID-19 should attend.
- Coaches should track player availability for each practice and the reasons they are absent.
- Clustering of players should be avoided. There should be no gathering and socializing before or after training by players. Coaches should **not** assemble their teams closely together for instruction; players should be spaced at least 6 feet apart for team meetings or instruction.
- No handshakes or fist bumps during or after training.

- Players should bring their own labeled soccer ball to training. There is no sharing of water bottles, and players will not touch or share training equipment such as cones or gear bags. Coaches will handle all equipment. Players may be responsible for bringing a light and dark colored shirt for training activities or coaches may permanently issue a pinnie to players (labeled with their name).
- **Contact.** During active training, players MAY have normal soccer contact when challenging for the ball. Off-the-ball contact is discouraged, and social distancing should still be in effect when non-active instruction is given from the coaching staff.
- Quadrants and buffers from the Initial RTP Plan are no longer required while training.

Coaches and Assistant Coaches, Managers, if applicable:

I have read and understand the Northshore Select Club – Coaches Return to Play Updated Plan Oct 2020, as outlined above. I have reviewed this Plan with my team staff and acknowledge that we will do our best to adhere to the protocols in place.

Name: _____ Date: _____
Signature: _____
Team Name: _____

