

## Northshore Select Club – Initial Return to Play Coach Protocols

Below is NSC's return to play coach protocols and expectations for the Initial Return to Play (RTP) Plan. These protocols are not intended or implied to be a substitute or alternative to professional medical advice. 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.

### Training Preparation – To Be Completed At Home

- Coaches should sanitize all equipment prior to training. This means to use a sanitizing wipe to clean all equipment.
- Make sure your families are informed of all the safety measures in place. Go through the RTP plan and answer any questions ahead of time. It is important that families and players understand that these protocols are not optional and must be followed to the best of their ability.
- Remind players of items needed at training: Bag, water bottle, **soccer ball clearly labeled**, hand sanitizer and mask. If a family does not have a soccer ball, the coach can loan one to the player for the duration of the Initial RTP Phase. This should be arranged ahead of your first training date.
- Determine prior to practice if any families are planning to carpool to training. Please *discourage* carpooling but be understanding to those that might deem it essential.
- Prearrange for your team to be placed into groups of 5 or less players. These will stay the same through the entire Initial RTP training plan. If players have pre-arranged to carpool together, ensure that those players are in the same field zone grouping.

### Starting Practice

- Coaches should arrive on the field no earlier than 5 minutes before their training time begins. Social distancing practices should be followed with any teams still on the field. Enter the field using the guidelines on the NSC Field Map, posted on the NSC website.
  - *The process for marking zones and buffer areas is still TBD and will be communicated to coaches prior to the first RTP date.*
- Coaches should wear a mask from the time they step onto the field until they step off.
- As players arrive, coaches should:
  - a. Greet each player and take their attendance.
  - b. Inquire about their recent health. If the player answers yes to any of these questions they should be sent home.
    - i. Has the player had any close contact with a sick individual or anyone with a confirmed case of COVID-19.
    - ii. Has the player had a documented case of COVID-19 in the last 14 days?
    - iii. Is the player currently demonstrating or suffering from any ill symptoms?

- c. Instruct the player to go to their preassigned zone and place their bag on the perimeter of their zone, maintaining 6 feet between all other players' bags in that zone. See the [Field Diagram](#) located at the end of this document
- Players should then use their hand sanitizer, remove their mask and wait by their bag for further instruction from their coach.

## Running Practice

- *No Contact:*
  - Coaches should plan to stay in the 10 yard buffer zone outlined in the [Field Diagram](#) located at the end of this document.
  - Any assistant coaches must wear a mask at all times and should stay within the 10 yard buffer zone and remain 6 feet from any other coaches.
  - Players should maintain social distancing within their zone, with no physical contact. Do not form any lines.
  - The players must stay in their zone and cannot rotate between zones.
  - No hugs, high fives, or fist or elbow bumps.
  - There should be no parents on the sidelines spectating during your training. Please remind all spectators to wait in their car.
- *Equipment:*
  - Coaches should set up any necessary cones while players wait by their bags after you have taken attendance. The coach should always maintain social distancing. No players or parents should touch any equipment.
  - If a coach needs to adjust cones during practice, all players should return to their bags while the coach moves the cones. Players should not assist in moving cones. Coaches should also encourage players to use hand sanitizer at this time.
  - No pennies allowed.
  - Any errant balls that leave a zone should be returned to the proper zone by kicking, not throwing, them back. This is true for any errant balls from other fields in use around your training.
  - Coaches should avoid touching any balls with their hands.
- *Water Breaks*
  - During water breaks, all players should use hand sanitizer, then get out their water bottles. All water bottles and other personal items must stay within their bags when not in use.
- *Restroom Breaks*
  - Encourage your players to use the restroom prior to coming to training.
  - If a player must use the restroom (if available at that field), the player cannot go alone, therefore a teammate from their zone must also go with them.
  - They should both return to their bags, use their hand sanitizers, put on their masks and leave the field on the exit route, maintaining social distancing.
  - Upon returning, they must use hand sanitizer prior to entering back into their zone.

## Ending Practice

- Coaches should allow time at the end of their practice to exit the field before their time slot has ended. Approximately 5 minutes before your end time.
- Players cannot remain at the fields following their training session or join other groups on the field.
- Players should retrieve their ball and return to their bag.
- Coach should instruct the players to use their hand sanitizer and put their masks on.
- In order to maintain social distancing while exiting the field, it is recommended that coaches dismiss those players who are ready to go at intervals so that they don't run into other players leaving the field. Make sure the players clearly know where to exit per the [NSC Field Map](#) guidelines, posted on the NSC website.
- The coach should then retrieve all their equipment, sanitize their hands and exit the field.
- All equipment must be sanitized prior to the next training.

## Reporting Illness and RTP Requirements

- Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and seek guidance from his or her physician before attempting to return to training.
- Coaches should report any cases of illness to the NSC BOD. [info@northshoreselect.org](mailto:info@northshoreselect.org)
- If a player is diagnosed with COVID-19, the entire zone group must return to self-isolation until symptom-free for 14 days.
- To return to training, the coach will need appropriate clearance in writing from the player's licensed medical professional.
- If at any point during training a player is not feeling well, contact the player's family immediately.

## Conclusion

Coaches should have fun and stay positive. These protocols may seem inconvenient or uncomfortable, but they are in place for the protection and safety of our players, coaches and families. Stay calm, supportive and compassionate during this difficult time to ensure the smoothest possible transition to the field.

Coach Name: \_\_\_\_\_

Coach Team: \_\_\_\_\_

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

Date: \_\_\_\_\_

# NSC Field Diagram

