

## **Northshore Select Club – Initial Return to Play (RTP) Plan -Phase 1.5/2**

Northshore Select is committed to the safety of our players, coaches and their families. Over the past month our coaches have continued to work to stay connected to players and families and to keep soccer as an option during this trying time. As we look to return to play, we have an Initial RTP Plan in place that includes a safe transition from our current virtual training environment to on the field live practices.

To help protect our players and members, we are asking everyone to adhere to and follow the protocols provided below. You may not agree with all the protocols and/or their effectiveness, however we feel providing these safety measures is more critical than the inconvenience. We have used US Soccer and WYS Return to Play Guidelines for this document.

As a reminder, returning to play is a personal choice. Families should make the decision on whether or not they want their player to resume activities in this Initial 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.

Below is NSC's return to play protocols for this Initial RTP Plan. These protocols are not intended nor implied to be a substitute or alternative to professional medical advice.

### **1. Non-Contact and Social Distancing**

Coaches and players will execute small group training sessions without physical contact during all activities and drills. All players and coaches will observe 6 feet of distance from each other. No handshakes, high-fives, or fist bumps!

### **2. No Symptoms**

Prior to attending any training event, each family/player should check his or her temperature at home, and refrain from participation if he or she has a fever (>100.4 degrees F). Please stay home regardless of what is causing your illness. Prior to participation coaches will obtain verbal confirmation from each participating player that they are not currently demonstrating or suffering from any ill symptoms.

### **3. Masks and Facial Coverings**

All NSC coaches will wear masks throughout the training session. Players should wear a mask or facial covering before and after the training session when moving between the car and field. Use of facial coverings during exercise and drills is optional for players.

### **4. Hygiene and Hand Sanitizer**

All players should have hand sanitizer in their soccer bag. Players should use hand sanitizer before practice and avoid touching their face during practice. Players should immediately use hand sanitizer after practice before putting on their mask. Player's training clothing should be washed after every practice. Players should use the restroom at home before leaving for training. If a player needs to use the restroom during practice they will need to be escorted and will need to use hand sanitizer before and after, following social distancing guidelines.

### **5. Small Groups**

We will train in small groups of  $\leq 5$  players (consistent with Washington's Phased Approach Reopening Plan). Coaches will be centralized to the small groups and maintain social distancing. All groups will need

to remain the same group of  $\leq 5$  during the entire length of the Initial RTP Phase, which will aid in contact tracing should anyone become ill. Players will be notified in advance which group they will be in.

### **6. No Shared Equipment**

Players should bring their own labeled water bottle and 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, and pinnies will not be used. Errant balls from another zone should be kicked, not thrown, back to the proper zone. No GK training.

### **7. No Lines, No Huddles**

Training will be appropriately spaced, with technical demonstrations and team-talks executed from a distance. Training activities will not include waiting lines.

### **8. 15 Minutes between Sessions**

We will observe a 15-minute break between training sessions to transition the groups in and out. Players will remain in their car and away from the field until the 15-minute break from the prior session has concluded. Please review the [NSC Field Map](#) on the NSC Website for details about drop off and pick up procedures.

### **9. No Gathering, No Delay for Players**

Players should avoid social gatherings before and after practice to maintain appropriate social distancing of 6 feet and to facilitate rapid turnaround between sessions. Players should come to the field with their shoes and shin guards on and soccer bags should be placed 6 feet apart and personal items should be kept in their bag at all times. Carpooling is discouraged, please notify your coach prior to training starting if you carpooling is necessary.

### **10. Parents Sideline Distance**

Parents should not gather and socialize on the sideline and are encouraged to remain in their cars if staying at the practice site. Parents of younger children that must come to the field for pick up or drop off should wear a mask and maintain distance from the group, coaches and other parents. **No** spectators on the field.

### **Reporting Illness and RTP Requirements**

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.

I have read and understand the **Northshore Select Club – Initial RTP Plan - Phase 1.5/2** as outlined above. I have reviewed this Plan with my player and acknowledge that we will do our best to adhere to the protocols in place.

Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Player Name: \_\_\_\_\_ Team Name: \_\_\_\_\_

\*For more detailed information about how NSC will implement this Stage 1 plan, please reference the NSC Return to Play Stage 1 Coach Protocol Guidelines on the NSC Website.