

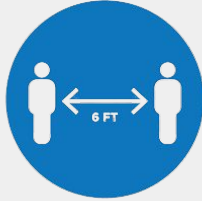


Triad Elite *Soccer Club*

Return To Play Guidelines
(updated August, 21st)

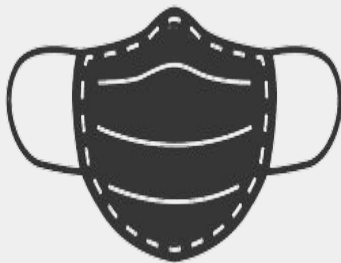


Training Guidelines



6-10 ft distance at all times

All session will last 1 hour.
All age groups will have 2 sessions per week
There will be 15 minutes between training sessions.
Players will train in isolated team groups.

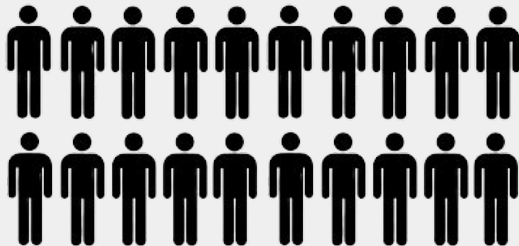


Coaches must wear masks

Teams will train with social distancing standards enforced.
A maximum of 25 people per 1/2 field will be allowed.
No parents or spectators allowed at fields.

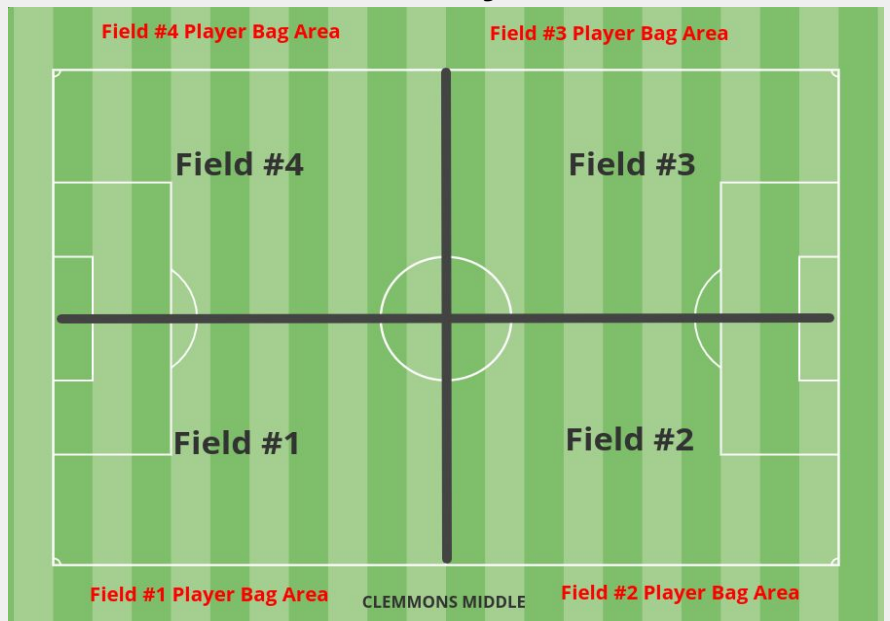
Player temperatures should be taken before players are allowed to train. Max 100.4.
Coaches will be required to wear masks.

GENERAL HEALTH RULES will be enforced.



25 persons per 1/2 field

Field Layout





General Health Rules

- Players must have hand sanitizer in their bags at all times. They should apply before and after every session and if possible, during any breaks.
- Players are encouraged to bring their own ball that is clearly labeled with their name.
- Players must employ social distancing on the sidelines and during training as much as possible.
- Players will not be permitted to shake hands, high five, etc.
- Players will not be allowed to share equipment, training gear or water.
- Players should have their own water at every training session in a bottle that is clearly labeled with their name. Water stations will not be provided.
- Spitting will not be permitted.
- Coaches will discourage player congregation and gatherings as much as possible. No close-in team huddles, no lines in training, etc. will be executed.



General Guidelines

General Guidelines

Updated 8/21



NCYSA Return to Activity Guidelines are fashioned using U.S. Soccer Play ON Recommendations, US Youth Soccer Guidelines, and North Carolina State Guidelines focused on both COVID-19 considerations and overall health of our staff, players, and families.

NCYSA Phase 2 Scrimmaging is clarified as:

Effectively Immediately:

- Team small-sided activities & scrimmages are permissible within the current practice groups. Reminder, per our Phase 2 Guidelines provided on June 2nd, practice groups are limited up to 25 players/coaches. This group of 25 may be a team, players from a pool, or recreation/academy players who have been grouped together in training.

Beginning August 21st (recommended if local Covid-19 numbers are improving in the club's area)

- Team vs. Team scrimmage within the same NCYSA club is permissible beginning Friday, August 21st. A team vs team scrimmage should be limited up to 25 total players/coaches on a field. (Clubs should constantly monitor local health guidelines and any changes from the State.)

Additional Clarification:

- No club to club scrimmages/games are permitted at this time.
- Notification to Travel to other states. If travel is requested to an out-of-state tournament, NCYSA Notification to Travel rules will apply. Additionally for the team to receive approval, an email from their association president (or his/her designee) to Joette Kivett joette@ncsoccer.org is required, stating he/she reviewed safety plans and approves the travel. Upon receipt of the email, NCYSA will approve the requested Notification to Travel.

General Guidelines for practice (to include scrimmaging):

- Participants should have no signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days.
- Participants have not travelled out of state for 14 days prior to beginning training.
- Participants have no temperature readings above 100.4F; temperature checks should not be conducted by staff but by players and their families prior to attending training.
- Upon arrival to training, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider as soon as possible.
- Appropriate infection prevention supplies should be present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, hand wash stations, etc.).
- Training sessions should take place outside in an area where social distancing can be maintained.
- Current NC guidelines are groups of no more than 25, including players and coach(es).
- Two groups of 25 may train on a full size field, one at each half. Actual group size and younger age appropriate fields may require adjustments.
- Team small-sided activities & scrimmages are permissible within the current practice groups. Practice groups are limited up to 25 players/coaches. This group of 25 may be a team, players from a pool, or recreation/academy players who have been grouped together in training.

General Guidelines - Updated 8/21



- Participants should use their own equipment and properly sanitize the equipment after every training session.
- Participants should use their own water bottle, towel and any other personal hygiene products.
- Avoid any activities that may require direct or indirect contact (e.g. bumping) between athletes.
- Establish a cleaning schedule/protocol for equipment with the proper use of disinfectant before, during, and after training.
- While coaching can occur onsite, coaches must maintain social distancing from all participants.
- Clubs and coaches must remain sensitive to accommodating parents who may be uncomfortable with returning to activities. There should be no punitive repercussions for players whose parents are uncomfortable with returning to activities.

When moving into scrimmage:

- Players should hydrate while socially distanced. This will also provide the brief opportunity for cooling down, which may not happen throughout the scrimmage.
- Players should sanitize their hands.
- The practice organizer should sanitize game balls for use during the scrimmage.
- Social distancing should be observed and masks on while on the sidelines.
- No unnecessary contact: no high-fives, chest bumps, elbow bumps, huddles, etc.
- No spectators – practice rules apply.

Club Responsibilities:

- Create and distribute protocols to members. Document what was done, who did it & how, and who from the club verified ongoing communication and actions.
- Have an effective multi-platform communication plan in place.
- Identify strategies for working with public health officials to notify adult leaders, youth and their families if the organization becomes aware of a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity. Also, call NCYSA (Kathy Robinson) and report the incident immediately.
- Maintain participant confidentiality regarding health status.
- Be sensitive and accommodating to parents who may be uncomfortable with kids returning to activities.
- Have an action plan in place, in case of notification of a positive test result.
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information. Visit ncsoccer.org/covid for more information
- Be prepared to shut down and stop operations.
- Develop plans for temporary closure of facilities and cancellation of outdoor activities or camps for proper disinfection.
- Provide adequate field space for social distancing.
- Provide hand sanitizing stations and waste receptacles at fields for individual participant use.
- Develop a relationship and a dialogue with local health officials.
- If an NCYSA team request a Notification to Travel, that team's club, after determining the safety of travel out of state, must notify NCYSA via email approving the team's travel before it will be issued.

Coach Responsibilities:

- Ensure the health and safety of the participants. Be aware of any higher risk conditions noted in NCYSA waivers (formerly called medical waivers).
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.



General Guidelines - Updated 8/21

- Keep a log of all players attending. Ask if players took their temperature before coming and it was below 100.4F.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure coach is the only person to handle practice equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance.
- All training should be conducted outdoors and compliant with social distancing per state or local health guidelines.
- Coaches are strongly encouraged to incorporate hydration / cool-down / or “sanitation breaks” during practice.
- Coaches should focus on space, not close 1v1 defense, in practice and scrimmage to mitigate risks of contact between players.
- Monitor to ensure no group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Always wear a face mask to and from the fields. Maintain social distancing yourself (not within six feet of any player) or wear a mask during training.
- Coaches should maintain social distance requirements from players and parents based on state and local health requirements. Avoid huddles, parent conferences, etc. if social distancing is difficult.
- The use and sharing of scrimmage vests, or pennies, is not recommended at this time.
- Have fun, stay positive – players and parents are looking to you for leadership.

Parent Responsibilities:

- Ensure your child is healthy and symptom-free, and check your child’s temperature before activities with others.
- Ensure your child’s NCYSA waiver includes any high risks (ex. asthma, diabetes, heart, immunocompromised conditions).
- Consider not carpooling or very limited carpooling.
- Stay in car or adhere to social distance requirements, based on state/local health guidelines.
- When at training, wear a mask if outside your car.
- Ensure child’s clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Notify your club immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.

Player Responsibilities:

- With parent direction, take your temperature daily and before activities with others.
- Wash hands thoroughly before and after training. Avoid touching your face and avoid spitting.
- Bring, and use, hand sanitizer with you at every training. Bring a labeled baggie for your mask and a plastic bag for practice clothing items you remove after practice.
- Wear mask before and immediately after all training.
- Do not touch or share anyone else’s equipment (ex. gloves, shoes, uniforms, water, food)
- Practice social distancing, including placing bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.
- Stay in shape and work on your skills at home.



Summary of Responsibilities

This summary of responsibilities are actions and accountabilities for returning to play to ensure everyone stays safe. The chart below is a brief description of those with responsibilities and what actions and accountabilities each group should take on. There is a comprehensive list on the preceding slides of those actions and accountabilities for each role listed.

	Observe	Communicate	Educate	Protect
Club	<ul style="list-style-type: none"> • Changing state protocol • Insurance guidelines • Local protocols, trends 	<ul style="list-style-type: none"> • Document and share protocols with members • Share anonymously positive test results to affected members; notify health department; cc NCYSA • Communicate within confidentiality, privacy rules • Relay closures to members 	<ul style="list-style-type: none"> • Coach and volunteer training on protocols, regulations, recommendations from USYS, state, local, CDC • Dialogue with local health officials 	<ul style="list-style-type: none"> • Field owners assure sanitization and waste removal • Adequate field space
Coach	<ul style="list-style-type: none"> • Player general health – observe, inquire, report • Player and parent adherence to responsibilities 	<ul style="list-style-type: none"> • Send positive COVID-19 reports to club 	<ul style="list-style-type: none"> • Protocols, guidelines for parents and players 	<ul style="list-style-type: none"> • Manage SD*, masks, and handle all training equipment • No Pennies
Parent	<ul style="list-style-type: none"> • Player risks, family risks • Player health – check temp 	<ul style="list-style-type: none"> • Share health issues and risks as appropriate – report any illness • Inspire and encourage players • Final decision to play is from parents – no penalty 	<ul style="list-style-type: none"> • Educate player on protocols and tasks assigned (temp, gear, sharing, masks, SD) 	<ul style="list-style-type: none"> • Assure clothing is washed and equipment sanitized after each use • Avoid carpooling; stay in car or mask-up • Control siblings • SD with spectators
Player	<ul style="list-style-type: none"> • Take daily temperature • Online training info 	<ul style="list-style-type: none"> • Communicate any health concerns • Avoid huddles, high-5's, handshakes, celebrations 		<ul style="list-style-type: none"> • No borrowing gear • Hand washing protocols • Mask before/after • SD, sanitizer protocols

***SD = Social Distancing**

Communication & Reporting



Protocols for Reporting And communication of COVID-19 Exposure

- Staff members, including coaches, are required to report if they test positive for COVID19, are suspected of being positive for COVID-19, or have been directly exposed to someone who has tested positive for COVID-19.

- Any player who has tested positive for COVID-19, is suspected of being positive for COVID19 or who has been directly exposed to someone who has tested positive for COVID-19 is required to report this to Triad Elite Club Director of Coaching Kacy Charlton.
 - o Contact Info - tescdoc@gmail.com / 336-671-2788

- If a case of COVID-19 is reported, all staff and players who came into contact with that person will be notified. Due to privacy issues and HIPPA laws, the identity of that person will remain anonymous.

- Once notified that an individual who has tested positive with COVID-19 has been in close proximity (within 6 feet) with any staff member or player, those staff members and players must adhere to the following protocol.
 - o Notify their primary physician.
 - o Staff members and players should begin in-home isolation for a 14-day period.
 - o Staff members and players may discontinue in-home isolation if they undergo testing and the test result is negative

- Before a staff member or player who has tested positive for COVID-19 can return to training or games, the following conditions must be met:
 - o A minimum of 7 seven days must pass since the initial onset of symptoms.
 - o A minimum of 72 hours must pass without symptoms, and without the aid of fever-reducing medications.
 - o The staff member and player must attain a negative COVID-19 test result.



RESOURCES

NC Government: <https://www.nc.gov/covid19>

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

NCYSA: <https://www.ncsoccer.org/>