



## NASA Tophat

### Return to Play - Phase 1

**Return to Play for players, coaches and parents is an individual decision and is completely voluntary. There are no expectations or requirement to return until an individual player and their parents/guardians decide it is right.**

#### Player Guidelines:

- Social distancing should be practiced by all individuals at all affiliated NTH parks.
- Individuals with underlying health conditions or individuals over 65 years of age should avoid park entry until CDC guidelines are revised.
- It is recommended that parents/guardians should check the temperature of players before attending practice. Any player with a fever above 100.4°F, cough, or shortness of breath should stay home and notify their coach.
- If any player becomes ill during an event and has symptoms such as coughing, fever, or general malaise, notify coach and self-isolate. Immediately exit the facility and seek medical attention.
- Players who have direct contact with a positive Covid-19 patient or have personally tested positive should stay home for 15 days prior to returning to the fields.
- Players shall not share water bottles, food, balls, towels, equipment, Frogtoys, etc.
- Carpooling should be avoided.
- Players should leave the car ready to play (wearing shoes/cleats, shin guards, etc.) to avoid having unnecessary personal belongings on the field.
- Players will need their own practice vests. (provided by coach). Players will only touch and wear their vests.
- Players SHOULD NOT touch coaching equipment like cones during training. Coaches will be responsible for handling all equipment before, during and after practices.
- Practicing social distancing (6 feet separation) is recommended though may not be entirely possible.
- 2011 birth year and older players shall be dropped off by parent/guardian at the closest location to the field of practice. Parents/guardians can walk their player from parking lot to sidewalk. Parents/guardians are not to spectate in groups. We would like for parents to avoid the fields of play and remain in their vehicle or practice safe social distancing (minimum of 6 feet).
- 2012 birth year and younger players can be escorted to the field and parent/guardian should practice safe social distancing (minimum of 6 feet).
- Players and parents should provide their own hand sanitizer for on field usage as necessary.

- Take caution to social distance when entering the walkways to the fields and exiting the fields back to parking lots.
- Wash/sanitize personal equipment and clothing after each practice.

#### NTH Personnel (Staff and Coaches) Guidelines:

- Coaches shall review player guidelines and expectations with their players prior to the first practice.
- Coaches shall set expectations that sick players will stay home, and their absence will not affect playing time or have other negative consequences.
- Coaches shall report to manager (academy/select) or park director (rec) if they have a fever above 100.4°F, shortness of breath, or cough. They should remain home and get a substitute or cancel practice.
- Coaches who have direct contact with a positive Covid-19 patient or have personally tested positive should stay home for 15 days prior to returning to fields.
- Coaches shall adhere to social distancing rules in pre-practice meetings, during practice, and end of practice meetings. **NO HUDDLES!** The only exception is an injured player; the coach will have authority to assess the situation and take appropriate action.
- Coaches shall instruct players to abide by social distancing rules as much as possible.
- Coaches shall clean up team and training areas after each use. Equipment shall be sanitized via spray, wipes, or soap prior to the next practice. Pennies or jerseys are not to be shared during practices and should be washed frequently.

#### NTH Administrative Controls:

- NTH staff will be present to offer guidance and answer questions.
- Restrooms will be sanitized frequently following health guidelines.
- Outside restroom doors will be propped open so that touching is not required for entry or exit.
- Taped lines will be present for social distancing for restrooms.
- Soap and / or hand sanitizer will be made available in all restrooms.