



## **Natomas Youth Soccer League (NYSL)**

P.O. Box 348507 Sacramento, CA 95834

### **COVID-19 Physical Distancing & Safety Plan Youth Sport Conditioning**

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## **1.0 Introduction**

This document defines Natomas Youth Soccer League's (NYSL) Plan to return to field conditioning from the suspension of activities caused by COVID-19. This Plan provides clear direction and understanding for teams, coaches, players, and families to safely engage again in practice. This Plan is designed to allow players to resume some activities outdoors in a safe manner and is in full compliance with the City of Sacramento, County of Sacramento, State of California, CDC and US Soccer directives, guidelines, and requirements.

This Plan is based around small group (cohorts) trainings with a maximum of ten (10) participants (players) and four (4) adults consisting of a Coach, Asst Coach, Team Manager and Team Safety Manager.

This is an exciting moment for players: an opportunity to return to the field, see teammates, and get moving.

However, it is important for everyone to realize that this is not soccer as usual. Coaches will need to modify their training session plans. Parents/Guardian need to understand and follow-through with safety precautions. Players need to respect and follow these safety requirements.

There will be a time to get back to regular training structures, huddles, and high fives. For now, let us Practice & Condition in a safe manner. We must work together to keep our soccer community healthy.

This document is organized as follows:

- Introduction
- Responsibility for Creation and Implementation of Plan
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- Preparing for Training and Conditioning
- Pre-Training & Conditioning Session
- Training & Conditioning Session
- At the end of Training & Conditioning Session
- Attachment 1 Team Staff Agreement
- Attachment 2 NYSL Player COVID-19 Waiver
- Attachment 3 Field Layout Example

## **2.0 Responsibility for Creation and Implementation of Plan**

The President (Jes Vargas) of NYSL is responsible for the creation, implementation, and making necessary revisions to this document. The Safety and Health Committee consisting of the President, 2 VP of COMP, Director of Coaching (DOC), Registrar, Field Director and two (2) Coaches is responsible for verification and compliance of Plan.

## **3.0 General Health Code of Conduct**

This Health Code of Conduct applies to all Coaches, Administrators, Volunteers, Team Staff, Team Safety Managers, Players and Parents.

1. If you are sick or have symptoms of an illness:



- a. Stay home. Stay home regardless of what is causing your illness.
  - b. If you are confirmed or suspected to have COVID-19 practice self-quarantine measures and contact your physician.
  - c. To discontinue quarantine and return, you must obtain appropriate clearance from your medical provider.
2. If you have been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID 19:
    - a. Begin self-quarantine for 14 days.
  3. Parents or Players please report this to your coach immediately.
    - a. Coaches must notify the NYSL President and Registrar immediately.
  4. Coaches, Administrators, Volunteers, Team Staff, Team Safety Managers must notify the NYSL President and Registrar immediately.
  5. If Coaches, Administrators, Volunteers, Team Staff, Team Safety Managers are confirmed or suspected to have COVID-19 practice self-quarantine measures and contact your physician
    - a. To return, you must obtain appropriate clearance from your medical provider.

### **3.1 Physical Interaction**

1. **NO Games, scrimmages, etc. are allowed.**
2. Maintain 'social distancing' of at least eight (8) feet at **ALL TIMES**.
  - a. Avoid activities Involving high levels of group Interaction (ex: team huddles).
  - b. Avoid general physical interaction including hugging, 'high fives" or passing objects by hand.
3. Players and any additional persons on site (coaches, managers, parents) should avoid close contacts and follow a social-distancing of 8 ft while at the training field.
4. Distance yourself from anyone exhibiting signs of sickness.

### **3.2 General Hygiene**

1. Avoid touching your eyes/mouth/nose as much as possible.
2. Wash or sanitize your hands often.
3. Use soap and water for a minimum of 20 seconds.
4. When soap and water is not available, use hand sanitizer.
5. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
6. Follow with washing or sanitizing your hands.
7. Dispose of tissues in a sealed trash can.
8. Avoid spitting and coughing.

### **3.3 Equipment & Training Gear**

1. Players are to bring their own equipment (e.g. soccer ball, shin guards, cleats)
2. Do not share personal equipment or gear (e.g. water bottles, shin guards, towels, hand sanitizer, etc.).
3. Soccer balls may be shared provided players only touch the ball with their feet.
4. Coaches are responsible for desensitize Team provided equipment after each training session.

### **4.0 Preparing for Training and Conditioning.**



The following applies for all players, coaches, administrators, volunteers, team staff and household members.

1. For individuals who have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician for return to full participation in sport & activity.
2. For individuals who have experienced known COVID-19 exposure in the past 14 days, the following is recommended:
  - a. Home quarantine for 14 days
  - b. Written confirmation of COVID-19 negative status by your physician to return to the field.
3. Be prepared to report the onset of any new symptoms Immediately. Contact your physician and follow the recommendations above for return to play.
  - a. Coaches, administrators, volunteers, and team staff must report such symptoms to the NYSL President and Registrar immediately.
  - b. Players and parents must report such symptoms to their Team Health and Safety Manager.

#### **4.1 Coaches, Administrators, Volunteers, Team Staff**

1. Coaches will divide their Team rosters in half to create cohorts of NOT greater than ten (10) players (participants).
  - a. Coaches will permanently assign players to a specific cohort not to exceed ten (10) players per cohort.
  - b. Players may NOT be moved between cohorts nor other Teams.
  - c. Coaches will submit the list of players assigned to specific cohort to the registrar prior to starting any field training and conditioning.
2. Coaches will identify a Team Staff member to be the Team Safety & Health Manger prior to starting any field training & conditioning.
  - a. The Team Safety & Health Manager will be responsible to coordinating all Check in and Check out activities for the Team
  - b. The Team Safety & Health Manager will be responsible for submitting all Check in and Check out weekly documents to the NYSL President and Registrar.
3. The Coach will notify the NYSL President and Registrar of the assignment of the Team Safety & Health Manager prior to starting any field Training & Conditioning.
4. The Coach will communicate to all Team parents and players the name of and contact information of the Team Safety & Health Manger.
5. All Coaches, Administrators, Volunteers, and Team Staff are required to complete the following training prior to starting any field training and conditioning:
  - a. NYSL COVID-19 Physical Distancing & Safety Plan
  - b. Preventions, transmission, and care of COVID-19 illness
  - c. Cleaning and disinfecting
  - d. Hand Hygiene
  - e. Respiratory etiquette
  - f. Proper use, removal and washing of cloth face coverings
  - g. Physical distancing
6. **Upon completion of all above training Coaches, Administrators, Volunteers, and Team Staff are required to sign the Team Staff Agreement (ATTACHMENT 1) and**



**submit to NYSL Safety and Health Committee prior to starting any training & conditioning.**

#### ***4.2 Parent/Guardian and Players (Participants)***

1. Parent/Guardians are required to conduct a daily temperature check of their player for low grade fever (>100.4.) at home before attending training & conditioning. If your player has a fever, do not go to training.
  - a. Players do not participate in activities If you have any of the symptoms listed below.
    - i. COVID exposure In past 4 days
    - ii. Sore throat
    - iii. Shortness of breath/difficulty breathing
    - iv. Fever >100.4 F
    - v. Chills
    - vi. Headache
    - vii. Sinus congestion
    - viii. Cough persistent and or productive
    - ix. Joint aches and soreness
    - x. Vomiting or diarrhea
    - xi. Rash
2. Do not go to training with any of the above symptoms. Remotely communicate your health status to your coaches or Team Safety & Health Manger, within 24 hours of your training session. Parents (and not the minor player) should communicate with your Team coach.
3. All Parent/Guardians, and players are required to complete the following training prior to starting any field training and conditioning:
  - a. NYSL COVID-19 Physical Distancing & Safety Plan
4. **Upon completion of above Parent/Guardian are required to sign an ASSUMPTION OF RISK AND WAIVER OF LIABILITY AND AGREEMENT TO ABIDE BY NYSL COVID-19 PROTOCOLS FORM (ATTACHMENT 2) for each player and submit to the Registrar prior to starting any field training & conditioning. Any player who does not have an Assumption of Risk and Waiver of Liability and Agreement To Abide By NYSL Covid-19 Protocols Form on record will NOT be allowed to participate.**

#### ***4.3 Field Assignments and Training & Conditioning Times***

1. The NYSL Field/Scheduling Director will assign field location and training & conditioning times for each team.
2. All fields will have designated:
  - a. Drop Off Point for each team using the field
  - b. Check in location for each team using the field
  - c. Player Prep Stations for each team using the field
  - d. Check Out location for each team using the field
  - e. Pick Up Point for each team using the field
  - f. See example ATTACHMENT 3



3. Each Cohort Training & Conditioning session shall not be more than 60 min. The following is the schedule for those field locations that do NOT HAVE individual TEAM entrances and exits for initial phase:
  - a. Team 1 Cohort 1 Start: 5:45 pm End: 6:45 pm
  - b. Team 1 Cohort 2 Start: 7:00 pm End: 8:00 pm
  - c. Team 2 Cohort 1 Start: 6:00 pm End: 7:00 pm
  - d. Team 2 Cohort 2 Start: 7:15 pm End: 8:15 pm
4. For those fields which have individual entrances and exits for each Team on the field, the following is the schedule for those locations:
  - a. Team 1 Cohort 1 Start: 6:00 pm End: 7:00 pm
  - b. Team 1 Cohort 2 Start: 7:15 pm End: 8:15 pm
  - c. Team 2 Cohort 1 Start: 6:00 pm End: 7:00 pm
  - d. Team 2 Cohort 2 Start: 7:15 pm End: 8:15 pm
5. The NYSL Field/Scheduling Director will supply each Team with a set of signs consisting of:
  - a. One Drop Off
  - b. One Pick up
  - c. One Entrance
  - d. One Exit
6. All Coaches, Administrators, Volunteers, and Team Staff are required to arrive at the field 30 min prior to start of training to prepare the field for arrival of players.

## 5.0 Pre-Training & Conditioning Session.

### 5.1 Parent/Guardians and Players

1. Getting Ready for Training
  - a. Players are to prepare and pack their own water bottles for training.
    - i. Each player is recommended to bring at least two bottles of water to training, to limit the need for refills. You should not share water bottles and are not recommended to use public water fountains.
    - ii. Clearly mark your name on your water bottles.
  - b. Get dressed at home into your training gear so that you can arrive to the training site ready to play.
  - c. Players are required to bring to training the following:
    - i. One Soccer Ball
    - ii. Personal sanitizing supplies, Including hand sanitizers. Sanitizing materials should be clearly marked and not shared.
    - iii. Face covering. Players are required to wear face coverings at all time except when participating in actual physical training & conditioning.
  - d. Wash your hands before departing for training.
  - e. Conduct a daily temperature check for low grade fever (>100.4.) at home before training. If you have a fever, do not go to training. Consult your physician.
2. Travel to Training
  - a. Travel with as few people as possible to training (ex: one parent and one child).
  - b. Carpooling or ride sharing is ***highly discouraged***. For families who must ride together with no other alternatives:



- i. Only rideshare with a family or individual who has practiced appropriate distancing
      - ii. Rideshare with the same individuals each training session.
    - c. Maintain safe distancing within the vehicle during loading, transport and unloading.
    - d. Limit the number of stops between departure site and training destination
    - e. Wear your Face Covering in the vehicle.
  3. Individual Player Equipment
    - a. All individual training gear should be cleaned and disinfected after every session.
    - b. Players are required to bring their own soccer ball.
    - c. Players are required to sanitize their equipment including soccer ball before and after each training session.
    - d. Parent/Guardians are to ensure Player equipment is sanitized before and after each training session.
    - e. All Players should arrive in their training gear.
    - f. All personal equipment should be cleaned, disinfected, and safely stored after every training session. This includes cleats, shin guards and headbands (if reusable).
    - g. Upon arrival home, players should immediately wash hands, bathe including washing hair, and launder/clean items used.

## **5.2 Arrival to Training**

1. Coaches, Administrators, Volunteers, and Team Staff
  - a. All Coaches, Administrators, Volunteers, and Team Staff are required to arrive at the field 30 min prior to start of training to prepare the field for arrival of players.
  - b. Upon arrival all Coaches, Administrators, Volunteers, and Team Staff are required to check their temperature. If your temperature is  $>100.4$ , immediately return home and report your status to the NYSL President and Registrar.
  - c. Set up the field by placing the signage and setting up the check in & check out stations in accordance with the field layouts provided by the NYSL Field/Scheduling Director.
2. Setup the Player Prep Stations:
  - a. Set up a line of cones 7-feet apart in an area to the side of the training field as designated on the field layout diagrams provided by NYSL Field/Scheduling Director
  - b. Arrange one cone per participant (player, coach, referee, administrators, etc.)
  - c. When a participant arrives, designate a cone as their "personal prep station" for the duration of the training session. The individual should place their bags, water bottles, towels, etc. at this cone.
3. Team Equipment
  - a. Field set-up should aim to use minimal equipment to limit transmission of virus.
  - b. Players should not pick-up field equipment, move goals or handle other necessary training equipment.
  - c. Coaches are allowed to bring the following equipment to the field:
    - i. Cones
    - ii. Corner flags or poles
    - iii. Training Ladders



- iv. One Soccer ball per goalkeeper for the purpose
  - v. Pennies/bibbs are NOT allowed.
  - d. The coach is to ensure team provided equipment is sanitized before and after each training session.
  - e. The use of shared soccer balls between players is allowed in foot drills with avoidance of the use of hands.
  - f. A notable exception to this requirement is for goalkeepers. For goalkeeper training, soccer balls should not be shared. The Coach is to provide 5 soccer balls to be used specifically for goalkeeper training.
    - i. Goalkeepers must always wear their gloves when handling the soccer ball.
    - ii. Goalkeepers must sanitize their gloves before and after each training session.
    - iii. If the goalkeeper is involved in an activity with field players and using his or her hands, use the goalkeeper's designated ball(s).
  - g. All field equipment (e.g. balls, flags and cones) should be disinfected prior to the start and after each session with anti-bacterial of at least 60% ethanol or 70% isopropanol.
4. Parent/Guardians and Players
- a. Parent/Guardians are to drop off their player at specific designated DROP OFF zones and at the specified drop off time.
  - b. Players should wait in their cars until their specific time to enter the field.
  - c. It is recommended that only the player(s) departs the vehicle.
  - d. It is recommended that the driver either leaves the field or stays in the parking lot, remaining in the vehicle and observing all social distancing guidelines.
  - e. Player should use hand sanitizer to sanitize hands upon arrival.
  - f. Upon arrival Players are to check in at the designated Check in station where the Team Safety & Health Manager will take your temperature and ask them a series of health questions.
  - g. While waiting to check in all players are required:
    - i. To wear their face coverings.
    - ii. Maintain a social distancing of a minimum of 8 ft from any other person in the area.
  - h. Parent/Guardians and Players are required to be thoroughly aware of all safety requirement outlined in this document, and ensure their family follows them.
  - i. Parent/Guardians should support the coach and organization in adhering to all safety requirements.
  - j. Parent/Guardians are not encouraged to attend training and should stay away from the training field.
  - k. Accompanying Parent/Guardians are encouraged to stay in their cars or depart the area while their player is training.
  - l. Parent/Guardians should not congregate together and should follow social distancing of a minimum of 8 ft.

### ***5.3 Checking in at Training***

1. The Coach and the Team Staff is to maintain an accurate attendance list for each training session.





2. The Team Safety & Health Manager is to provide weekly copies of the attendance list to the Registrar.
3. Create a Check-In Station adhering to social distancing of a minimum of 8 ft
4. Upon arrival, the players will be asked a series of health screening questions, aligned with the CDC's "Coronavirus Self-Checker, to affirm medical clearance to participate. The coach, a staff member or a designated Team Safety & Health Manager" can be responsible for asking health screening questions.
5. The station will provide any player a small bottle of hand sanitizer if they do have any in their possession.
6. Only one player should check-in at the station at a time. Should a line form at the check-in station, those waiting should ensure they practice safe social distancing of 8 ft.
7. All Coaches, Administrators, Volunteers, and Team Staff are required to wear face coverings during the check in process or any time social distance of 8 ft cannot be maintained.

#### **5.4 Masks/Face Coverings/Personal Protective Equipment (PPE)**

1. All Coaches, Administrators, Volunteers, Team Staff, Parent/Guardians and Players are required to wear new or clean Face Coverings upon arrival, departure and when not physically active during activities or when social distance of 8 ft cannot be maintained.
2. Face coverings should cover the nose and mouth, be breathable, consist of cotton or wick-type material and follow CDC guidelines.
3. Face coverings should be new or clean for each training session; and disposed or thoroughly cleaned after each training session.

#### **6.0 Training & Conditioning Session**

1. **NO GAMES, SCRIMAGES or any physical contact between players is allowed at anytime during a training & conditioning session**
2. All training sessions during this initial phase of training & conditioning are to be created and executed in compliance with a minimum social distancing of 8 ft and no more than ten (10) players and not more than four (4) adults (Coach, Asst Coach, Team Manager, Team Safety & Health Manager) per Team on the field during any training session.
3. The Director of Coaching (TOC) will provide each Team Coach recommended training exercises/drills.
  - a. Coaches may use their own training exercises/drill if they comply with the requirements within this document.
  - b. It is recommended that all exercises/drills receive concurrence from the DOC prior to use.
4. Players should be set up in individual spaces, large enough for players to be respectful of social distancing. The space provided should therefore be at >8 square feet per player. Example: activity area for five (5) players should be a minimum of 40 square feet.
  - a. Coaches will setup "Player Prep Stations" by dividing their cohorts in half and creating permanent pods of a max of five (5) players.
  - b. The Coach will write the name of each specific player on a cone to identify that players "Player Prep Station". Where possible coaches should use different color cones to visibly distinguish pods.
5. Coaches should not be within eight 8 feet of any player without wearing a face covering.



6. Progressions between activities should be set up prior to players arriving to enable smooth transition and negate the need for players to move equipment. The players should not move or set up any equipment.
7. Whenever possible and if space allows, assign areas for warm up and cool down.
8. Players are **NOT** to touch any soccer balls with any parts of their body except their feet.
  - a. Throw-ins are not allowed.
  - b. No headers are allowed.
  - c. Use of the chest is not allowed.
9. No participants should touch each other before, during or after training. This includes hugs, high-fives or as part of training activities.
10. Water breaks
  - a. Coaches are to provide water breaks during each training session.
  - b. Players are to return to their identified spot in the "Player Prep Station" area.
  - c. Players are to sanitize their hands after each water break.
  - d. Player are not to share any water bottles.

### **6.1 Communication During Training**

1. Team communication in confined spaces should be avoided.
2. Team talks during practice should only take place in an open space and with all participants maintaining a minimum social distancing of 8 ft.
3. Coaches should always wear face coverings when communicating with players.
4. Tactical discussions should be provided in digital format, if possible.

### **7.0 At the end of Training & Conditioning Session**

1. Players are to return to their specific spot in the Player Prep Station area at the end of each training session where:
  - a. They will hydrate
  - b. Put their face coverings on
2. Coaches or Team Staff will dismiss each player one at a time to ensure a minimum social distancing of 8 ft is maintained.
3. Players are always to leave the field via the designated Team Exit for their specific field while maintaining a minimum social distancing of 8 ft.
4. At the field Exit Check out the Team Safety & Health Manger (or Team Staff) will ensure players have all their belongings with them and that nothing has been left behind.
5. Parent/Guardians are required to pick up their player(s) at the designated Team Pick up zone.
6. Each Team is to provide one (1) Team Staff member at the Pick up zone to ensure players maintain a minimum social distancing of 8 ft.



# ATTACHMENT 1

## Team Staff Agreement

COVID-19 phased guidelines continue to be in effect for Sacramento County. NYSL is committed to complying with the City of Sacramento, County of Sacramento, State of California, CDC and US Soccer directives, guidelines, and requirements.

By signing this Team Staff Agreement all Team Staff Members commit to the following:

- To divide the Team roster in half to create cohorts (pods) of NOT greater than ten (10) players (participants).
- All Teams will maintain an accurate attendance list by cohort (pods) for each training and conditioning session conducted.
- Train all Team players and parents on NYSL's COVID-19 Physical Distancing & Safety Plan
- Ensure all spectators and parents are aware and comply with COVID-19 Physical Distancing & Safety Plan requirements AND notified them to remain away from the training area or wear PPE when near the training area.
- Before every training session, the Team Health & Safe Manager will check in all players at a Check-In Station in accordance with the Check In procedure defined in the NYSL COVID-19 Physical Distancing & Safety Plan.
- Providing hand sanitizer to players who fail to bring their own. The station should provide appropriate products to sanitize your hands. Only one participant should check-in at the station at a time. Should a line form at the check-in station, those waiting should ensure they practice safe social distancing of 6ft.
- During training & conditioning, Team Staff will make every effort to maintain social distancing and prepare drills in accordance with NYSL and US Soccer Guidelines
- NO Games, scrimmages, or conduct any drill that brings any player closer than six (6) feet distant from each other.
- I will educate and notify players and parents of these guidelines before commencing training.

I acknowledge completion of the Team Staff COVID-19 Physical Distancing & Safety Plan Training and will adhere to all NYSL COVID-19 Physical Distancing & Safety Plan requirements in performing my training sessions. Failure to comply with this commitment may result in dismissal from NYSL.

TEAM: \_\_\_\_\_

STAFF POSITION: \_\_\_\_\_

NAME: \_\_\_\_\_

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

Print Name



## ATTACHMENT 2

### ASSUMPTION OF RISK AND WAIVER OF LIABILITY AND AGREEMENT TO ABIDE BY NYSL COVID-19 PROTOCOLS

Activity: 2020 NYSL Fall Season

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

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

The novel coronavirus (or COVID-19) has created a pandemic resulting in a State of Emergency in California. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and health officers have required or recommended social distancing and, in many instances, have prohibited or significantly limited the congregation of groups of people.

Natomas Youth Soccer League (“NYSL”) is complying with guidance and taking reasonable steps to mitigate the risk of spreading COVID-19. However, this risk cannot be completely eliminated and NYSL cannot guarantee that you and/or, if applicable, your player(s)/child(ren) will not become infected with COVID-19. Further, participating in the NYSL Fall season and related events and activities (“Fall Season”) could increase your and/or, if applicable, your player(s)/child(ren)’s risk of contracting COVID-19. Consequently, for the safety of our staff, players, parents, and other visitors, NYSL requires all persons participating in its activities during this pandemic to acknowledge an assumption of the risk, waive (i.e. release) liability, and agree to abide by our COVID-19 protocols, as follows:

1. I request to participate in the Fall Season. If applicable, I am the parent and/or legal guardian of the above-named player(s)/child(ren), and I request that he/she/they be allowed to participate in the Fall Season and I give my permission for he/she/they to do so.

**2. Assumption of Risk.** By signing this agreement, I understand and acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I and, if applicable, my player(s)/child(ren), may be exposed to or infected by COVID-19 by participating in the Fall Season, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 by participating in the Fall Season may result from the actions, omissions, or negligence of myself and others, including, but not limited to, other participants or NYSL officials, employees, volunteers, and/or representatives. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any harm, loss, or injury to myself and/or, if applicable, my



## ATTACHMENT 2

player(s)/child(ren)(including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense of any kind, that I, or, if applicable, my player(s)/child(ren), may experience or incur in connection with the Fall Season (“Claims”).

**3. Waiver of Liability.** In consideration for the District allowing me and/or, if applicable, my player(s)/child(ren) to participate in the Fall Season, I, on behalf of myself, and/or, if applicable, my player(s)/child(ren), hereby release, covenant not to sue, discharge, and hold harmless the District,, and any officials, employees, volunteers, and/or representatives thereof (“Releasees”), of and from the Claims, including all liabilities, claims, actions, damages, costs, or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of NYSL, its officials, employees, volunteers, and/or representatives, whether a COVID-19 infection occurs before, during, or after participation in the Fall Season.

**4. Agreement to Abide by COVID-19 Protocols.** I agree that I, and/or, if applicable, my player(s)/child(ren), will not enter District grounds or facilities if I am, and/or he/she/they is/are, feeling ill, which includes, but is not limited to, the following symptoms: fever, cough, difficulty breathing, shortness of breath, chest pain, and/or bluish lips or face. I understand and acknowledge that I, or, if applicable, my player(s)/child(ren), may be denied entrance or admittance if the District determines that I am, or he/she/they is/are, showing any such symptoms. I warrant and represent that I am not aware of any medical condition of myself and/or, if applicable, my player(s)/child(ren) which would render it inappropriate for me and/or him/her/they to participate in the activity. I agree to abide by all COVID-19 guidelines and other COVID-19-related policies and procedures, which may change over time as circumstances change over time. This may include hand washing requirements and temperature checks for myself and, if applicable, my player(s)/child(ren). I agree to practice good hygiene etiquette such as sneezing into my elbow, utilizing tissues, and avoid touching my eyes, nose, and mouth, and, if applicable, to instruct my player(s)/child(ren) to do the same. I understand and acknowledge that my failure to abide by and/or my failure to ensure that any player/child of mine abides by this agreement may result in me and/or, if applicable, my player(s)/child(ren), being removed from the Fall Season.

**I HAVE READ THIS ASSUMPTION OF RISK AND WAIVER OF LIABILITY AND AGREEMENT TO ABIDE BY NYSL COVID-19 PROTOCOLS AND FULLY UNDERSTAND ITS TERMS.**

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Player Name

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## ATTACHMENT 2

Player Signature

Date

### **FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)**

**This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her/their personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward**

**understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her/their release provided above for all the Releasees, and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence and/or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.**

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Parent/Guardian Name

---

Parent/Guardian Signature

---

Date

# ATTACHMENT 3

