



Nebraska State Soccer **Return to Play Phase 2**

With the updated guidance from Governor Ricketts, soccer as a team sport is allowed to resume practice and games July 1.

Nebraska State Soccer urges our clubs, coaches and members to proceed only when coaches and families have been made aware of new COVID related safety procedures. While we are all very excited to get back on the pitch, its important to ease back to normal training to avoid both possible injury from extended time not training, and to avoid possible COVID exposure.

General

- **If a player/coach thinks they are sick, stay home!** Specifically: symptoms of acute respiratory disease (i.e. cough, sore throat, shortness of breath), fever, sudden loss of smell or taste, OR been diagnosed with COVID-19 (which would follow state-mandated quarantine requirements).
- If a coach, administrator, or official has a concern about a player's health, they have the ability to send the player home.

People

- Players should be registered and scheduled for a specific training window. Clubs should be able to easily find out who attended each session in case of exposure. No scrimmages or "walk-in" guest players.
- Parents and spectators must follow government social distancing guidelines, i.e. parents to remain in vehicle, stay at least 6 ft from the training area and other spectators.
- Players and coaches should still actively avoid non-game related contact such as: close group huddles, high fives, hugs, handshakes, etc.

Equipment

- Equipment should not be shared between players whenever possible. Shared equipment of any kind should be disinfected before and after trainings. Where possible, communal equipment should only be handled by the coach.
- If equipment is shared, or used for multiple groups, it should be thoroughly cleaned between sessions.
- "Pinnies" shall be used only if: the pinnies are individually distributed to each player and used by that player for the season, or the pinnies are washed and disinfected in between each training/individual contact.
- When possible, players should use their own equipment at training only (balls, goalie gloves, etc)
- Handling of balls should be minimal, with exception for goalies.
- Player's water and personal equipment should not be shared, and should be spread out to ensure breaks are appropriately distanced.
- Hand sanitizer should be used by each player before, during, and after trainings, supplied by the player.

- Masks may be worn, if desired, by participants at the fields as long as they do not inhibit respiratory function while training.