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## Return to Play - Phase 1 (Small Group Training)

Before proceeding, clubs should research and be fully informed on, and ensure that any and all trainings are conducted in compliance with, all applicable laws, rules, regulations, requirements and other guidelines, whether federal, state, local or otherwise.

An applicable local, state or federal requirement supersedes the guidelines in this Return to Play guidance.

Any participants for small group training must be registered members of the club for the current soccer year. Membership must also ensure that trainings do not violate any existing NSS policies, including the Temporary Team Formation policy for 2020-2021.

### 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.

### Social Distancing

- Trainings will consist of no more than 10 people. For example, 9 players and 1 coach or trainer, 8 players and 2 coaches or trainers, etc.
- Trainings will have proper social distancing for each player and coach at all times.
- Trainings limited to non-contact activities i.e. individual skills, fitness, etc.
- No physical contact including huddles, handshakes, and high-fives.
- Only 1 training session per field.

### People

- Only players scheduled for a specific training window and group may be present. No scrimmages or "walk-in" guest players at trainings.
- 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.

### **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.
- “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.)
- Balls should not be handled with their hands, by any player, with the exception of the goalkeeper with gloves on.
- Player’s water and personal equipment should not be shared, and should be placed at least 6 feet apart to ensure breaks are also properly 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.

### **Training Schedule**

- Groups entering fields for trainings should wait until all players from previous training have left. Clubs should stagger trainings to allow ample time or in/out flow of traffic.