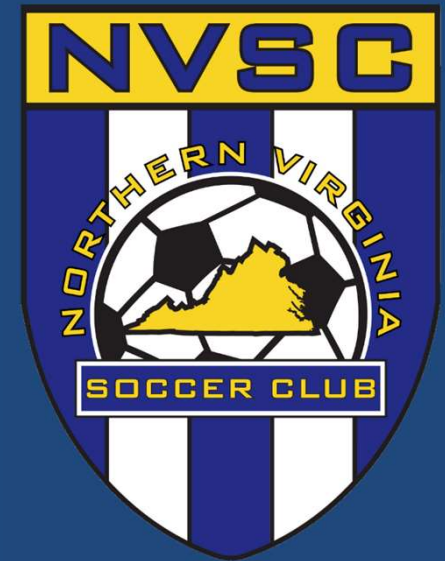


4V4 League Play
NVSC Safety Protocols
Adapted from NVSC Return to
Play Protocols dated 07_02_2020



07_27_2020

4v4 League Implementation

- Guidelines to be followed are detailed in Return to Play 7/2/2020 and are provided herein for Players, Coaches, Staff.
- Only players, team adults, refs (NVSC coaches), and NVSC staff are allowed down on the field.
 - Players follow protocol outlined in Return to Play dated 7/2/2020
 - Refs (coaches) and NVSC staff follow protocol outlined in Return to Play dated 7/2/2020
 - Team adults – 2 per team are allowed and shall follow the protocols outlined for coaches in the Return to Play dated 7/2/2020 and provided herein.
 - Go to Hellwig Clubhouse Concession window to fill out questionnaire and have temperature recorded.
 - Adults can be rotated between games (ie, same 2 do not have to be there all the time)
 - Parents follow protocol as modified herein.
- NVSC staff will be on hand at the HW parking lot and field to help guide parents/players to the fields.

General Protocols

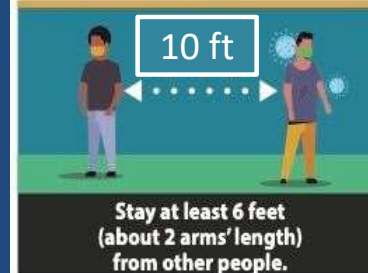
The safety of all NVSC community, players, families, coaches, referees, staff and visitors, comes first in our planning and decision making. We are all partners in creating and maintaining a safe environment for everyone involved. Please follow the guidance below:

- If you've been sick with or having symptoms of COVID-19, or have been exposed to someone who has been sick with or having symptoms of COVID-19 within the last 14 days, DO NOT attend and have your parent notify the club at infor@novasc.org
 - If you have tested positive for COVID-19, please go to the NVSC website link and report this information to NVSC (go to the Travel page and click on the COVID reporting link).
- STAY HOME if you feel uncomfortable participating, or are considered High Risk. Notify your coach.
- Avoid touching your face.
- Cover your mouth and nose with a tissue or elbow when coughing or sneezing.
- Practice physical distancing.
- Wash your hands.
- Clean and disinfect clothing and high contact surfaces.
- Wear a mask or face covering as required by NVSC Return to Play Protocols.

Dated: 07_02_2020

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



cdc.gov/coronavirus

2020-07-02 11:00 AM

Pre-session Screening / Questionnaire

Prior to attending or running any NVSC event, each staff member, coach, and player must undergo a pre-screening questionnaire as outlined below:

Please stay home and do not participate in any NVSC event if you have any of the following:

- ***Generally feeling ill;***
- ***If you have a temperature of 100.0 or greater as defined by the CDC;***
- ***Symptoms including: cough, difficulty breathing, loss of taste, or other symptoms as outlined by the [CDC](#) website;***
- ***If you have been exposed to COVID-19, you must quarantine for 14 days from exposure before returning to NVSC events;***
- ***If anyone in your immediate family has been exposed to COVID-19, you must quarantine for 14 days from exposure before returning to NVSC events;***
- ***If you, or anyone in your immediate family has traveled out of country, you must quarantine for 14 days from your date of return before engaging in NVSC events;***
- ***If unsure about whether to attend or participate in practice due to possible symptoms OR exposure, it is recommended you contact your health care provider***

Dated: 07_02_2020

Protocols For Players

Prior to Event

- Bring water and ball; pinnie if provided by the club; be sure to sanitize all pieces of equipment.
- Players are responsible for providing water bottle, soccer ball, face masks (for wear to practice and after practice). No sharing of equipment.
- Prior to attendance, perform temperature check and conduct pre-session questionnaire.
- With your parent, update your status in TeamSnap.
- Carpooling with others outside of your household should be avoided.

During the Event

- If early, wait in your vehicle until 5 minutes before your practice start time to allow the previous group time to exit.
- Use hand sanitizer before entering the field.
- Keep your face covering on until arriving at your event area on the field.
- Practice physical distancing throughout – stay at least 10 feet away from others; no hugs, high fives, or fist bumps permitted.
- Enter the field through the designated area or gate, and follow the directions of your coach to the appropriate section.
- Upon arrival to your training area, place your equipment in the designated area, remove your face covering if desired (they are not required for players during the session).
- Follow the coach's / staff directions throughout the session.
- Spitting on the field is strictly prohibited; no food, snacks, sunflower seeds, etc, are allowed at the field
- Each player must bring their own soccer ball and Pinnie (if assigned); no handling of the soccer ball during the session
- No equipment (balls, water bottles, hair ties, gloves, etc.) may be shared during the session.

After the Event

- Following the directions of the coach, wear your face covering, leave the training area in an orderly fashion while physical distancing, and exit the designated gate or area of the field.
- Find your parent's vehicle, and leave promptly – no congregating or socializing.
- Use hand sanitizer.
- Upon returning home, promptly wash your hands; clean your clothing; and disinfect your training gear prior to the next session.

Protocols For Staff and Coaches (and Team Adults)

Prior to Event

- Arrive 30 minutes before the start time of the activity to allow time to conduct pre-screening prior to the start of the training. Go down to the field once the prior sessions ends and the field is cleared.
- Conduct pre-screening protocol prior to attending and overseeing any training sessions.
- Wear a mask or face covering, before and after the event; masks during events are not required by the County if social distancing is maintained.

During the Event

- Use hand sanitizer before entering the field.
- Practice physical distancing – stay at least 10 feet away from other; no hugs, high fives, or fist bumps permitted.
- Enter the field through the designated area or gate.
- Direct players as they arrive where to place their equipment, and remove their face covering if desired (they are not required for players during the session).
- Perform individual attendance check with each player, be aware of players during the session, contact their parent if any illness or suspicion of illness exists to quietly and safely remove the child from the field.
- Provide clear direction and guidance to players, and monitor their behavior (e.g. remaining 10 feet apart, not sharing equipment, etc.)
- No equipment (balls, water bottles, hair ties, gloves, etc.) may be shared during the session.
- Maintain social distancing between yourself and the players throughout the event.

After the Event

- Promptly clear your area of equipment, and exit through the appropriate gate or area.
- Lead and direct players to leave the training area in an orderly fashion, and ensure each departs with their parent.
- No congregating or socializing permitted.
- Use hand sanitizer.
- Upon returning home, promptly wash your hands; clean your clothing; and disinfect your training gear prior to the next session.
- Reconcile on-field attendance list with pre-session questionnaire, and take appropriate steps to ensure accurate attendance records.

Dated: 07_27_2020

Protocols For Parents (Spectators)

Prior to Event

- Conduct pre-event screening of your child/children including temperature check and questionnaire.
- Be sure that your child's training gear and equipment has been properly cleaned and sanitized if it hasn't already since the last use.
- Make sure your child's equipment is packed, including a ball, their own water bottle, and hand sanitizer, as equipment cannot be shared.
- Remind your child of their responsibilities before, during, and after the event.
- Wear a mask or face covering to the field.
- Carpooling with others outside of your household should be avoided.

During the Event

- Park your vehicle, walk your child to their appropriate gate or entrance and return to your vehicle.
- If early, wait in your vehicle until 5 minutes before your practice start time to allow the previous group time to exit. Direct your child to the appropriate gate or designated area.
- For parents of U12 and younger players: you are permitted to walk them to the gate or entrance area.
 - Please wear a mask and follow social distancing protocols.
- Ensure your child uses hand sanitizer before entering the field.
- Parents should remain on site, in case of inclement weather or other unexpected situation.
Parents shall remain in the designated areas for spectators
Be courteous to other parents/spectators regarding the use of social distancing and marks.

After the Event

- Pickup your child as directed, and leave promptly – no congregating or socializing, and practice physical distancing.
- Use hand sanitizer and ensure your child does too.
- Upon returning home, promptly wash your hands and ensure your child does theirs; clean their clothing; and disinfect their training gear prior to the next session.

Dated: 07_27_2020