

NRSA COVID-19 Procedures, Rules and Responsibilities

Updated 7/27/2020

General Rules and Guidelines

- Before attending any NRSA event or function, staff, participants and spectators must have no signs or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has had COVID-19 in the past 14 days.
 - Signs & Symptoms including but not limited to:
 - Positive COVID-19 Test
 - Fever
 - Trouble Breathing
 - Pain or pressure in the chest that persists
 - Experience confusion or trouble waking up
 - Bluish Lips or face
- All staff, participants and spectators should take their temperature before attending any NRSA event.
- All participants must mark their attendance to any NRSA event on the SSUPlay App.
- By attending any NRSA event all participants and spectators confirm that they have had no signs or symptoms of COVID-19 in the past 14 days, including but not limited to a positive COVID-19 test, and have not been exposed to someone that has had COVID-19 in the past 14 days.
- Each day that they will be in person at an NRSA Event, coaches and staff must confirm that they have had no signs or symptoms of COVID-19 in the past 14 days, including but not limited to a positive COVID-19 test, and have not been exposed to someone that has had COVID-19 in the past 14 days. This will be done electronically before arriving at the NRSA facility.
- If any staff member, participant or spectator shows signs or symptoms of COVID-19 during an NRSA event they should return home immediately and contact their health care provider.
- Participants, organizers, spectators, volunteers and staff in high risk categories should not participate or attend NRSA events.
- All participants, spectators, staff and coaches must bring their own face coverings and hand sanitizer, additional hand sanitizer and face coverings will be available if needed.
 - Hand sanitizer should be readily available and must contain at least 60% ethyl alcohol (ethanol) or 70% isopropyl alcohol.
 - Face coverings can include masks, scarfs, and bandanas over nose and mouth.
- Only actively registered players and coaches are allowed in and around the playing area. All players and coaches must be registered for the current program. (2020-21 Travel program or Summer Play 2020 program)
- Coaches must wear a mask at all times and must maintain 6 ft social distancing whenever possible. Coaches may temporarily remove their mask or face covering to

give instruction to players, so long as they are within their technical area, not within the field of play, and not within 6 ft of any player, other coach, official, or spectator.

- Players must wear a mask when not actively participating in the practice, scrimmage friendly or game. This includes arriving to and leaving from training sessions, and trips to the bathroom. Players may wear a mask while playing unless players are unable to tolerate such a covering due to the level of physical activity. Neck Sleeves are strongly recommended as it allows players to pull their face covering up and down as needed.
- Players must maintain 6 ft social distancing whenever possible (ball out of play, during breaks, etc). Players should cover their mouth (with face covering, shirt, sleeve, hand or mask) when talking to teammates or coaches
- Spectators, including siblings, may not enter any part of the playing area, including any areas that are not currently being used.
- There will be a limit on 2 spectators per player. Spectators will be required to remain behind the fence and out of the field area (marked by traffic cones where the fence is not present), must wear a mask at all times, and must maintain appropriate social distancing from other spectators (6 ft). Spectators are encouraged to remain in their vehicle.
- Practice spaces must be large enough to allow for adequate social distancing of a player's personal equipment, bags, water etc.
- There is a limit to two coaches at any training session, game, or other event. All coaches must maintain 6ft of separation from each other and may not share a technical area.
- No sharing of personal items, including but not limited to PPE, water bottles, hand sanitizer and face coverings.
- Equipment will be sanitized daily, and will not be shared between players, teams, or groups.
- Players and spectators may not enter the field before their scheduled training or practice time and must leave promptly at the end of the session. There will be a 15 minute window between sessions to limit contact between teams/groups and to allow for any necessary equipment change or disinfection.
- All spectators, participants and staff should practice appropriate respiratory etiquette by covering coughs and sneezes with a tissue or the inside of your elbow. Tissues, wipes or disposable PPE must be properly disposed of in the appropriate receptacles.
- Scrimmages against other NRSA teams are allowed under the following conditions:
 - Both teams have conducted a minimum of 2 weeks of full team practice
 - All scrimmages and friendlies must be approved and scheduled
 - Only one game will be played at a time with a minimum of 30 minutes between games
 - Opposing teams must occupy opposite sides of the field.
 - Substitutes and players not on the field of play must maintain a minimum of 6 ft separation and must wear a mask.
 - All players must be registered with valid passes/roster.
 - No spectators at the field, spectators must follow previous guidelines.
- Teams are limited to two (2) events per week (practice, scrimmage, or friendly game)

Coach/Manager Responsibilities

- Submit safety screening before arriving to the fields.
- Ensure the health and safety of all players during practice and training sessions to the best of your ability.
- Follow all state and local health protocols.
- Check that all athletes have their individual equipment (ball, water bottles, bag, hand sanitizer, face covering etc.)
- Coach is the only person to handle practice equipment. (cones, disk etc.)
- Coach to sanitize/clean any personal training equipment before and after each session.
- All training should be outdoors and ensure social distancing per state or local health guidelines.
- Always wear a face mask and when not actively coaching maintain minimum 6 ft social distance requirements from players, officials, spectators and other coaches
- Scrimmage vests or pinnies, if used, should be provided to the players for the duration of practice, pinnies should not be changed during the practice and must not be re-used from one session to another. Pinnies must be thoroughly sanitized before re-use. No sharing pinnies or other equipment.
- Coaches must attend safety training prior to conducting any in person training sessions or practices.
- Coaches must monitor attendance on the SSUPlay app.
- Instruct players not to touch any equipment (including soccer balls) with their hands whenever possible. Goalies must wear goalie gloves. Every effort must be made to minimize touching of the soccer balls with bare hands.
- Make sure that any scrimmage or friendly games are approved and scheduled.
- Ensure that the team does not have more than two (2) events (practices, scrimmages, friendly games) per week.
- All team events must be approved and scheduled on the team app.
- Ensure that all players on their team are properly registered and carded (US Club Soccer, US Youth Soccer, AYSO)

Parent/Player Responsibilities

- Ensure your child is healthy and check your child's temperature daily.
- Mark your attendance to all NRSA events on the SSUPlay app.
- Ensure that all contact information is listed accurately in the SSUPlay registration system and app.
- Limited or no carpooling with other players.
- Stay in car or adhere to social distance requirements, based on state and local health requirements.
- When at an NRSA event wear a mask when outside your car.
- Ensure child's clothing and equipment is washed after every training session, whenever possible.

- Ensure all equipment, cleats, ball, shin guards etc. are sanitized before and after every training.
- Ensure that players do not touch any equipment (including soccer balls) with their hands. If players bring their own ball to practice they may not share it with other players, and must minimize handling the ball as much as possible (ie. only handle the ball to put it in and take it out of your bag).
- Notify member organization immediately if your child becomes ill or shows signs or symptoms of COVID-19 (registrar@nrso.org and your team's coach/manager)
- Do not assist the coach with equipment before or after training.
- Be sure your child always has a face covering and hand sanitizer with them.
- Wash and/or sanitize your hands thoroughly before and after training.
- Use hand sanitizer regularly.
- Players must wear a mask before and immediately after all training.
- When you arrive to practice or training, place your bag, water, etc on an orange cone. Do not touch or share anyone else's equipment, water, or bag.
- Practice social distancing, place bags and equipment at least 6 feet apart. Player equipment spots will be marked with orange disc cones.
- No group celebrations, no high 5's, hugs, handshakes etc.
- Neck Sleeves are strongly recommended as it allows players to wear the face covering and pull it up and down as needed.
- Players must maintain 6 ft social distancing whenever possible (ball out of play, during breaks, etc). Players should cover their mouth (with shirt, sleeve, hand or mask) when talking to teammates or coaches