



The following information pertains to how training sessions will be coordinated and practiced. These guidelines are in accordance with Governor Northam's directives regarding the various phases the state is under and also through the guidelines as expressed by US Youth Soccer and VYSA (Virginia Youth Soccer Association).

The return-to-play protocols and guidelines will also be applied to each of these Phases unless it is communicated otherwise by NRU or as expressed through the relevant entities, such as from local, state, and federal officials.

#### **Phase 1 Guidelines (May 15-June 10):**

- Focused on individualized activity and technical skill development; no group drills
- Participants not to exceed 10 individuals, including coaches
- No spectators on sidelines
- Participants must remain a minimum of 10 feet apart; no contact
- Players stay in designated areas
- Maximum hour of training

#### **Phase 2 Guidelines (June 5-July 1):**

- Focused on return to activity with individual and modified small group training
- Participants not to exceed 50 individuals per field, including coaches
- Participants must remain a minimum of 10 feet apart; no contact
- Players may now pass a ball but will not be permitted to touch a shared ball with their hands—exception for GKs with gloves
- Teams may practice on half of a field/practice area
- Maximum hour of training

#### **Phase 3 Guidelines (Beginning July 1, 2020)**

- Focused on return to activity with team training and matches now allowed – with the following guidance:
  - Participants/Coaches/Spectators should maintain a minimum of 10 feet apart where practicable--From VYSA's Phase 3 Guidelines: "Per Virginia Governors Office, matches are permitted during Phase 3"
  - Total attendance is limited to 250 persons per field/training complex
- Max 90 minutes of training

#### **Phase 4 Guidelines (Beginning TBA)**

- Phase 4 guidelines expected to announce full team training environment
- No restrictions on training and game play
- Restrictions lifted on number of players/coaches on field
- Training times fluid and open

# NEW RIVER UNITED RETURN-TO- PLAY GUIDELINES | COVID-19 UPDATES \*



\* NRU return-to-play guidelines will be updated as necessary

# GUIDELINES FOR SAFE RETURN-TO-PLAY ACTIVITY FOR OUR NRU FAMILY

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The safety of our players, staff, coaches, volunteers, and parents/family members is of the utmost importance as we prepare to return to the field of play for our various programs. The information contained in this document is not intended or implied, however, to be a substitute for professional medical advice, diagnosis, or treatment. To this point, the knowledge and circumstances surrounding COVID-19 are changing constantly and, as such, these guidelines will be further adapted through recommendations from the state of Virginia, health officials, and Governor Northam's Phased Opening Directives.

This return-to-play document articulates the process and the associated responsibilities for each of us as follows at this time:

- Players
- Staff/Coaches/Volunteers
- Parents

# NRU Club Overview

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The club has developed a set of protocols to be followed as we return to play. These include--

- Establishment and communication of Return-to-Play protocols that follow appropriate federal, state, and local guidelines to mitigate risk of infection to our players, families, coaches and staff; timely updates to the protocols will be expressed as needed to club members to reflect these changes.
- Education of our players, parents, coaches/volunteers, and staff regarding protocols for implementation prior to, during, and post training sessions.
- Coaches and staff will take the temperature of all NRU players at the field and be required to complete the pre-session screening process for participation.
- Parents will evaluate the health of their child by reviewing the pre-session screening questions prior to attending any NRU event and follow appropriate protocols as required based on the results.
- Development and communication of a COVID-19 response plan in the event of a confirmed case of COVID-19 and follow the appropriate internal and external guidelines.

# General Protocols

The safety of all of our NRU community--players, families, coaches, referees, staff, and visitors--is paramount in our planning and decision making. We are all partners in creating and maintaining a safe environment for our community. Please follow and practice 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 notify the club at [info@nrusa.org](mailto:info@nrusa.org)
- If you have tested positive for COVID-19, please follow the NRU guidelines for reporting as expressed in our club response plan.
- STAY HOME if you feel uncomfortable participating or are considered High Risk.
- Cover your mouth and nose with a tissue or elbow when coughing or sneezing.
- Practice physical distancing; avoid touching your face
- Wash your hands.
- Clean and disinfect clothing and high contact surfaces.
- Wear a mask or face covering as expressed by health officials when not actively playing and not involved with training activity.

## Stop the Spread of Germs

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



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

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# Pre-Session Screening Process

Prior to attending or coordinating any NRU event, each staff member, coach, volunteer, and player must undergo a pre-screening process as outlined below. Please stay home and do not participate in any NRU event if you have any of the following--

- Generally feeling ill;
- If you have a temperature of 100.4° or greater as defined by the CDC or have 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 NRU events;
- If anyone in your immediate family has been exposed to COVID-19, you must quarantine for 14 days from exposure before returning to NRU events;
- If a player or a person in their immediate family has a pending COVID-19 test, then they should not attend club activities;
- If you, or anyone in your immediate family, has traveled out of the country, you must quarantine for 14 days from your date of return before engaging in NRU 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.

# Protocols For Players

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## 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 if this is the player's personal decision).
- No sharing of equipment.
- Prior to attendance, perform temperature check and conduct pre-session process.
- Carpooling with others outside of your household should be avoided.

## During the Event

- Use hand sanitizer before entering the field.
- Practice physical distancing in the session– stay at least 10 feet away from others; no hugs, high fives, or fist bumps, etc., permitted.
- Enter the field through the designated area or gate and follow the directions of your coach to the appropriate section of the field.
- Upon arrival to your training area, place your equipment in the designated area, remove your face covering if wearing one (they are not required for players during the session but will be accommodated if desired for any NRU player).
- Follow the coach's directions throughout the session.
- Spitting on the field is strictly prohibited.
- Each player must bring their own soccer ball and pinnie (if assigned); no equipment (balls, water bottles, gloves, shin pads, hair ties, etc.) may be shared during the session.

## After the Event

- Follow the directions of the coach and leave the training area in an orderly fashion while physical distancing, and exit through the designated 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 Parents

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## Prior to Event

- Conduct pre-event screening of your child/children including temperature check.
- Be sure all training gear and equipment has been properly cleaned and sanitized if it hasn't already since the last session.
- Update TeamSnap to reflect your child's status—this MUST be done for every practice.
- 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.
- Carpooling with others outside of your household should be avoided.

## During the Event

- Follow the parking lot directions for drop off and pick up areas as directed by Director of Operations.
- Direct your child to the appropriate entrance/field or designated area.
- Practice social distance guidelines
- Ensure your child uses hand sanitizer before entering the field.
- Parents must wait to see if child is cleared to play from temperature check by NRU coach/NRU staff.
- Parents should remain on site (for younger ages as needed), and must wait in their vehicles for the duration of the event, in case of inclement weather or other unexpected circumstance.

## After the Event

- Pick up your child as directed and leave promptly –no congregating or socializing, and practice physical distancing.
- If you have children in different training groups due to age/gender, be sure to coordinate picking up one and dropping off the other within the designated timeframes (i.e., siblings should not hang-out at practices).
- Use hand sanitizer and ensure your child does, too.
- Upon returning home, disinfect their training gear prior to the next session.

# Protocols For Staff, Coaches, and Volunteers

## Prior to Event

- Arrive 10 minutes early to conduct pre-screening protocol prior to attending and overseeing any training sessions.
- Plan training session in accordance with state, club, and local and club social distancing guidelines and remind players of their responsibilities before, during, and after the event.
- Wear a mask or face covering, before and after any session; when actively coaching, masks are not required as long as you are not within the social distance guidelines as expressed by local and state entities with another participant.
- Make sure all training gear and equipment has been responsibly sanitized before start of the session.

## During the Event

- Perform individual temperature 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.
- Use hand sanitizer before entering the field.
- Practice physical distancing – stay at least 10 feet away **from other individuals when practicable**; no hugs, high fives, or fist bumps permitted.
- Use your own equipment—no equipment may be shared during the session; coordinate training grids for your team, ensuring appropriate distance is maintained.
- Provide clear direction and guidance to players for personal stations and monitor their behavior (e.g., remaining 10 feet apart, not sharing equipment, etc.).
- Conduct training sessions that are consistent with the Phase requirements in terms of player contact and interaction during training. I.e., Phase 1, 2, or 3.—**refer to NRU's return-to-training guidelines for direction in what is appropriated in each training phase.**

## After the Event

- Clear your training area/equipment quickly and leave through the appropriate area or exit.
- Use hand sanitizer.
- Lead and direct players to leave the training area in a coordinated fashion, and ensure each player departs with their parent.
- No congregating or socializing permitted.
- Upon returning home, promptly disinfect your training gear in preparation of next training session.

# Response Plan to Symptoms/Exposure

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- Any NRU player, coach, or staff member who has tested positive for COVID-19, are exhibiting symptoms of COVID-19, or have been directly exposed to someone who has tested positive for or is displaying symptoms of COVID-19 are **REQUIRED** to report this to the club.
  - For those exhibiting symptoms, whether the symptoms occur at training sessions or at home, it must be reported to the club for further coordination. Report to [info@nrusa.org](mailto:info@nrusa.org)
  - Due to HIPPA laws and to protect the privacy of all involved, the identity of the affected person will remain anonymous. All details will be kept confidential and will be navigated by NRU according to local, state, and club reporting guidelines.
- Once notified that an individual that has tested positive for COVID-19 and/or has been in close proximity with any player, coach, or staff member, such individuals must adhere to all guidelines as communicated.
- Return to play protocols and guidelines must be followed to be cleared to resume NRU activities.
  - To return to NRU activities, individuals must provide demonstration of a minimum 14 days quarantine post-symptoms and must be cleared by a physician (including documentation of doctor clearance).

# Participation Requirements

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- All participants are required to sign NRU'S RETURN-TO-PLAY waiver prior to attending any activities.
- **NOTE:** It is important that parents and players understand that any participation in return-to-play activity is solely the choice of the individual and family: If you are not comfortable with returning to play with these guidelines, then **DO NOT**.

# Questions?

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Our mission is to create a safe environment for our players, coaches, staff and parents. If you have questions, please contact [info@nrusa.org](mailto:info@nrusa.org)

## Additional Resources

- [VYSA](#)
- [US Soccer](#)
- [GOVERNOR.VA.GOV](#)