

# NVSC GUIDELINES FOR RETURN TO PLAY\*

Revised: 08\_28\_2020



*\*This document is based on current federal, state and local guidelines; and is subject to change. The guidelines contained herein do not supersede any government requirements.*

# GUIDELINES FOR A SAFE RETURN TO PLAY

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Safety for our players, staff, coaches, admin and parents is paramount as we prepare to return to the field of play.

Federal, State and Local guidelines have been instrumental in preparing our return to play protocols and procedures.

This presentation walks through the process and the associated responsibilities for each of us as follows:

- Players
- Staff/Coaches
- Parents/Spectators



# General Protocols

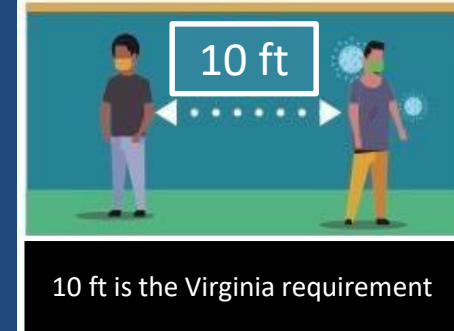
The safety of all NVSC community, players, families, coaches, referees, staff and visitors, comes first in our planning and decision making. We are all partners in creating and maintaining a safe environment for everyone involved. Please follow the guidance below:

- 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 [info@novasc.org](mailto:info@novasc.org) or via the [COVID NOTIFICATION FORM](#)
  - 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: 08\_28\_2020**

## 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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# 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 all Federal, State and local guidelines and mitigate risk of infection to our players, families, coaches and staff
- Education of our players, coaches, staff, and parents regarding protocols for implementation prior to, during and post training sessions and match day games.
- Pre-screening requirement for coaches: NVSC Staff Coaches will have their temperature checked by NVSC personnel at the field and be required to fill out the questionnaire at the field prior to attending any NVSC event; NVSC volunteer coaches should conduct their pre-screening at home prior to attending and training or matches.
- Pre-screening requirement for players: Parents are to conduct the temperature and health check (review the health check questions for each player) at home prior to attending any NVSC event, and follow the appropriate protocols as required based on the results.
- Establishment of a schedule and field access plan that provides a safe environment for our players and coaches.
- Establishment of protocols for parents/spectators to allow attendance at matches
- Conduct of facility sanitization as required between uses.
- Provide necessary PPE and sanitizing products to NVSC Staff and volunteers.
- Development and dissemination of a COVID-19 response plan. In the event of a confirmed case of COVID-19, notify NVSC via [COVID NOTIFICATION FORM](#) and communicate immediately with the local health department.

# Participation Requirements

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- All youth and adult participants are required to sign a participation agreement prior to attending any NVSC event.
  - For youth players, the agreement must be executed by the registered player's parent / guardian.
  - For adult players, the agreement must be executed by the registered player.
- Participation agreement is based on Virginia Youth Soccer Association (VYSA) and Prince William County Parks and Recreation (PWC P&R) recommendations.

# Response Plan to Symptoms/Exposure

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- Any NVSC player, coach, or staff member who has tested positive for COVID-19, or is exhibiting symptoms of COVID-19, or has been directly exposed to someone who has tested positive for or is displaying symptoms of COVID-19 is required to report this to the club via the NVSC [COVID NOTIFICATION FORM](#)
  - For those exhibiting symptoms, whether the symptoms occur at training sessions or at home, it must be reported to the club. Reporting is accomplished by going to the NVSC website. Go to the appropriate program page and click on the COVID reporting link.
- 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 only be shared with local health officials.
- 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 must be followed to be cleared to resume NVSC activities.
  - Various scenarios are outlined herein.
  - Each occurrence will be fully reviewed by the NVSC COVID Response Committee (below) for resolution.
    - Bill Gregory – Executive Director
    - Kristen Neall – Travel League Board Representative
    - Mark Ross – Recreational League Board Representative



# Pre-session Screening / Questionnaire

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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 100.4 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*
- *If anyone in your immediate family or close relative/friend has been exposed to COVID-19*
- *If anyone in your immediate family or close relative/friend has tested positive for COVID-19*
- *If you have tested positive for COVID-19*
- *If you, or anyone in your immediate family has traveled out of country*
- *If unsure about whether to attend or participate in practice due to possible symptoms OR exposure, stay home, contact the club, and it is recommended you contact your health care provider*

# Return to Play Protocols

- Youth Recreational Program
- Youth Travel Program
- Adult Recreational Program
- Return to Play Scenarios



# Youth Program Details

## Recreational Program

# Protocols For Recreational Youth 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. Bring alternate color tee if no pinnie provided.
- Players are responsible for providing water bottle, soccer ball, face masks.
- No sharing of equipment.
- Prior to attendance, perform temperature check and conduct pre-session questionnaire.
- 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 the match field, or training area on the field.
- Masks are required unless on the field playing.
- Practice physical distancing – stay at least 10 feet away from others; no hugs, high fives, or fist bumps permitted. (not applicable during match play on the field).
- Enter the field through the designated area or gate, and follow the directions of your coach to the appropriate section.
- Upon arrival to your match field/training area, place your equipment in the designated area, remove your face covering if playing/warming up (they are not required for players during the session).
- Follow the coach's directions throughout the session.
- Players should not attend to injured players
- No food, snacks, sunflower seeds, etc, are allowed at the field
- Spitting on the field is strictly prohibited
- Each player must bring their own soccer ball and pinnie (if assigned); no handling of the soccer ball
- No equipment (balls, water bottles, hair ties, gloves, etc.) may be shared.

## After the Event

- No team snacks.
- Following the directions of the coach, wear your face covering, leave the match field/training area in an orderly fashion while physical distancing; exit through 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 soccer gear prior to the next use.

# Protocols For Recreational Coaches

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## Prior to Event

- Conduct a pre-screening at home prior to attending training/matches.
- Follow NVSC protocols for arrival times for training/matches – limit overlap of teams/players
- Plan training session in accordance with State, Local and Club social distancing guidelines.
- Be sure all soccer gear and equipment has been properly cleaned and sanitized if it hasn't already since the last match/training session.
- Remind players of their responsibilities before, during, and after the event; confirm all players have conducted a pre-event screening.
- Wear a mask or face covering, before and after any match/session; masks during sessions are not required by the County as long as social distancing is maintained.

## During the Event

- Use hand sanitizer before entering the field.
- Practice physical distancing – 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.
- Arrange training/warm-up grids for your team, ensuring appropriate distance is maintained.
- Direct players as they arrive where to place their equipment, and remove their face covering (they are not required for players during warm-ups/play).
- 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.
- Conduct training sessions that are consistent with the Phase requirements in terms of player contact and interaction during training.
- Attend to injured players on the field; with mask in place

## After the Event

- Promptly clear your area of equipment, and exit through the appropriate gate or area.
- Ensure each player 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.

# Protocols For Recreational Parents

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## Prior to Event

- Conduct pre-event screening of your child/children including temperature check and questionnaire.
- Be sure all soccer training gear and equipment has been properly cleaned and sanitized if it hasn't already since the last session.
- 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.
- Upon arrival at the complex, wear a mask or face covering to the field.
- Carpooling with others outside of your household should be avoided.

## During the Event

- Follow the parking lot directions for dropoff and pickup areas as directed by NVSC (not at all facilities).
- Ensure your child uses hand sanitizer before entering the field.
- Parents should remain on site in case of inclement weather or other unexpected situation.
- 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 field 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.
- If attending the event, plan to go to the field area 5-10 minutes prior to game time to allow prior spectators to clear out.
- Note that spectators are not allowed on Fields 7/8 during practice sessions to remain within field capacity.
- Face masks are required if within 25 ft of playing field.

## After the Event

- No team snacks.
- Pickup your child, 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
- 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 event.

# Youth Program Details

## Travel Program

***NOTE: CCL and NCSL Guidelines/Protocols are for Match-day and take precedence where they are more stringent.***

# Protocols For Youth Players - Travel

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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.
- 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 the match field, or training area on the field.
- Masks are required unless on the field playing.
- 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 match field/training area, place your equipment in the designated area, remove your face covering if playing/warming up (they are not required for players during the session).
- Follow the coach's directions throughout the session.
- Players should not attend to injured players on the field
- 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
- No equipment (balls, water bottles, hair ties, gloves, etc.) may be shared.

## After the Event

- Following the directions of the coach, wear your face covering, leave the match field/training area in an orderly fashion while physical distancing; exit through 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 soccer gear prior to the next use.

# Protocols For Staff and Coaches - Travel

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## 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 event has ended and the field is cleared – note that during match-day, there may be slight overlaps
- Conduct pre-screening protocol prior to attending and overseeing any activities.
- Plan training session in accordance with State, Local and Club social distancing guidelines.
- Be sure all soccer gear and equipment has been properly cleaned and sanitized if it hasn't already since the last match/training session.
- Remind players of their responsibilities before, during, and after the event; confirm all players have conducted a pre-event screening.
- Wear a mask or face covering, before and after any match/session; masks during sessions are not required by the County as long as social distancing is maintained.

## During the Event

- Use hand sanitizer before entering the field.
- Practice physical distancing – 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.
- Using your own equipment, arrange training/warm-up grids for your team, ensuring appropriate distance is maintained.
- Direct players as they arrive where to place their equipment, and remove their face covering if desired (they are not required for players during warm-ups/play).
- 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.
- Conduct training sessions that are consistent with the Phase requirements in terms of player contact and interaction during training.
- Attend to injured players on the field; with mask in place
- During match play, masks are not required when providing guidance to players on the field

## After the Event

- Promptly clear your area of equipment, and exit through the appropriate gate or area.
- Lead and direct players to leave the match field/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: 08\_28\_2020***



# Protocols For Parents – Travel

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## Prior to Event

- Conduct pre-event screening of your child/children including temperature check and questionnaire.
- Be sure all soccer 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.
- 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.
- Upon arrival at the complex, wear a mask or face covering to the field.
- Carpooling with others outside of your household should be avoided.

## During the Event

- Follow the parking lot directions for dropoff and pickup areas as directed by NVSC.
- Ensure your child uses hand sanitizer before entering the field.
- Parents should remain on site, and must wait in their vehicles for the duration of the event, in case of inclement weather or other unexpected situation.
- Training.
  - 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.
- Match day.
  - If attending game, plan to go to the field area 5-10 minutes prior to game time to allow prior spectators to clear out
  - Follow CCL and NCSL match-day requirements.

## After the Event

- Pickup 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 (ie, siblings cannot hang-out at practices)
- 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 event.

# Travel Program

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## CCL Guidelines

- The Club Champions League has provided all clubs with a Return to Play Protocol focused on Match-Day requirements.
- Practice guidelines are covered by the NVSC Return to Play Protocols.
- Determination of Player status and Team status for availability of play will be based on NVSC Practices as outlined in the NVSC Return to Play Protocols.

## NCSL Guidelines (U9 and U10)

- National Capital Soccer League has provided clubs with a set of Return to Play Guidelines.
- The match play pre, during and post event guidelines are similar to those from CCL

***Dated: 08\_28\_2020***



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## CLUB CHAMPIONS LEAGUE

Virginia, Maryland,  
West Virginia, Washington, D.C.



CLUB CHAMPIONS  
LEAGUE  
FLORIDA



CLUB CHAMPIONS  
LEAGUE  
GEORGIA



CLUB CHAMPIONS  
LEAGUE  
NEW ENGLAND

### CCL COVID-19 Return to Play Best Practices Guide

The Club Champions League (CCL) is excited to conduct league play and events for the 2020-2021 seasonal year using our COVID-19 Return to Play best practices and recommendations which have been developed using the Centers for Disease Control and Prevention (CDC) and U.S. Soccer's Phase III "Play On" Full Team Competitions guidance.

In concert with our member clubs and event participants, the CCL's number one priority is to establish a matchday and event environment that is safe for all players, parents/guardians, coaches, referees, and spectators. The CCL's COVID-19 Return to Play best practices and recommendations are provided to assist youth soccer clubs in safely and gradually resuming CCL matchday competitions and events while attempting to reduce infection risk in the setting of the ongoing COVID-19 pandemic. These best practices and recommendations do not supersede or replace any applicable local, state, regional or federal health guidelines or requirements, which should be adhered to by all clubs and club members. Equally, these recommendations do not replace any club's protocols and should aid in a club having a successful matchday experience.

Please see below the CCL's COVID-19 Return to Play best practices and recommendations for all member clubs and event participants:



### Matchday – Scheduling

- Clubs: to limit large gatherings that may occur on a matchday, it is strongly recommended that clubs increase the length of time blocks by a minimum of 15 minutes (minutes between matches) and stagger start times of matches so that players, coaches, referees, and spectators can safely arrive and depart.

**Note:** those clubs that secure fields through permits may be limited in increasing time blocks and are encouraged to do their best in maximizing time blocks.

- Directors: A key pillar of the CCL is our Directors ability to communicate regularly. Director-to-Director communication regarding a club's COVID-19 protocols will be critical to a successful matchday. We ask all Directors respect the hosting club's protocols.

### Matchday - Before Your Departure

- Parents/Guardians: take each player's temperature before coming to the match. Any player who has a temperature of 100.4 degrees F or more, or feels sick, must NOT attend matches. Any person to be on the field during the match (i.e., referees, coaches, etc.) and/or will attend the match as a spectator are expected to do the same.
- Parents/Guardians: please have your child go to the bathroom before arriving to the match. There is no guarantee that restrooms will be available for players.
- Parents/Guardians: make sure your child is properly fed and hydrated prior to the match.
- Parents/Guardians: if hot and humid, have your child apply their own sunscreen.
- Coaches: please sanitize all your equipment prior to the match. If using bibs/pinnies, they must be washed/sanitized prior to the match. There will be no sharing of bib/pinnies between players and each player should be provided their own. Otherwise, do not use bib/pinnies.

### Matchday - What to Bring

- Players: if bringing a soccer ball, sanitize your ball at home.
- Players: bring your own water bottle/water jug (clearly marked with first and last name) with sufficient supply for the duration of the match.
- Players: bring hand sanitizer for use before, during, and after matches.
- Players: bring your own bag to carry all items.
- Players: we strongly recommend wearing a mask upon arrival and departure but is not recommended during matches. We will require masks to be worn on sidelines if not playing.

- Coaches will be required to wear masks and will be allowed to remove the mask briefly when providing coaching instruction.
- Referee Assignors will provide guidance to clubs regarding Center Referees and Assistant Referees as it relates to masks.

### Matchday - Arrival and Drop-off Instructions

- Parents/Guardians & Players: please arrive on time; as the CCL is unique in its club-to-club scheduling, we want to make sure we keep matches flowing throughout the day.
- Referees, Coaches & Players: we are requiring a maximum of 30 minutes of warmup and no more than 30 minutes. Referees, Coaches & Players are not permitted on the field area until that time. This will allow for the previous match to conclude and its players, coaches, referees, and spectators to leave the field and any sanitization to take place.
- Parents/Guardians & Spectators: we recommend that Parents/Guardians & Spectators do not arrive to the field until 10 minutes before the start of the match time. Note: if necessary, we understand if a child needs to be safely escorted to the field by an adult. We ask that all wear face masks out of courtesy of others.

### Matchday - During the Match

- Parents/Guardians & Spectators can attend matches. We ask that clubs adhere to the recommended guidelines of 250 people per field. We ask that siblings stay close to their Parents/Guardians to create a "family bubble".
- Please maintain required social distancing throughout your visit to a match; we are requiring 10 feet of distance for safety. Reminder: masks must be worn.
- Players and coaches will be required to social distance on the sideline during the match; we are requiring 10 feet of distance for safety (for example, drop cones 10 feet apart for each player). Reminder: if on sideline, masks must be worn.
- As agreed upon by the coaches and referees, the players may be given rest and water breaks. There will be no sharing of water and social distancing must take place during any rest and water breaks.

- Players may share soccer balls but can only pick them up with their hands during a throw-in; otherwise, feet must be used. Goalkeepers are required to wear goalkeeper gloves (of which they must be sanitized before any match). It is encouraged to sanitize all match balls when possible.
- If for any reason there are surfaces (i.e., metal benches) located at a field, we are requiring that those surfaces be disinfected before and after each match or not allow use of those surfaces.
- Coin toss will take place with proper social distancing with all captains and Center Referee wearing masks. Only the Center Referee will handle the coin.
- Substitutions will take place in front of team benches instead of the halfway line.
- In case of injury within the match, if available a Certified Athletic Trainer wearing a mask may provide first aid management. If unavailable, team staff may assess injured players and provide first aid management while wearing a mask. All other must maintain social distance during the injury assessment and until play resumes.
- No post game "high-fives" are allowed. There will be a mutual respect that the match was played competitively, under the IFAB Laws of the Game, and with sportsmanship. No post game handshakes between coaches.

Reminder: Referee Assignors will provide guidance to clubs regarding Center Referees and Assistant Referees as it relates to masks.

#### Matchday – Pick-up Instructions

- The match will start and end promptly on schedule; unless an injury or delay has occurred. We recommend member clubs and event participants set up communications in case of a delay.
- Please be present to pick up your child immediately after the match has ended.
- We ask all parents/guardians and siblings refrain from entering the field area. Coaches will dismiss players at the end of the match and players are expected to find their parents/guardians/family at a pre-determined location off the field of play, in the parking lot, or other agreed upon pre-determined location.

#### Neutral Sites and Event Sites

- Additional guidance will be provided by the league to member clubs and event participants regarding any neutral site locations or event sites used.

#### Reporting

- The CCL requires a club to inform clubs of a positive COVID-19 test within a team so that a club may make an appropriate decision regarding an upcoming match. This applies when a match has been played and there has been a positive test, as well as a match to be played and there was a positive test in a prior match.
- If anyone has tested positive for COVID-19 and has just completed a 10-day quarantine period and have no fever or symptoms they may return to play with a required negative test and the approval of their club. We are following these CDC guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>
- Clubs must notify the league of a positive COVID-19 test so that the club(s) may discuss with the league the appropriate and safest next steps. We ask all clubs take the necessary precautions if a player, coach, team official (anyone within the team on a regular basis), as well as family members, if testing positive for COVID-19.

#### Postponements / Rescheduling

- The CCL will offer maximum flexibility in postponing and rescheduling matches due to COVID-19. There are no forfeits for taking precautions and postponing and rescheduling a match. We ask that the match be rescheduled immediately and at a future date that works for both teams and/or clubs.
- All member clubs and its members understand that more neutral site matches may be used for the 2020-2021 seasonal year to minimize travel or to make-up matches.

**THANK YOU FOR ADHERING TO THESE CCL RETURN TO PLAY GUIDELINES!**

*These Best Practices & Recommendations are subject to change and will be updated and disseminated to all member clubs.*

# Adult Program Details

# Implementation For Adult Program

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- All NVSC Adult players will be assigned to a team and must play with that team only.
  - Team assignments will be sent out via email;
  - Game days and times will be sent out via email.
  - Players arrive and depart wearing masks
- All players in the NVSC Adult leagues must sign the NVSC Participation Agreement prior to attending any games
- Players should plan on arriving at the field no sooner than 10 minutes prior to the game time; and leave the fields no later than 10 minutes after completion.
- Volunteers will be on hand at the HW parking lot and field to guide players to the staging areas.
  - Players will park and go to the staging areas on field 6
  - No spectators will be allowed on or around the fields during the games
- In the event of a confirmed case of COVID-19, notify NVSC via [COVID NOTIFICATION FORM](#) and communicate immediately with the local health department.



# Protocols For Adult Players

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## Prior to Event

- Prior to attendance, perform temperature check and conduct pre-session questionnaire.
- Any player testing positive will have to report it to the club
- Players need to remain in their cars or congregate on field 6 prior to the games until field 7 & 8 are vacant; Players are not permitted to approach the fields until all youth players have left.
- Players are required to wear masks to go to the field.

## During the Event

- Teams shall take up opposite sides of the field
- Spitting on the field is strictly prohibited; no food, snacks, sunflower seeds, etc, are allowed at the field
- Use hand sanitizer before entering the field
- Practice physical distancing throughout while on the sidelines– 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 the volunteers to the appropriate section.
- No spectators allowed during match play at Fields 7 and 8.

## After the Event

- 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 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.

# RETURN TO PLAY SCENARIOS

# Return to Play Scenarios -- NVSC

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The following slides outline the NVSC Return to Play requirements following exposure to, or infection of COVID-19. Parents/Players should report possible COVID-19 infections to NVSC via the [COVID NOTIFICATION FORM](#) on our website.

- The scenarios are developed based on individual player and team protocols
- In concert with the determination of the player's path forward to returning to the field, the impact of the player's exposure to the team (to the coach and teammates) is assessed.
- NVSC's protocols lean toward the conservative approach, in that any player awaiting test results, or showing symptoms that may lead to testing, is considered to be positive until determined otherwise. Our goal is to protect the players, the coaches, staff and NVSC members.
- *All Team Impacts will be reviewed by the NVSC COVID NOTIFICATION Committee for resolution.*

## ***Player Scenario 1***

- ***Generally feeling ill;***
- ***If you have a temperature of 100.4 or greater as defined by the CDC;***
- ***Symptoms including: cough, difficulty breathing, loss of taste, or other symptoms as outlined by the [CDC](#) website;***
- ***No positive or negative test for COVID-19.***

### ***NVSC RESPONSE:***

- ***Please inform NVSC via [COVID NOTIFICATION FORM](#) of your symptoms and the details (dates, symptoms, possible exposure, etc) surrounding your condition.***
- ***Contact your local health provider.***
- ***Please isolate from other family members and teammates until you are feeling better.***
- ***Do not attend any NVSC event until you are symptom free, with a minimum of 24 hours of normal temperature without the use of fever reducing medicine, or have received a negative COVID-19 test result.***

## ***Player Scenario 2***

- ***If anyone in your immediate family has been exposed to COVID-19, BUT;***
  - ***No one has tested positive***
  - ***No one has tested negative***

### ***NVSC Response:***

- ***Please inform NVSC via [COVID NOTIFICATION FORM](#) of your exposure and the details surrounding your exposure and do not attend NVSC activities until further notice as outlined below.***
- ***Contact your local health provider.***
- ***Make an appointment to take a COVID-19 to see if your exposure has led to being infected.***
- ***Please isolate from other family members and teammates until you are feeling better.***
- ***Do not attend any NVSC event for 14 days from your exposure, you must receive a negative COVID-19 test result to resume activities.***

## ***Player Scenario 3***

- ***If you have been exposed to COVID-19 via immediate family, friend or teammate.***
  - ***Someone that you have been around, near, etc, has tested positive for COVID-19***

### ***NVSC Response:***

- ***Please inform NVSC via [COVID NOTIFICATION FORM](#) of your exposure and the details (dates, symptoms, possible exposure, etc) surrounding your exposure.***
- ***Contact your local health provider.***
- ***Monitor your symptoms, if any result.***
- ***Make an appointment to take a COVID-19 to see if your exposure has led to being infected.***
- ***Please isolate from other family members and teammates until you are feeling better.***
- ***You cannot attend any NVSC event or resume NVSC activities for 14 days from your exposure with no symptoms***
  - ***Receiving a negative COVID-19 test result allows the player to resume activities, assuming that the player did not test positive and has no symptoms.***

## ***Player Scenario 4***

- ***If you, or anyone in your immediate family has traveled out of country.***

### ***NVSC Response:***

- ***Please inform NVSC via [COVID NOTIFICATION FORM](#) of your out of country destination, dates, locations, etc, and do not attend NVSC activities until further notice as outlined below.***
- ***Contact your local health provider for further direction.***
- ***Please isolate from friends and teammates until you are feeling better.***
- ***Do not attend any NVSC event for 14 days from your exposure.***

*Note: The CDC has recently changed the requirement after returning from our of country and pushed the requirement down to the individual state/local level. We are reviewing this Scenario.*



## ***Player Scenario 5***

- ***You have tested positive for COVID-19***

### ***NVSC Response:***

- ***Please inform NVSC via [COVID NOTIFICATION FORM](#) of your positive test results and the details (dates, symptoms, possible exposure, etc) surrounding your infection.***
- ***Please isolate from other family members and teammates until you are feeling better.***
- ***You cannot attend any NVSC event or resume NVSC activities for your positive test until***
  - ***You have received 2 negative COVID-19 tests separated by 24 hours.***
  - ***You have isolated for 14 days and have no symptoms.***

## ***Team Scenario 1***

- ***A player on Team1 is not feeling well, but has not (to their knowledge) been directly exposed to COVID-19 through family or friend.***
  - ***No test conducted yet on the player to determine status***

### ***NVSC Response:***

***Team Impact: When did the last training session occur vs player not feeling well?***

***For example, if the player started feeling poorly on Monday after a Sunday session, we would continue training, but at a reduced player contact (Phase 2).***

***Alternatively, if the player started feeling poorly on Monday after a Thursday session, we would continue training as normal.***

## ***Team Scenario 2***

- ***A player on Team1 has been exposed to COVID-19 through family or friend that has tested positive.***
  - ***No test conducted yet for the player to determine status.***

### ***NVSC Response:***

***Team Impact: When did the last training session occur vs exposure to COVID-19?***

***For example, if the family or friend member was waiting for test results, and found out after the date of the training session of the positive result – the assumption is that the player may have contracted and subsequently exposed the team. Team (players) will be required to quarantine for 14 days, or provide negative test results to continue.***

***Alternatively, if the friend or family member developed symptoms and subsequently tested positive after the date of the training session – the assumption is that the players may have contracted the virus, but did not expose the team. Team can continue with practice sessions. However, the impacted player must quarantine for 14 days.***

## ***Team Scenario 3***

- ***A player on Team1 has tested positive for COVID-19.***

### ***NVSC Response:***

***Team Impact: When did the last training session occur vs positive testing to COVID-19?***

***For example, if the player tested positive for COVID-19 and did not attend any training sessions after getting the results, then the team is considered to not be impacted.***

***However, if the player tested positive for COVID-19 and did attend a training session, then the player is to quarantine for at least 14 days with 3 days of no symptoms, the team is quarantined for 14 days.***

# Field Requirements Hellwig Fields 7/8

*Please note and adhere to signage at each complex and field.*

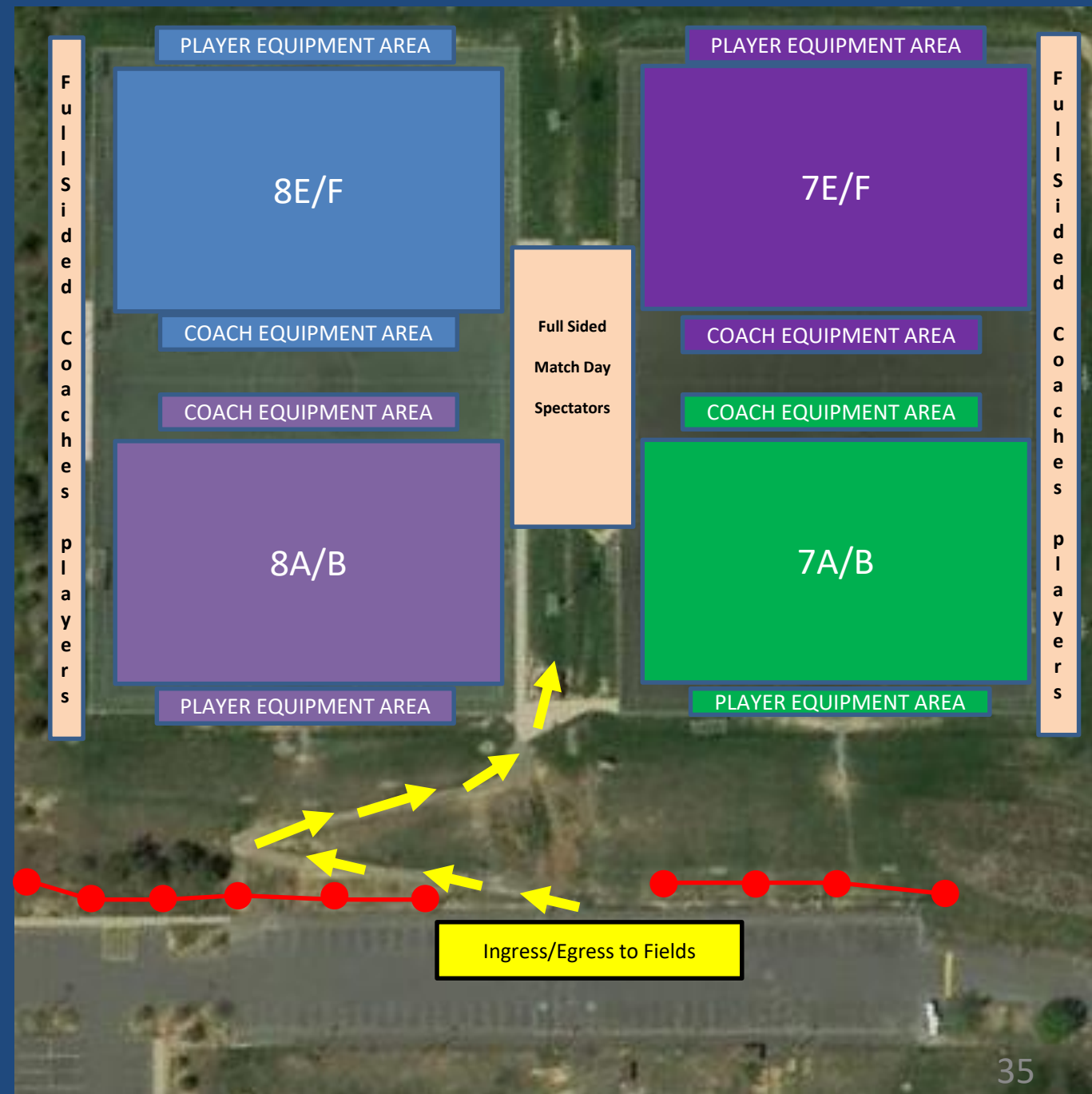
# Hellwig Fields 7/8

Fields 7 and 8

No spectator access during training / practice sessions.

Spectator access during match play requires masks and social distancing.

Please note and adhere to signage provided for social distancing



Dated: 08\_28\_2020

# Questions?

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



# **Disclaimer: COVID-19 WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

IN CONSIDERATION for being permitted to utilize the Soccer Facilities, uniforms, and equipment, EACH PARTICIPANT, on behalf of themselves and all persons and entities claiming by, through or the undersigned hereby acknowledges agrees and represents that they have inspected and carefully considered the premises, the equipment and the facilities (collectively the “Soccer Facilities” or “Facilities”), and that they find and accept the same as being safe and reasonably suited for my use and/or use of the Facilities.

Each Participant also acknowledges that COVID-19 is a global pandemic and that infections have been confirmed throughout the United States and Internationally, including in the Commonwealth of Virginia. The Participant further understand and acknowledge that the President of the United States declared that the outbreak of COVID-19 in the United States constitutes a national emergency. Further, the Governor of the Commonwealth of Virginia has declared a State of Emergency because of COVID-19, and has issued numerous Executive Orders and Guidance relative to the use of the Facilities. As referenced herein, COVID-19 shall include any outbreak of any and all communicable diseases, including but not limited to, the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2 )", which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof (“COVID-19”).

Each Participant is aware that their Participation or that of their minor children includes a risk of possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19.

***Dated: 08\_28\_2020***

## **Disclaimer: COVID-19 WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

Each Participant understands and acknowledges that NVSC (Mid-County Soccer Association, Inc. d.b.a Northern Virginia Soccer Club (“NVSC”)) cannot guarantee the Participant’s safety nor immunity from infection. Each Participant understands there is no known vaccination for COVID-19, and the mode by which COVID-19 is transmitted or how long it remains on surfaces or in the air is not entirely known.

Each Participant fully understands, acknowledges and appreciates these facts and the uncertainty of the virus and how it may impact the Participant’s health. Each Participant knows that someone at the Facility may be infected without their knowledge. Each Participant knowingly and voluntarily assumes all risks associated directly or indirectly with participating in any activity at the Facilities (collectively, the “Voluntary Activity”). With this understanding, the Participant knowingly and voluntarily waives and releases NVSC and/or their respective directors, officers, employees, volunteers, coaches, referees, and agents (collectively, the “Releasees”), from any and all present and future claims of any type, including for any harm or loss, economic loss, personal injury, disease, death and property damage suffered by me related to COVID-19.

Each Participant agrees to indemnify and hold harmless, and covenant not to sue, the Releasees for any personal injury, death, medical expenses, disability, loss of capacity, property damage, court costs, attorneys’ fees, and/or other loss, including arising out of or related, whether directly or indirectly, to any Voluntary Activity with regard to COVID-19 or related circumstance.

***Dated: 08\_28\_2020***

## **Disclaimer: COVID-19 WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION): This is to certify that the individual, as parent/guardian with legal responsibility for the below-named minor child participant, does consent and agree to his/her release as provided above of all the Releasees, and for themselves and for the other Releasees the Participant does hereby release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or Participation in the Program as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.