



**NORTH
ALABAMA
SC**

RETURN TO PLAY GUIDELINES

Version 1.4 – May 28, 2020

NorthAlabamaSC.org



NORTH ALABAMA SC

In response to the COVID-19 situation and the Alabama Safer-at-Home Order (amended on May 21, 2020), North Alabama SC has developed Return to Play (RTP) guidelines that address critical return-to-play details that meet and, in certain instances, exceed the current Center for Disease Control (CDC), Alabama Department of Public Health (ADPH), US Youth Soccer (USYS), and Alabama Soccer Association (ASA) guidelines.

We know you are as excited as we are to return to soccer, but as soccer has inherent risks of communicable disease transmission, it is critical that our entire soccer community – players, parents, coaches, staff, volunteers, and spectators – adhere to these guidelines to ensure the safety and health of everyone involved with North Alabama SC soccer.

As someone participating in North Alabama SC soccer activities, you are responsible for adhering to these guidelines in order to participate in club activities.

These guidelines will be adjusted, modified based on updates from the State of Alabama, CDC, ADPH, USYS, ASA, and local agencies and as needed to ensure the health and safety of our North Alabama SC soccer community.



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DECIDING WHEN TO RETURN-TO-PLAY

Parents and Players – If you are not comfortable returning to play now, ***DON'T***. Return when you and your child are ready. You decide when to return-to-play.

We understand everyone's situation is different and unique regarding when they may be comfortable or able to return-to-play. NASC will be here when you are ready to return. Don't worry about your child "losing their spot" or not having a place to play. We are here to make sure your child can return on their own timeline and has a place to play when they do.

If your child is a new or returning player interested in our competitive 9U-19U program and is not comfortable returning to play at this time, we ask that you still register them for tryouts and evaluations at JoinNASC.com. This allows us to appropriately account for your child for team assignments and, if needed, schedule a separate evaluation. Please make the following note/comment in your registration – ***NASC RTP***.

Please reach out to us at Admin@NorthAlabamaSC.org with any questions or if you need assistance based on your child's return-to-play timeline.

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RETURN-TO-PLAY PHASES

North Alabama SC is defining three (3) RTP phases. This version of the RTP guidelines covers Phases 1 & 2. Phase 3 will be covered in an update that will be communicated by July 1, 2020.

PHASE 1: MAY 24-JUNE 14, 2020

Practices allowed, but limited to conditioning, skill drills, and similar social distancing activities. Must adhere to Safer-at-Home guidelines. *North Alabama SC will not RTP before June 1, 2020.*

PHASE 2: JUNE 15-JULY 31, 2020

Competition, tryouts, games, and camps are permitted. Must adhere to Safer-at-Home guidelines. NASC season starts July 15th.

PHASE 3: AUGUST 1, 2020

ASA State League starts August 17th. RTP update will include spectator rules for attending games, travel, tournaments, etc.

PARTICIPANT WAIVERS

Participants (or the minor's parents) will be required to complete separate Release of Liability waivers for North Alabama SC and ASA before they can participate in club hosted soccer activities. The waiver and instructions will be provided separately.

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- PHASE 1: 05/24-06/14
- PHASE 2: 06/15-07/31
- PHASE 3: 08/01

MAY & AUGUST 2020

S	M	T	W	T	F	S
24 Phase 1 Starts	25	26 HSV City Fields Reopen	27	28	29	30
31						

JUNE 2020

S	M	T	W	T	F	S
	1	2	3	4	5	6
Social Distancing Skill Training & Conditioning						
7	8	9	10	11	12	13
Social Distancing Skill Training & Conditioning						
14	15 Phase 2 Starts	16	17	18	19	20
Tryouts & Evaluations for ALL Age Groups						
21	22	23	24	25	26	27
28	29	30				



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JULY & AUGUST 2020

S	M	T	W	T	F	S
			Full Team Training 1	2	3	4
5	6	7	8	9	10	11
NASC Summer Soccer School Camp						
NASC Preseason Team Camps						
12	13	14	15	16	17	18
NASC Keeper Camp						
NASC Preseason Team Camps						
19	20	21	22	23	24	25
NASC Preseason Team Camps						
26	27	28	29	30	31	Phase 3 1 Starts
NASC Preseason Team Camps						
2	3	4	5	6	7	NASC 8 Club Day (Tentative)
NASC Preseason Team Camps						
9	10	11	12	13	14	State 15 League Starts 8/17



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SELF-SCREEN

Before attending any North Alabama SC training session, camp, game, or activity/event all players, parents, coaches, staff, and volunteers must complete a COVID-19 self-screen. Screen yourself and your child by answering the following questions:

1. Have you or your child had a fever with a temperature over 100 degrees Fahrenheit in the last 48-hours?
2. Do you or your child have any of these symptoms: cough, headache, diarrhea, nausea or vomiting, shortness of breath or difficulty breathing, muscle or body aches, new loss of taste or smell, sore throat, fatigue, or other flu-like symptoms?
3. Have you experienced any of the above described symptoms within the last 14 days?
4. Have you had exposure to a person under quarantine for COVID-19 within the last 14-days?
5. Have you had exposure to a person diagnosed with COVID-19 within the last 14 days?
6. Are you an at risk individual? Immunocompromised?

If you answer **YES** to any of the screening questions, **STAY HOME!**



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PRE-SESSION/ACTIVITY

Before entering the fields to attend a North Alabama SC training session, camp, game, or activity/event, all players, parents, coaches, staff, and volunteers must adhere to the following:

1. Take your temperature and parents must take their player's temperature before entering the field. ***If the temperature is over 100 degrees Fahrenheit, you are not permitted to enter the field. You must be temperature free for 48-hours to return to soccer activity.***
2. Players are not permitted to enter the field until 5-minutes before their scheduled session/activity time. Remain in your vehicle until you are permitted to enter the fields.
3. Where applicable, players will enter the fields through a designated entrance.
4. If needed, one (1) parent is permitted to enter the fields and only to assist with player drop-off. Parents are not permitted to remain on the field after completing their player drop-off.
5. Before entering the fields, you are required to apply hand sanitizer (*self-supplied*).
6. You must wear a mask or facial covering (*self-supplied*) that covers your nose and mouth to enter the fields.
7. Players must bring their own equipment (ball, etc.).

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SESSION/ACTIVITY

During a North Alabama SC training session, camp, game, or activity/event all players, parents, coaches, staff, and volunteers must adhere to the following:

1. Maintain a minimum social distance of 6 feet between individuals.
 - a. Starting in Phase 2 players may congregate within 6 feet of each other, but only to the extent necessary and only for the time required to directly participate in the soccer activity (e.g. 1v1 style drills, scrimmages, games).
2. Physical contact is not permitted. High-fives, handshakes, fist-bumps, hugs, player huddles, group celebrations, and the like.
 - a. Starting in Phase 2 players may have physical contact with one another, but only to the extent necessary and only for the time required to directly participate in the soccer activity (e.g. 1v1 style drills, scrimmages, games).
3. No physical contact between coaches and players.
4. You must wear a mask or facial covering that covers your nose and mouth at all times. Players may remove their mask or facial covering when directly participating in soccer activities.



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SESSION/ACTIVITY

5. No sharing of water/drinking bottles, coolers, cups, food, equipment (balls, shin-guards, etc.).
6. Anyone not directly involved in the session/activity is not permitted on the field during soccer activities. Parents and spectators are permitted to watch from their vehicle or outside of the fields while adhering to social distancing between households and City park and rec guidelines for the designated facility.
7. Soccer sessions/activities will last no more than 60-minutes to allow at least 15 minutes between sessions to allow players to arrive and leave without contact.
8. Coach to Player Ratios
 - a. Phase 1 – No more than 10 players per coach.
 - b. Phase 2 – Training can occur with full rosters.
9. Players per Field
 - a. Phase 1 – No more than 40 players per field
 - b. Phase 2 – No more than 2 teams or 50 players per field
10. Only coaches are permitted to touch and handle training equipment (cones, discs, poles, etc.)
 - a. Training pinnies/bibs will not be used before July 1, 2020 and only when the club determines how to ensure and manage their safe and sanitary use.



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POST-SESSION/ACTIVITY

After a North Alabama SC training session, camp, game, or activity/event all players, parents, coaches, staff, and volunteers must adhere to the following:

1. There will be a minimum of 15 minutes to depart the field before the next session begins.
2. If needed, one (1) parent is permitted to enter the fields and only to assist with player pick-up. Parents are not permitted to remain on the field after completing their player pick-up.
3. After completing the session/activity, players and coaches are required to apply hand sanitizer (*self-supplied*) before leaving the field.
4. After completing the session, players will put on their mask or facial covering (*self-supplied*) that covers nose and mouth to leave the fields.
5. Players will leave the training session under their coach's direction and through the designated exit., where applicable.
6. You should proceed directly to your vehicle after training.
7. Players and coaches must sanitize their equipment after each session.



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RESTROOM USE

North Alabama SC uses City provided soccer facilities and fields to conduct our soccer sessions/activities. City Parks and Rec staff are responsible for routinely cleaning and sanitizing restrooms and other “high-touch” areas.

Anyone using these shared restroom facilities must adhere to social distancing requirements, wear a mask, and wash their hands before leaving the restroom. Coaches, players, parents, staff, and volunteers must also sanitize their hands before returning to the fields. Coaches will ensure their players sanitize their hands before returning to their designated field and rejoining soccer sessions/activities.

***Players must have personal hand sanitizer (*self-supplied*) with them when attending soccer sessions/activities.**



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RETURN TO PLAY RESPONSIBILITIES

CLUB

- Train and educate all coaches and staff on RTP guidelines.
- Provide all coaches and staff with personal hand sanitizer and facial coverings.
- Ensure soccer sessions/activities adhere to established guidelines.
- Monitor operations and cease soccer activities if warranted.
- Work with local officials and City Parks and Rec regarding protocols.
- In accordance with state and local privacy and confidentiality laws and regulations, North Alabama SC will notify local health officials, our staff, and affected families immediately of any case of COVID-19 within our club.

COACH

- Adhere to all RTP guidelines.
- Ensure health and safety of players.
- Inquire how players are feeling - send home any player that is acting or looks ill.
- Notify the club if they or any of their players become ill.
- Ensure all players have their own individual equipment (ball, water, shin guards, etc.) and a designated station/area on the sideline for their equipment. Player stations must be a minimum of 6 feet apart.
- Responsible for the placement/pickup/touching of all training equipment (cones, discs, poles, etc.). *Players do not touch equipment.*
- Ensure all drills/exercises provide for social distancing as defined by phase.
- Required to wear a facial covering/mask while coaching.
- Required to have personal sanitizer and a Lysol style spray disinfectant.
- Will disinfect all training equipment (cones, discs, poles, etc.) between field sessions/practices.



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RETURN TO PLAY RESPONSIBILITIES

PARENT

- Adhere to all RTP guidelines.
- Complete the self-screen for yourself and your player. Take your player's temperature before attending soccer sessions/activities. Keep your player home if their fever is over 100 degrees Fahrenheit or they do not feel well.
- Stay home and notify North Alabama SC and your coach if your player becomes ill.
- Stay in your vehicle and adhere to state and local social distancing requirements.
- Stay off the fields unless assisting with player drop-off or pick-up.
- Wear a mask or face covering when not in vehicle.
- Ensure your player's clothes and equipment are sanitized before each session/activity.
- Ensure your player has personal hand sanitizer and a face mask/covering.
- Label all of your player's equipment, water bottles, etc.
- If possible, eliminate or reduce carpooling.

PLAYER

- Adhere to all RTP guidelines.
- Have personal hand sanitizer and a mask with you at all soccer sessions/activities.
- Wash hands or use hand sanitizer before and after soccer sessions/activities.
- Do not share water bottles, food, or equipment with anyone.
- Adhere to social distancing requirements.
- No physical contact. No high-fives, fist bumps, hugs, handshakes, etc.
- Wear a mask when entering and leaving the fields.
- Place bags or equipment at least 6 feet apart.
- Stay home if you have a temperature over 100 degrees Fahrenheit or do not feel well.
- Adhere to social distancing requirements and wash hands when using the restroom. Sanitize hands when returning to the fields after using the restroom.



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REGISTRATION INFORMATION

- Tryout & Evaluations for competitive 9U-19U teams is June 15-19, 2020. Register today at JoinNASC.com
- Recreational program registration is always **OPEN**. Learn more and register today at NASCRec.com
- North Alabama SC camps. Learn more and register at NASCCamps.com

FINANCIAL ASSISTANCE PROGRAM

- We want to make sure everyone has the opportunity to play soccer with North Alabama SC regardless of their financial situation. Learn more about our program and request an application at [NASC Financial Assistance](https://NASCFinancialAssistance.com)

CONNECT WITH US

- Sign-up for the NASC Mailing List at [NASC Mailing List](https://NASCMAILINGLIST.com)
- Download our NASC Connect App at NASCCONNECT.com



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RESOURCES

Alabama Safer-at-Home Order

<https://governor.alabama.gov/assets/2020/05/Safer-at-Home-Order-FINAL-5.21.2020.pdf>

ADPH Guidelines for Athletic Activities

<https://www.alabamapublichealth.gov/covid19/assets/cov-sah-athletic-activities.pdf>

ASA Return to Play Guidelines

<https://www.alsoccer.org/return-to-play-guidelines/>

Huntsville Parks and Rec Update Dated 5/22/2020

<https://3jzi0q2zthm01oqpx2h96lz1-wpengine.netdna-ssl.com/wp-content/uploads/2020/05/Parks-Recreation-Update-5.2220.pdf>

USYS Return to Play Notice

https://www.usyouthsoccer.org/assets/1/20/usys_rta_notice_051320.pdf?29673

CDC COVID-19 Information

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CDC COVID-19 Considerations for Youth Sports

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>