



**NORTH
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RETURN TO COMPETITION GUIDELINES

Version 1.4 – October 2, 2020

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On August 1, 2020 we began Phase 3 of our Return to Play (RTP). We developed these Return to Competition (RTC) guidelines to govern Phase 3 and how North Alabama SC will operate on gamedays.

These guidelines are an extension of our previously developed and communicated RTP guidelines that address critical RTC 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. The RTP guidelines can be downloaded and reviewed at northalabamasc.org/club-info/club-updates

While soccer has inherent risks of communicable disease transmission, it is critical that our entire soccer community – players, parents, coaches/staff, referees, spectators, and volunteers – adhere to our RTP and RTC 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.

These guidelines do not supersede or replace any applicable local, state, regional, or federal laws, health guidelines, or requirements. These guidelines will be adjusted and/or 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 COMPETITION

Parents and Players – As stated in our RTP guidelines, 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 and competition.

We understand everyone's situation is different and unique regarding when they may be comfortable or able to return to play or competition. 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.

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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SELF-SCREEN

Prior to attending or participating in a game, scrimmage, friendly, or other sanctioned event, all involved - players, parents, coaches/staff, referees, spectators, volunteers, etc. must complete a COVID-19 self-screen. Screen yourself and parents screen your player by answering the following questions:

1. Have you had a fever with a temperature over 100 degrees Fahrenheit in the last 48-hours?
2. Do you have any of these symptoms: cough, headache, diarrhea, nausea or vomiting, shortness of breath, 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 symptoms described in Question 2 within the last 14 days?
4. Have you had exposure to or close contact with a person under quarantine for COVID-19 within the last 14-days?
5. Have you had exposure to or close contact with a person diagnosed with COVID-19 within the last 14 days?

If you answer **YES** to any of the screening questions, **STAY HOME!** *If you are an at risk individual or immunocompromised, consult your medical provider and take recommended precautions before participating in competition.*

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PRE-COMPETITION

Before entering the field to attend or participate in a game, scrimmage, friendly, or other sanctioned event, all involved - players, parents, coaches/staff, referees, spectators, volunteers, etc. must adhere to the following:

1. Take your temperature and your player's temperature before entering or arriving at 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 warm-up time. Remain in your vehicle until you are permitted to enter the fields. This allows teams and spectators from the previous game to leave the field and reduce interactions.
3. Where applicable, players will enter the fields through a designated entrance.
4. Before entering the fields, you are required to apply hand sanitizer (*self-supplied*).
5. You must wear a mask or facial covering (*self-supplied*) that covers your nose and mouth to enter the fields.
6. Players must bring their own equipment (shin guards, water bottle, etc.).



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DURING COMPETITION

During a game, scrimmage, friendly, or other sanctioned event, all involved - players, parents, coaches/staff, referees, spectators, etc. must adhere to the following based on their role or the game activity (player check-in, coin-toss, player substitutions, half-time, and post-game). **Note - Socially Distanced is a minimum of 6-feet apart.**

PLAYERS & COACHES

1. No physical contact between coaches and players except for the extent necessary and only for the time required to directly participate in the competition.
2. Players and coaches should remain socially distanced on the sideline in the designated Technical and Team Areas.
3. Benches and tents/canopies are not allowed on the sideline in the designated Technical or Team Areas.
4. Coaches will mark socially distanced player stations for each player where players will keep their equipment and remain when not actively participating in the game.
5. High-fives, handshakes, fist-bumps, hugs, player huddles, group celebrations, and the like are not permitted.
6. Coaches confirm each player has completed their self-screen before warm-ups begin.
7. Coaches must wear a mask or facial covering that covers their nose and mouth at all times.



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8. Players must wear a mask or facial covering that covers their nose and mouth at all times except when directly participating in the warm-up or game. This includes players in the designated Team Area that are not actively participating.
9. No sharing of water/drinking bottles, coolers, cups, food, equipment (shin-guards, etc.), or any personal items between anyone.
10. No spitting.
11. Players should sanitize their hands each time they come off the field.
12. Only coaches are permitted to touch and handle training equipment (cones, discs, poles, etc.)
13. Players are assigned a pinnie/bib for the game and are not to share their pinnie during the warm-up, small sided games and drills, or game.

PARENTS & SPECTATORS

1. Parents and spectators must wear a mask or facial covering that covers their nose and mouth at all times; following the Alabama Safer-at-Home Order face mask requirement.
2. Parents and spectators should be socially distanced between households on the sideline.
3. Given the limited area available due to social distancing between households and the potential need for parents and spectators to sit behind each other, tents/canopies are not permitted on the spectator sideline.



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4. Spectator space on the sideline will be limited due to social distancing guidelines. It is recommended to limit the number of supporters per player to 2-3.
5. Parents and spectators are not permitted on the field at anytime; including halftime.
6. Parents and spectators should not touch or stop a ball that goes out of bounds. Only players are permitted to touch the ball during competition.
7. Parents and spectators should not interact with referees.

REFEREES

1. Referees must wear a mask or facial covering that covers their nose and mouth at all times except when directly participating in the game.
2. Referees should not share equipment. Each referee will use their own equipment during the game.
3. Referees should adhere to social distancing as much as is permitted during the game.

PLAYER CHECK-IN & COIN-TOSS

1. Everyone involved in the player check-in must wear a mask or facial covering that covers their nose and mouth.
2. The head/lead coach for each competing team should confirm with one another and with the referees that everyone has completed their player self-screen confirmations.



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3. Players and referees will be socially distanced during check-in.
4. There should be no exchange of documents between referees and coaches. Only coaches will handle player cards if required for review. Referees will be shown the player cards or virtual player cards to complete check-in only upon their request for additional verification. Process should be contactless.
5. There will be no pre-game physical contact between referees or players from competing teams; no handshakes, high-fives, etc.
6. Coin-toss will take place in a designated Technical Area as selected by the center referee.
7. Only the team captains and the center referee will participate in the coin-toss. All involved must wear a mask or facial covering that covers their nose and mouth and be socially distanced.

PLAYER SUBSTITUTIONS

1. Players entering the game must enter from the designated Technical Area. The center referee will not acknowledge or permit players to enter the field outside of the designated Technical Areas.
2. Players in the designated Technical Area do not need to wear a mask, but must be socially distanced from other players in the area.
3. Players should not make physical contact or exchange pinnies or other shared items during substitutions.



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HALFTIME & POST-GAME

1. Players and coaches should be socially distanced during halftime and post-game addresses.
2. Referees should report to a designated Technical Area and remain socially distanced during halftime.
3. Players, coaches, and referees should sanitize their hands when leaving and returning to the field during halftime.
4. There will be no post-game physical contact between referees or players from competing teams; no handshakes, high-fives, etc.
5. Limit post-game activity and leave the field as quickly as possible to avoid and limit interaction with teams and supporters for the next game.



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POST-COMPETITION

After attending or participating in a game, scrimmage, friendly, or other sanctioned event, all involved - players, parents, coaches/staff, referees, spectators, volunteers, etc. must adhere to the following:

1. At the completion of the game, players and referees must put on their mask or facial covering (*self-supplied*) that covers nose and mouth to leave the fields.
2. All involved should remain socially distanced between households when leaving the fields.
3. Players, coaches, and referees should apply hand sanitizer (*self-supplied*) before leaving the field.
4. All involved should leave through the designated exit, where applicable, and proceed directly to their vehicle.
5. Players, coaches, and referees must sanitize their equipment after each game.
6. North Alabama SC will follow reporting and notification protocols if someone involved in a competition has a confirmed or suspected case of COVID-19.



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ENHANCED FIELD LAYOUT

North Alabama SC is adopting ASA's recommended enhanced field layout to further limit interactions and exposure between competing teams. The enhanced field layout supports the following:

1. Teams being placed on opposite sides of each field.
2. Parents and spectators being on the same sideline as their team.
3. Designating a Technical Area marked on the centerline of each sideline.
4. Team, parent, and spectator designated areas that are 15-feet from the sideline and 12-feet from the Technical Area.
5. Adhering to social distancing guidelines and wearing a mask or facial covering (*self-supplied*) that covers nose and mouth in each designated area; following the Alabama Safer-at-Home Order face mask requirement.

View the Enhanced Field Layout and the recommended Social Distancing Spectator Seating Layout below.

The provided Social Distancing Spectator Seating Layout is a recommended option. Spectator seating arrangements may be in any configuration that maintains social distancing between households.



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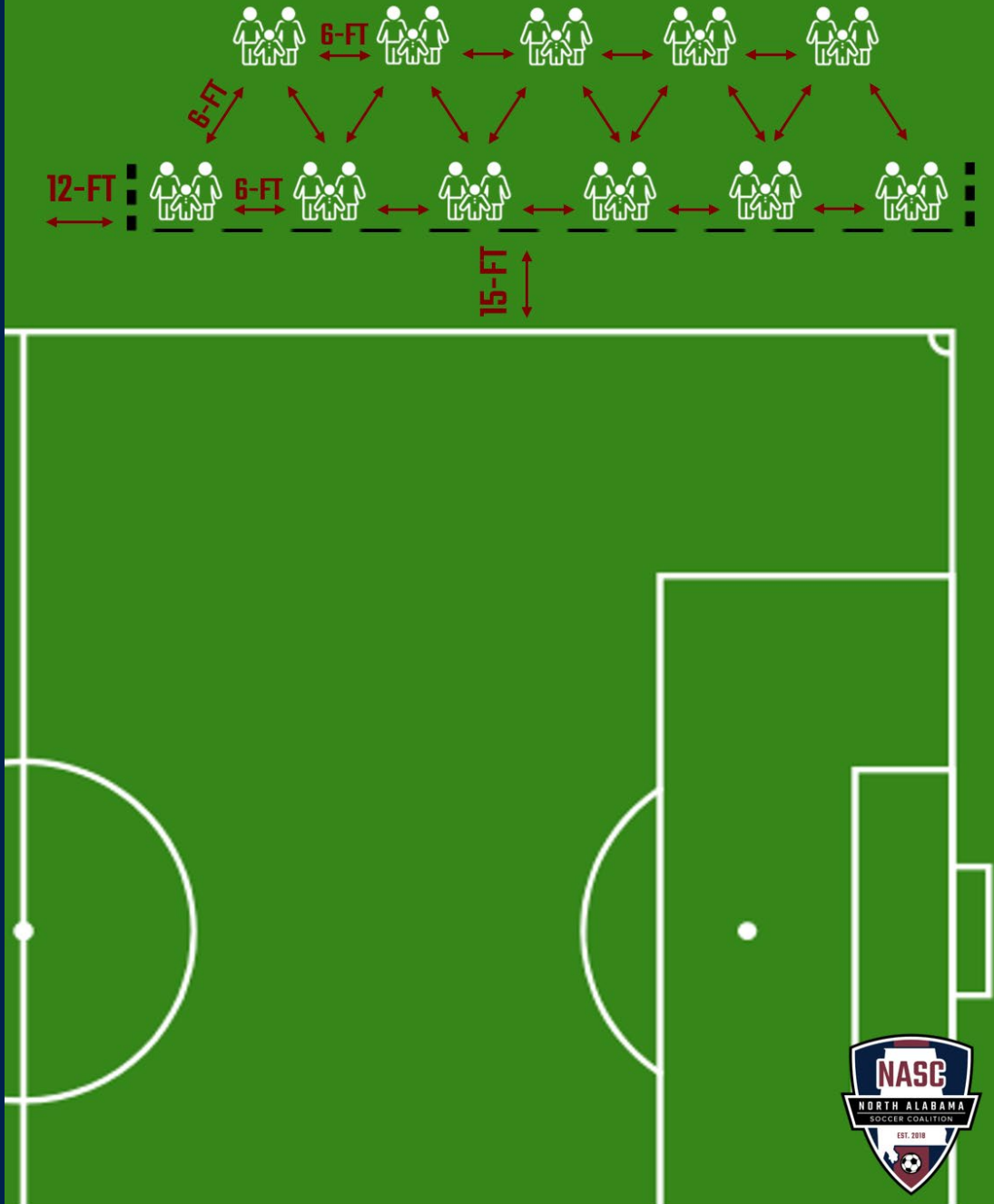
ENHANCED FIELD LAYOUT





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RECOMMENDED SPECTATOR SEATING LAYOUT





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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/staff, players, parents, spectators, 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 the competition.

***Players must have personal hand sanitizer (*self-supplied*) with them when attending a competition.**



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PROTECT YOURSELF & OTHERS

Continue to protect yourself and others by practicing the following:

- **Wash your hands often** with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol when soap and water are not readily available.
- **Avoid touching your face** (eyes, nose, and mouth) with unwashed hands.
- **Avoid close contact with people** by maintaining a minimum distance of 6-feet between yourself and people who don't live in your household.
- **Cover your mouth and nose** with a mask when around others and cover your mouth and nose with the inside of your elbow or a tissue when you sneeze or cough.
- **Clean and disinfect** frequently touched surfaces.
- **Monitor your daily health.** Be alert for symptoms and take your temperature if symptoms arise.
- **Stay home** if you feel sick and contact your healthcare provider.
- **Follow CDC guidelines** if symptoms develop.



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RETURN TO COMPETITION/PLAY FOLLOWING CONFIRMED OR SUSPECTED CASE OF COVID-19

Symptomatic players, coaches, and staff with a suspected or laboratory confirmed case of COVID-19 cannot attend any NASC club events – practices, camps, games... until **ALL** of the following are met:

- At least 72-hours have passed with a fever of less than 100 degrees Fahrenheit without the use of fever reducing medications. **AND**
- At least 72-hours have passed with resolution of all your symptoms including respiratory symptoms (e.g. cough, congestion, chest pain, shortness of breath or difficulty breathing) and headache, diarrhea, nausea or vomiting, muscle or body aches, loss of taste or smell, sore throat, fatigue, and other flu-like symptoms. **AND**
- At least 14-days have passed since symptoms first appeared.

Players, coaches, and staff with laboratory confirmed case of COVID-19 who have **NOT** had any symptoms cannot attend any NASC club events - practices, camps, games, etc. until

- 14-days after the date of their first positive COVID-19 diagnostic test, assuming no symptoms since that time.
- If symptoms develop, the player, coach, or staff member should follow the steps for symptomatic individuals as described above.

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RETURN TO COMPETITION/PLAY FOLLOWING DIRECT EXPOSURE TO A SUSPECTED OR CONFIRMED CASE OF COVID-19

Asymptomatic players, coaches, and staff members with direct exposure to a suspected or laboratory confirmed case of COVID-19 cannot attend any NASC club events - practices, camps, games... and should self-isolate or quarantine for a minimum of 14-days and monitor for any symptoms consistent with COVID-19.

The player, coach, or staff member may return to competition/play if they remain asymptomatic 14-days since their last exposure.

Direct exposure is defined as

- Caring for a sick person with a suspected or confirmed case of COVID-19.
- Living in the same household as a person with a suspected or confirmed case of COVID-19.
- Being within 6-feet of a person with a suspected or confirmed case of COVID-19 for more than 15-minutes.
- Coming in direct contact with secretions from a person suspected or confirmed to have a case of COVID-19. Examples include, but are not limited to, being sneezed or coughed on or sharing food, water, or utensils with this person.

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RESOURCES

North Alabama SC COVID-19 Updates and RTP Guidelines

<https://www.northalabamasc.org/club-info/club-updates>

Alabama Safer-at-Home Order (Amended on September 29, 2020)

<https://governor.alabama.gov/assets/2020/09/Safer-at-Home-Order-Final-9.29.2020.pdf>

Alabama Safer-at-Home Mask Requirement FAQs

<https://governor.alabama.gov/assets/2020/07/BPPS.Coronavirus.MaskOrderFAQ.2.0720na.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>

U.S. Soccer PLAY ON Recommendation Guides

<https://www.ussoccer.com/playon/guides>

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>



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CLUB INFORMATION

- Visit us online at NorthAlabamaSC.org
- Learn more about joining our competitive programs at JoinNASC.com
- Recreational program registration is always **OPEN**. Learn more and register today at NASCTec.com

CONNECT WITH US

- Sign-up for the NASC Mailing List at [NASC Mailing List](#)
- Download our NASC Connect App at NASCTConnect.com
- Follow us on Facebook, Instagram, & Twitter [@northalabamasc](#)

CONTACT US

- For general inquiries, contact us at info@northalabamasc.org
- For questions about our RTP or RTC guidelines, contact us at admin@northalabamasc.org