

Northern Colorado Rush (NorCo Rush) is excited to begin the spring season. We are responsible to ensure COVID-19 protocols are followed and that we all adhere to the [Colorado Department of Public Health, City of Greeley](#), and [Colorado Soccer Association](#) guidelines. The guidelines are available to all staff, team coaches, and membership and is a condition of NorCo Rush participation.

- All players and coaches should take their temperature prior to leaving for training and if anyone has a temperature exceeding 100.3 degrees Fahrenheit he/she is not allowed to attend.
- An individual who is currently under quarantine, has had close contact with a person with COVID-19 in the last 14 days, or is not feeling well may not attend training/games. Anyone who develops symptoms during training/games will be excused immediately and parents of all players in attendance, as well as the club, should be notified immediately. Any questions and COVID case reports should be directed to NorCo Rush, Lynda McManus, [admin@norcorush.com](mailto:admin@norcorush.com)
- Players are to wear masks when not playing or warming up, walking to the field, training talks, and anywhere at the facility when not actively playing soccer.
- Coaches and sideline personnel are to wear masks at all times, and always when not able to maintain a social distance of six feet.
- Coaches and players should keep a distance of at least six feet from each other whenever possible and are to wear masks at all times
- All spectators, where allowed, and any other individuals at the facility are to wear masks, especially when not able to maintain a social distance of six feet.
- Training/games groups shall not exceed 25 total players.
- Attendance is strictly voluntary and if a family or player is hesitant or concerned about participating, then he/she shall be excused without repercussions.
- No congregating before or after training is allowed. Practice social distancing during drop off and pick up of players and minimize carpools whenever possible.
- Coaches for facilities that do not allow spectators (away games) arrange to meet your players at a predetermined location before games/practices and walk them into the facility. At the conclusion of games, walk your players to that same location to meet their parents/guardians.
- Strongly recommend hand hygiene upon arrival, before hydration breaks, and at regular intervals throughout training and competition. Provide hand sanitizer for use.
- Every player is encouraged to bring their own ball. If this is not possible the coach may provide balls that have been disinfected prior to every training.
- Training vests or pinnies are allowed during games only and will not be shared with other players. All training vests will be washed and dried prior to reuse. Players should wash clothing and disinfect personal equipment after training/games.
- No spitting (saliva, sunflower seeds, chewing tobacco) or sharing water bottles/team jugs. No handshakes, high-five, etc.
- Except for the goalkeeper, coaches and players should minimize the ball with their hands.
- Coaches are solely responsible for set up and tear down of all training equipment at all times with the exception of goals. Coaches remain responsible for all other equipment including discs, balls, sticks etc.