

# NEW JERSEY YOUTH SOCCER'S

# RETURN TO PLAY



## PHASE 1 & 2

- >> Individual Training Sessions at Home
- >> Virtual Coaching Only

## PHASE 3

- >> Small Group Training Introduced - Should Not Exceed **25** Participants
- >> Maintain Physical Distancing (at least 6 feet)
- >> **NO** Sharing of Water/Equipment (Ball Permitted)
- >> Use of PPE for Coaches (Optional for Players)
- >> Stagger Practice Times

## PHASE 4

- >> Limit physical contact and number of participants
- >> **NO** Sharing of Water/Equipment (Ball Permitted)
- >> Spectators/Players Remain 6 feet Apart Off the Field

## PHASE 5

- >> Full Return To Play/**NO** Training Restrictions
- >> **NO** Sharing of Water/Equipment (Ball Permitted)
- >> Spectators/Players Remain at Least 6 feet Off the Field

**IF YOU ARE NOT COMFORTABLE WITH RETURNING TO PLAY, DON'T**

## Club Responsibilities

- >> Distribute and post return to play protocol to all members
- >> Be understanding to parents/players that may delay returning to play
- >> Provide adequate field space for physical distancing (minimum of 6 feet)
- >> Have an effective communication plan



## Coach Responsibilities

- >> Follow all return to play protocols
- >> Send home players if they are not feeling well
- >> Provide adequate physical distancing at all times
- >> Ensure all players are not sharing water/equipment (ball permitted)
- >> Wear a face mask when coaching
- >> Only Coach handles equipment
- >> Be understanding to parents/players that may delay returning to play

## Parent Responsibilities

- >> Check your child's temperature before any team related event
- >> Notify your club immediately if your child becomes ill
- >> Ensure your child has sanitizing products and plenty of water
- >> Stay in car or adhere to social distance requirements
- >> Ensure washing (e.g. hands) takes place before and after every training
- >> Ensure clothes and equipment are sanitized before and after every training

## Player Responsibilities

- >> Bring and use hand sanitizer
- >> Be open and transparent with coach
- >> Place bags and equipment at least 6 feet apart
- >> Do not touch or share anyone else's equipment, water, food, or bags
- >> No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- >> Respect and practice physical distancing
- >> Wear mask before and immediately after events
- >> Wash hands thoroughly and immediately after events
- >> Wash and sanitize all equipment before and after events

@NJYouthSoccer