

Safety Guidelines

General

- All participating adults must complete the Risk Management requirements
- Ensure the environment is always free of physical and verbal abuse, bullying and discrimination
- Proper use of equipment (shin guards, no jewelry, uniforms designed for climate, appropriate size soccer ball, proper fitting shoes and type for playing surface)
- Secure goals and check for stability - never allow players to move goals
- Always have a 2nd adult present
- Upkeep and monitoring of playing surfaces is important; check field before each training for safety hazards such as glass, holes and sharp objects
- Avoid scheduling training during the hottest periods of the day and when there is intense humidity (*NCYSA follows USSF Recognize to Recover Guidelines on Heat & Humidity found here: <http://www.recognizetorecover.org/environmental#heat-guidelines>)
- Have available ice, ice bags and water supply; give frequent water breaks
- Avoid activities that increase repetition of dangerous encounters
- Be familiar with and follow lightning/extreme weather protocols (*NCYSA follows USSF Recognize to Recover Guidelines on Lightning found here: <http://www.recognizetorecover.org/environmental#lightning-severe-weather>)
- Always carry a First Aid kit, emergency info for players/local area and a phone
- Familiarize yourself with the facility – know the location of AED(s) if one is present; know the facility's Emergency Action Plan (this should be written, posted in a visible spot and practiced annually)

COVID-19 Specific

- Have a procedure in place for pre-screening symptom check
- Follow group size recommendations for designated areas
- Have designated hand washing/sanitizing stations set up
- Preferable for spectators/parents to remain in cars
- Maintain the recommended 6 feet of social distancing if possible
- Face masks should be worn by coaches and spectators
- Players should wear face masks when they are not actively playing
- Avoid sharing equipment - sanitize any shared equipment regularly
- Sick or feeling ill? Do not attend training or game
- Avoid handshakes, high fives, fist bumps and other similar celebrations
- Take attendance at every training or game to help with contact tracing
- Report all positive cases or potential positive cases to the appropriate parties
- Have a procedure in place in the event of a positive or potential case

