



August 21, 2020

## NCYSA Member Associations:

As we are heading into the ability to scrimmage between groups/teams within your own club/association, please review all Covid-19 protocols with your coaches. Below are some IMPORTANT GUIDELINES:

- **THE THREE W'S:** **W**ear a Mask, **W**ash your Hands and **W**ait Six feet apart (before, after, and when not training)
- **DO TELL:** Assure coaches, players and parents to continue checking temperatures and feel well
- **PLAY PRACTICE PLAY:** player-centered training and frequent hydration breaks.
- **SAVE THE CELEBRATIONS:** Avoid huddles, celebrations, and high five's
- **BAN the BENCH:** Avoid players sitting as a group on benches or groups not following social distancing
- **LIMIT the CONTACT:** Encourage coaches, players and parents to minimize close contact
- **KEEP IT SMALL:** Groups of **25 maximum** and no spectators. During scrimmaging, if player(s) and/or coach(s) are on the sideline, masks should be worn.
- **PLAYERS DON'T SHARE YOUR STUFF:** keep water, equipment, players gear to yourself
- **THE THREE C'S:** Be **C**lear, **C**oncise and **C**orrect with your information to all those participating – coaches, players and parents

**\*Coaches are the key to guiding practices to minimize risks of transmission\***

## For more information and other guidelines for safer soccer:

- **Establish protocols on traveling which includes personal travel. More details can be found at the following link:**
  - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports-faq.html>
- Review the clarification statement about scrimmages at the following link:
  - <https://www.ncsoccer.org/assets/112/36/8-6-2020-clarification.pdf>
- Visit the NCYSA Return to Activity Document at the following link:
  - <https://www.ncsoccer.org/assets/112/6/returntoactivity-8-12-2020.docx.pdf>
- Visit the NCYSA Covid-19 information page at the following link to see guidelines from the state, USYS, and US Soccer:
  - <https://www.ncsoccer.org/member-services/covid-19-information/>

The NCYSA Staff is here to support you in any way possible, so please do not hesitate to connect with us as we move forward together in these uncertain times.