



# Roadmap to Recovery for Nevada

## Soccer PRACTICE ONLY



### Mandatory\*

### Recommended Best Practices\*

### General Guidelines

- All coaches and managers are required to wear face coverings. Players should wear face masks except while playing or exercising (e.g. on the sidelines).
- Each field or training space shall be at least 10 yards from any other field or training space.
- Training sessions shall be timed to allow at least a 30 minute break between the finish and start of subsequent sessions, to allow for departure and arrival without crowding.
- Players and coaches will be asked to arrive no earlier than 15 minutes prior to a session and depart no later than 15 minutes after completion.
- Disinfection spray should be used on soccer balls.
- Use disinfectants outlined on [EPA List N](#). Ensure an accurate supply (at least 3 weeks) of hand sanitizer, face coverings (masks), and disinfectants. Use disinfectants outlined on [EPA List N](#).
- Participants should pick up their own trash at the conclusion of all practices and activities. Extra trash bins should be provided, and more frequent dumping should occur.
- No water or equipment should be shared. Belongings should be used only by the individual owner or operator.
- Do not use communal water fountains.
- No slide tackling is allowed. No centralized hydration or refreshment stations are allowed.
- Jerseys/uniforms and practice vests/pinnies should be washed after each use.
- All players and coaches must adhere to 6-foot physical distancing while at the practice.
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.\*\*
- All requirements must be shared prior to the practice with all players and coaches.
- Daily deep disinfection of high contact surfaces (e.g. door handles, light switches, seats, railings cabinetry handles, appliance handles, toilets, countertops, phones, tables, etc.).

- Each field complex shall have clearly marked and separate entry and exit areas.
- Parents or guardians should be discouraged from attending practice, but if they must, coaches and facility operators must require 6 feet of social distancing except for members of the same household.
- Portable restrooms at the field complex should be updated to include hand washing stations.
- Coaches/adult leaders and players should check their temperatures before participation in soccer activities and ask/administer screening questions about symptoms in participants or their household members.\*\*
- No activities should include picking-up or making contact with one's hand with the ball (e.g. no throw-ins).
- Players are strongly encouraged not to travel with other members of the team and only members of their immediate households.
- Post informational signs regarding social distancing, facial coverings, and what to do if symptomatic.
- Promote healthy hygiene practices, such as hand washing as feasible.
- Provide hand sanitizer stations.
- Encourage coaches and team managers to disinfect equipment regularly.
- Keep up with CDC and health-based organizations information regarding COVID-19 in relation to sport activities.
- Coaches and team managers should ensure that players are following COVID-19 related prevention measures included herein.

\*These recommendations were compiled by the LEAP based on guidance from the CDC, the U.S. Food and Drug Administration (FDA), Nevada OSHA, and other relevant agencies for the industry and public health officials, including state licensing boards. The information provided is only intended as general information to the public. Following these guidelines does not constitute, and is not a substitute for, compliance with all laws and regulations applicable at any particular time. Individuals and businesses are responsible to ensure that they comply with all laws and regulations that apply to them, including, but not limited to, federal and state health and safety requirements. Additionally, compliance with these regulations does not ensure against the spread of infections from COVID-19 or any other cause.

\*\*Daily symptom assessments should include monitoring for fever, cough, and trouble breathing.

## Mandatory\*

## Recommended Best Practices\*

### During Training

- Must adhere to 6-foot social distancing practices off the field of play.
- Must wear face coverings at all times when not actively participating in the field of play.
- Players should be dropped off and picked up at the gate or in the parking lot. Parents should limit conversations with coaches. Use electronic communication methods.
- Limit contact with other teams. For example, kicking a soccer ball to another team is fine. Players should not pick-up or touch another teams' equipment. No physical contact is allowed.
- No spitting on the field under any circumstances.
- Enforce no touch rule- no high fives, handshakes or other physical contact.
- Water bottles must not be shared.
- Players should limit touching equipment with their hands. Goals will be moved into place by coaches or team managers to limit the number of players touching them. During practice, the goals have the potential for many players touching them.
- Limit access to lockers or locker rooms but maintain access to restrooms and showers.
- Make sure supplies for handwashing, including soap and materials for drying hands, are full stocked.

- Players are encouraged to avoid touching their face with their hands.
- Players, coaches, and managers can wear masks as optional equipment during training. Players should not wear masks during strenuous activities.
- Coaches and team managers will pick up gear, and if necessary, disinfect after each session.
- Wash your hands before departing the practice.
- Personal belongings (e.g. cell phones) of players and coaches should be sterilized regularly.
- Use disinfectants outlined on [EPA List N](#).
- Provide hand sanitizer stations.
- If snacks are provided, provide individually packaged snacks.
- Ensure availability of at least 3 weeks of cleaning supplies.
- Keep up with CDC and health-based organizations information regarding COVID-19 in relation to sport activities.
- Coaches and team managers should ensure that players are following COVID-19 related prevention measures included herein.

### Medical Clearance

- Require medical clearances from those that had previously tested positive for COVID-19.
- For individuals who have experienced a known COVID-19 exposure in the past 14 days, home quarantine for 14 days is required. A medical clearance is required to return to practice following the home quarantine.
- Report the onset of any new symptoms immediately. Conduct daily symptom assessments.\*\*
- Players should contact their physician and follow the recommendations, if they have any symptoms.
- Any player feeling unwell should not practice and immediately notify their coach/team manager.
- Any (or their family member) player presenting symptoms of COVID-19 (fever, cough, trouble breathing, etc.) should notify their coach and team manager immediately. All activities should be suspended until testing is complete.
- Any player (or their family member) who tests positive will require all team activities and practices to be canceled for 14 days.

- For individuals with pre-existing medical condition, written clearance from their physician should be provided. The written clearance should note that the player can participate fully, and the activity is recommended.

### Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms while at work and follow CDC guidelines.
- Contact the local health district about suspected cases or exposures and employers should maintain the confidentiality of employee health information.
- Shutdown any facility for deep cleaning and disinfection, if possible.
- Use disinfectants outlined on [EPA List N](#).

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.

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