



North Alabama SC KICKS Invitational COVID-19 Guidelines

North Alabama SC has implemented a set of Return-to-Play (RTP) and Return-to-Competition (RTC) guidelines that govern how our Club operates on gamedays. Our RTP and RTC guidelines have been adapted for the KICKS Invitational tournament to help limit exposure to COVID-19 and ensure the safe and healthy of everyone involved with North Alabama SC soccer.

All players, coaches, referees, staff, volunteers, parents, and spectators participating, supporting, and attending the 2020 KICKS Invitational are responsible for adhering to these guidelines as well as Alabama's Safer-at-Home Order and any local Huntsville ordinances related to COVID-19.

SELF-SCREEN

Prior to attending or participating in a tournament game, all involved - players, parents, coaches/staff, referees, spectators, volunteers, etc. must complete a COVID-19 self-screen. Screen yourself and parents screen your player by answering the following questions:

1. Have you had a fever with a temperature over 100 degrees Fahrenheit in the last 48-hours?
2. Do you have any of these symptoms: cough, headache, diarrhea, nausea or vomiting, shortness of breath, difficulty breathing, muscle or body aches, new loss of taste or smell, sore throat, fatigue, or other flu-like symptoms?
3. Have you experienced any of the symptoms described in Question 2 within the last 14 days?
4. Have you had exposure to or close contact with a person under quarantine for COVID-19 within the last 14-days?
5. Have you had exposure to or close contact with a person diagnosed with COVID-19 within the last 14 days?

If you answer **YES** to any of the screening questions, **STAY HOME!** If you are an at-risk individual or immunocompromised, consult your medical provider and take recommended precautions before participating in or attending a competition.

PRE-COMPETITION

Before entering the field to attend or participate in a tournament game, all involved - players, parents, coaches/staff, referees, spectators, volunteers, etc. must adhere to the following:

1. Take your temperature and your player's temperature before entering or arriving at the field. *If the temperature is over 100 degrees Fahrenheit, you are not permitted to enter the field. You must be temperature free for 48-hours to return to soccer activity.*
2. Players are not permitted to enter the field until 5-minutes before their scheduled warm-up time. Remain in your vehicle until you are permitted to enter the fields. This allows teams and spectators from the previous game to leave the field and reduce interactions.
3. Where applicable, players will enter the fields through a designated entrance.
4. Before entering the fields, you are required to apply hand sanitizer (*self-supplied*).
5. You must wear a mask or facial covering (*self-supplied*) that covers your nose and mouth to enter the fields.



6. Players must bring their own equipment (shin guards, water bottle, etc.).

TOURNAMENT ROSTERS, PLAYER CHECK-IN, & COIN-TOSS

1. Approved tournament rosters will be provided to the referees for each game. They will use these rosters to complete player check-in. **Note – Teams should have copies of their tournament rosters as a back-up.**
2. Everyone involved in the player check-in must wear a mask or facial covering that covers their nose and mouth.
3. The head/lead coach for each competing team should confirm with one another and with the referees that everyone has completed their player self-screen confirmations
4. Players and referees will be socially distanced during check-in.
5. There should be no exchange of documents between referees and coaches. Only coaches will handle player cards if required for review. Referees will be shown the player cards or virtual player cards to complete check-in only upon their request for additional verification. Process should be contactless.
6. There will be no pre-game physical contact between referees or players from competing teams; no handshakes, high-fives, etc.
7. No coin tosses for the tournament. Designated home team will kick-off.

DURING COMPETITION

During the tournament game, all involved - players, parents, coaches/staff, referees, spectators, volunteers, etc. must adhere to the following:

PLAYERS & COACHES

1. No physical contact between coaches and players except for the extent necessary and only for the time required to directly participate in the competition.
2. Players and coaches should remain socially distanced on the sideline in the designated Technical and Team Areas.
3. Benches and tents/canopies are **NOT** allowed on the sideline in the designated Technical or Team Areas.
4. Coaches will mark socially distanced player stations for each player where players will keep their equipment and remain when not actively participating in the game.
5. High-fives, handshakes, fist-bumps, hugs, player huddles, group celebrations, and the like are not permitted.
6. Coaches confirm each player has completed their self-screen before warm-ups begin.
7. Coaches must wear a mask or facial covering that covers their nose and mouth at all times.
8. Players must wear a mask or facial covering that covers their nose and mouth at all times except when directly participating in the warm-up or game. This includes players in the designated Team Area that are not actively participating.
9. No sharing of water/drinking bottles, coolers, cups, food, equipment (shin-guards, etc.), or any personal items between anyone.
10. No spitting.



11. Players should sanitize their hands each time they come off the field.
12. Only coaches are permitted to touch and handle training equipment (cones, discs, poles, etc.)
13. Players are assigned a pinnie/bib for the game and are not to share their pinnie during the warm-up, small sided games and drills, or game.

PARENTS & SPECTATORS

1. Parents and spectators must wear a mask or facial covering that covers their nose and mouth at all times; following the Alabama Safer-at-Home Order face mask requirement.
2. Parents and spectators should be socially distanced between households on the sideline.
3. Given the limited area available due to social distancing between households and the potential need for parents and spectators to sit behind each other, tents/canopies are not permitted on the spectator sideline.
4. Spectator space on the sideline will be limited due to social distancing guidelines. It is recommended to limit the number of supporters per player to 2-3.
5. Parents and spectators are not permitted on the field at any time; including halftime.
6. Parents and spectators should not touch or stop a ball that goes out of bounds. Only players are permitted to touch the ball during competition.
7. Parents and spectators should not interact with referees.

REFEREES

1. Referees must wear a mask or facial covering that covers their nose and mouth at all times except when directly participating in the game.
2. Referees should not share equipment. Each referee will use their own equipment during the game.
3. Referees should adhere to social distancing as much as is permitted during the game.

PLAYER SUBSTITUTIONS

1. Players entering the game must enter from the designated Technical Area. The center referee will not acknowledge or permit players to enter the field outside of the designated Technical Areas.
2. Players in the designated Technical Area do not need to wear a mask, but must be socially distanced from other players in the area.
3. Players should not make physical contact or exchange pinnies or other shared items during substitutions.

HALFTIME & POST-GAME

1. Players and coaches should be socially distanced during halftime and post-game addresses.
2. Referees should report to a designated Technical Area and remain socially distanced during halftime.
3. Players, coaches, and referees should sanitize their hands when leaving and returning to the field during halftime.



4. There will be no post-game physical contact between referees or players from competing teams; no handshakes, high-fives, etc.
5. Limit post-game activity and leave the field as quickly as possible to avoid and limit interaction with teams and supporters for the next game.

HALFTIME & POST-GAME

1. Players and coaches should be socially distanced during halftime and post-game addresses.
2. Referees should report to a designated Technical Area and remain socially distanced during halftime.
3. Players, coaches, and referees should sanitize their hands when leaving and returning to the field during halftime.
4. There will be no post-game physical contact between referees or players from competing teams; no handshakes, high-fives, etc.
5. Limit post-game activity and leave the field as quickly as possible to avoid and limit interaction with teams and supporters for the next game.

POST COMPETITION

At the completion of the tournament game, all involved - players, parents, coaches/staff, referees, spectators, volunteers, etc. must adhere to the following:

1. At the completion of the game, players and referees must put on their mask or facial covering (*self-supplied*) that covers nose and mouth to leave the fields.
2. All involved should remain socially distanced between households when leaving the fields.
3. Players, coaches, and referees should apply hand sanitizer (*self-supplied*) before leaving the field.
4. All involved should leave through the designated exit, where applicable, and proceed directly to their vehicle.
5. Players, coaches, and referees must sanitize their equipment after each game.
6. North Alabama SC will follow reporting and notification protocols if someone involved in a competition has a confirmed or suspected case of COVID-19.

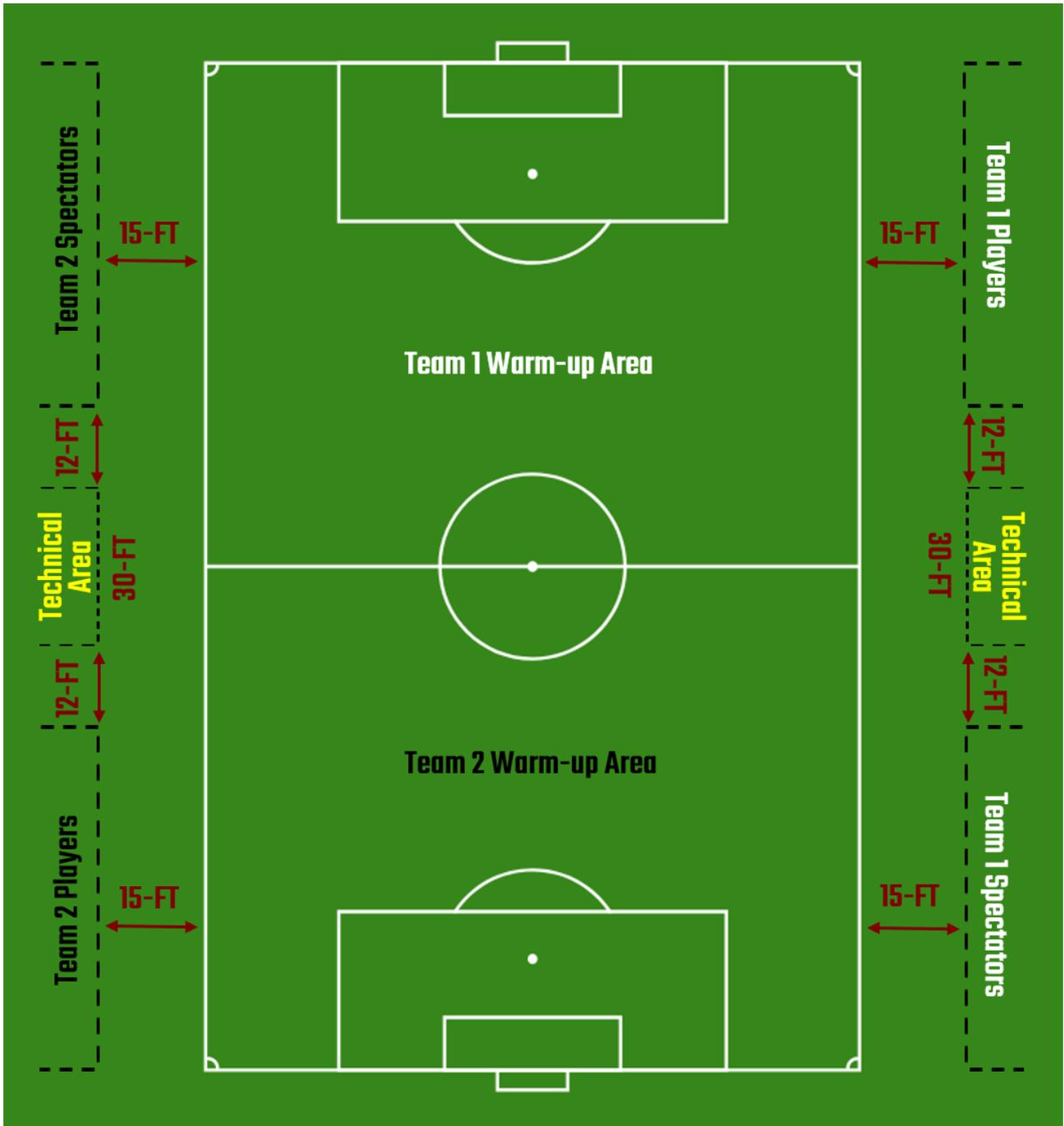
ENHANCED FIELD LAYOUT & RECOMMENDED SPECTATOR SEATING

North Alabama SC is adopting ASA's recommended enhanced field layout to further limit interactions and exposure between competing teams. The enhanced field layout supports the following:

1. Teams being placed on opposite sides of each field.
2. Parents and spectators being on the same sideline as their team.
3. Designating a Technical Area marked on the centerline of each sideline.
4. Team, parent, and spectator designated areas that are 15-feet from the sideline and 12-feet from the Technical Area.
5. Adhering to social distancing guidelines and wearing a mask or facial covering (*self-supplied*) that covers nose and mouth in each designated area; following the Alabama Safer-at-Home Order face mask requirement.



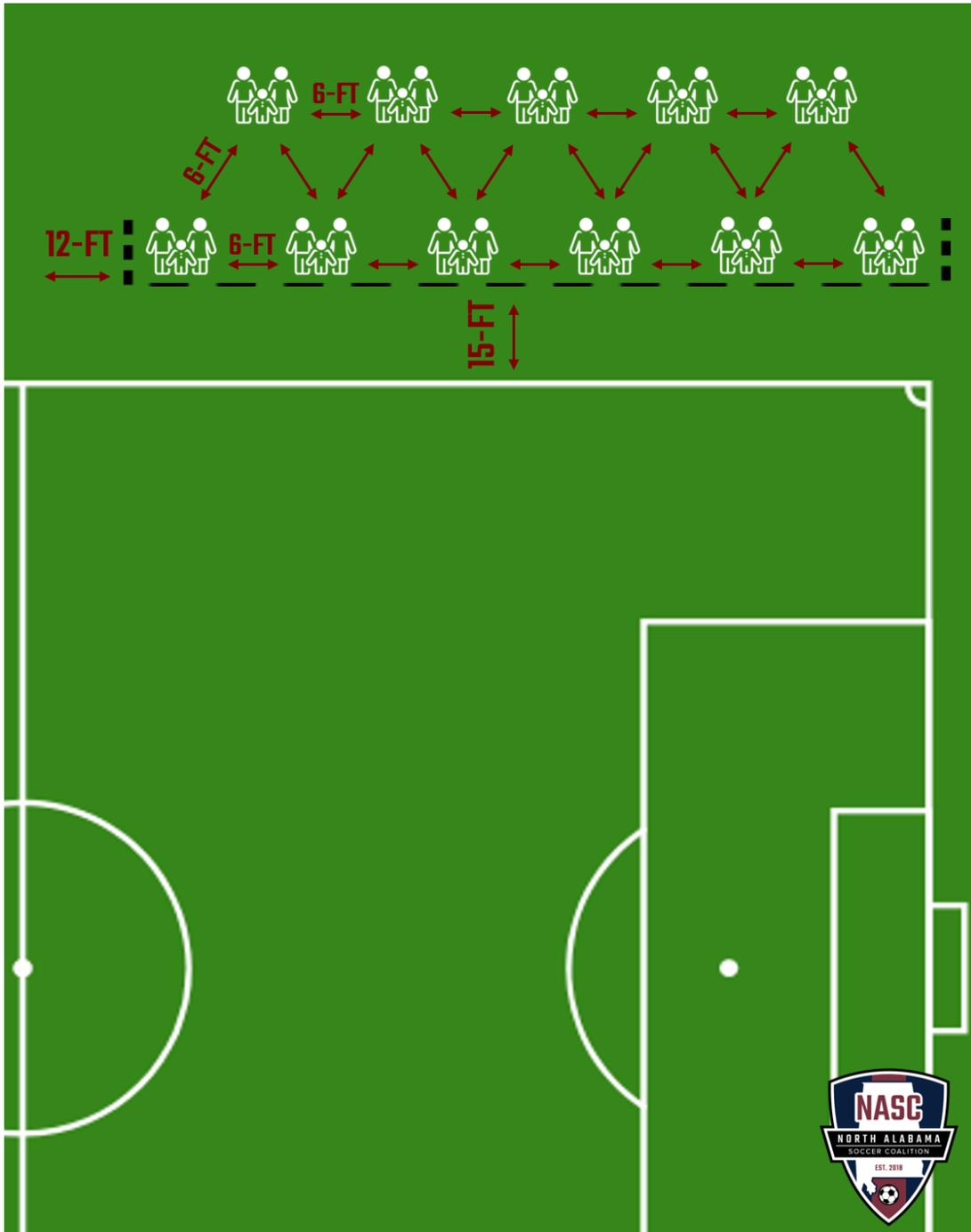
ENHANCED FIELD LAYOUT





RECOMMENDED SPECTATOR SEATING

The below Social Distancing Spectator Seating Layout is a recommended option. Spectator seating arrangements may be in any configuration that maintains social distancing between households.





RESTROOM USE

North Alabama SC uses City provided soccer facilities and fields to conduct our soccer sessions/activities. City Parks and Rec staff are responsible for routinely cleaning and sanitizing restrooms and other “high-touch” areas.

Anyone using these shared restroom facilities must adhere to social distancing requirements, wear a mask, and wash their hands before leaving the restroom. Coaches/staff, players, parents, spectators, and volunteers must also sanitize their hands before returning to the fields. Coaches will ensure their players sanitize their hands before returning to their designated field and rejoining the competition.

*Players must have personal hand sanitizer (*self-supplied*) with them when attending a competition.

POST TOURNAMENT COVID-19 REPORTING

Teams participating in the KICKS Invitational will notify North Alabama SC if they have a tournament participant have a positive laboratory test within 14-days of the completion of the tournament.

North Alabama SC will notify any teams affected by a reported positive case.

Please notify Henry Mpagi at henry@northalabamasc.org if your team has a positive COVID-19 test or have any questions.

North Alabama SC’s full Return-to-Competition guidelines are available for review at https://northalabamasc.demosphere-secure.com/files/club-info/club-updates/NASC%20Return%20to%20Competition%20Guidelines-%20Version%201%2C2%20-%208_5_2020.pdf



KICKS Invitational General Information Sheet

Below are key informational points for the KICKS Invitational tournament:

- Do not participate in or attend a KICKS game if you fail the Self-Screen.
- Tents, team benches (including insta-benches) are **NOT** allowed on the spectator or player sidelines. The only tents allowed are for tournament use: Field Marshals, Referees, Trainers, etc.
- Players and spectators are encouraged to bring an individual-sized folding chair for use during the tournament.
- Per the Alabama Safer-at-Home Order, all tournament attendees **MUST** wear a face mask/covering at the tournament venue and fields as the event is an outdoor space where ten or more people are gathered. Refer to the updated Alabama Safer-at-Home order for further details and exceptions regarding face masks/coverings - <https://governor.alabama.gov/assets/2020/09/Safer-at-Home-Order-Final-9.29.2020.pdf>
- It is recommended that each player consider limiting their supporters to 1-2 people to assist social distancing and limit exposure.
- Team pre-game warm-ups should start no earlier than 30-minutes prior to game kick-off. Players should arrive at the fields no earlier than 5-minutes before scheduled warm-ups.
- Parents and spectators should arrive to the fields no earlier than 5-minutes prior to game kick-off.
- To reduce crowds and limit exposure, teams and their supporters are encouraged to leave Merrimack in between their games.
- Medals are awarded to all first and second place teams. To maintain social distancing, medals will be distributed at the fields. There will be a tournament backdrop and champion and finalist banner set up for teams to use at their own discretion.
- Pets are **NOT** permitted at Merrimack.
- Smoking and alcoholic beverages are **NOT** permitted at Merrimack.
- Contact the Tournament Director at tournament@northalabamasc.org with any questions.

PROTECT YOURSELF & OTHERS

Continue to protect yourself and others by practicing the following:

- **Wash your hands often** with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol when soap and water are not readily available.
- **Avoid touching your face** (eyes, nose, and mouth) with unwashed hands.
- **Avoid close contact with people** by maintaining a minimum distance of 6-feet between yourself and people who don't live in your household.
- **Cover your mouth and nose** with a mask when around others and cover your mouth and nose with the inside of your elbow or a tissue when you sneeze or cough.
- **Clean and disinfect** frequently touched surfaces.
- **Monitor your daily health.** Be alert for symptoms and take your temperature if symptoms arise.
- **Stay home** if you feel sick and contact your healthcare provider.
- **Follow CDC guidelines** if symptoms develop.