



NC FUSION

RETURN TO PLAY GUIDELINES

PHASE 3.0



The content of this document is based on information available as of October 27, 2020.
We reserve the right to make changes to the outlined procedures as more information becomes available.



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RETURN-TO-PLAY OVERVIEW

NC Fusion has been working hard to create a return-to-play plan that allows players, families, and coaches the opportunity to get back on the field in a safe and healthy environment that promotes good habits. We have consulted with medical, government, insurance, and youth sports organizations to create a comprehensive and executable plan. We want our players, families, and coaches to feel confident in returning to play. We also stress that returning is optional, and is only recommended if participants are comfortable with returning.

The information provided in this document is based on the most current information available as of October 28, 2020. Specifics such as dates given in the Return-to-Play plan are based on guidelines presented by our state's governor, local municipalities, and sport-governing bodies. This is a fluid situation; and thus, changes made at the state, local, or sport-governing body level may cause this plan to be altered or adjusted.



RETURN-TO-PLAY GUIDELINES (PHASE 3.0)

During phase 3.0, the following guidelines will need to be followed by Club, Parent, Player, and Coach. These are meant to minimize the risk of spreading COVID-19, and create a safe environment for all.

CLUB (NC FUSION) RESPONSIBILITIES

NC Fusion has and will continue to engage and dialogue with our local Wake Forest Baptist Health officials to ensure that we are providing the safest environment for our members. We promise to stay up-to-date with any change in state and local protocols and restrictions.

NC Fusion Staff Education

- Ensure that all staff expectations and protocols are clear and attainable as we return to the fields
- Create and implement club-wide training sessions that fall in line with all State/Federal regulations

NC Fusion Facility Guidelines

- Provide adequate field space at all facilities for social distancing
- Provide hand sanitizing stations and waste receptacles at fields for individual participant use
- Maintain regular bathroom cleaning
- Remain compliant with updated regulations provided by our Parks and Rec Officials

NC Fusion Communication Guidelines

- Maintain open lines of communication with our members as we navigate the changing regulations
- Share anonymously positive test results to affected members; notify health department
- Ensure all communication maintains confidentiality, privacy rules

PARENT RESPONSIBILITIES

- Ensure your child is healthy and symptom-free
- Check your child's temperature prior to attending any NC Fusion training session to ensure that it falls under 100.1 degrees
- Please consider not carpooling, but if necessary, we encourage this to be very limited
- Parents are required to drop off players at safe drop-off points, stay on site during training, and are asked to stay in the car
- If exiting your vehicle is necessary, a mask must be worn at all times
- Ensure child's clothing is washed after every training session
- Ensure all equipment (cleats, ball, etc) are sanitized before and after every session.
- Do not look to engage any staff coach at the field. Any communication is to be through phone or email
- Notify the club (sbridges@ncfusion.org) immediately if your child becomes ill for any reason

PLAYER RESPONSIBILITIES

- With parent direction, take your temperature prior to attending any NC Fusion session to ensure that it falls under 100.1 degrees
- Wash hands thoroughly before and after training
- Bring hand sanitizer and be prepared to use before and after every training session
- Wear mask before and immediately following all training sessions. Mask wearing is not mandatory during training
- Do not touch or share anyone else's equipment (ex. gloves, shoes, uniforms, water, food)
- Players must employ social distancing before, during, and after training
- Spitting will not be permitted
- Handshakes, high fives, or any physical contact outside of active play will not be permitted
- Players must wear all equipment to the field: ex for Lacrosse (Helmet, Gloves and Stick). No Mouthpieces, No large equipment bags should be brought to the field
- Ensure that any item that you bring to training is clearly marked with your name and is sanitized prior to each training session

PLAYER PRE-SESSION CHECKLIST

- Below is a checklist that every player should run through before attending training and games
- Players have had their temperature checked, and it falls under 100.1
- Players have their own equipment labeled with first and last name
- Players have their own water bottle labeled with first and last name
- Players have personal hand sanitizer (must use before and after training)
- Players have their personal mask to wear to and from the fields



COACHES RESPONSIBILITIES:

- Upon arrival to training, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider as soon as possible
- Prepare the training environment for health and safety factors as mandated by local or state authorities.
- Have your own water, hand sanitizer and mask to lead by example
- Wear your own mask when socially distancing is not possible
- Take player attendance prior to each training session
- Be familiar and enforce all player responsibilities
- Gather and disinfect all personal equipment
- Isolate any player from training who is exhibiting or reporting illness concerns until they can safely be isolated from other players, coaches or parents
- Report any illness or incidents of guidelines being compromised to facility supervisor for documentation
- Ensure that every player arriving and exiting training is wearing a mask



GAME-DAY PROTOCOLS (in addition to previously listed protocols)

SPECTATOR RESPONSIBILITIES:

Anyone in attendance of a scrimmage or game at an NC Fusion facility is required to be:

A) WEARING A MASK.

B) following socially distance protocols (maintaining 6 feet apart) with anyone not in their immediate family.

C) watching from the OPPOSING side of the player bench/area at least 2-3 yards from the sideline.

PLAYER RESPONSIBILITIES:

- Required to wear a mask/face covering to and from the fields.
- Maintain social distance from other teams/players/spectators when walking to field location.
- Avoid handshakes/high fives/contact during pre- and post- game activities.
- If not playing or warming up, required to wear a mask/face covering at all times in the bench area (NCYSA Regulation).
- If in the bench area, maintain social distancing.

COACHES RESPONSIBILITIES:

- Required to wear a mask/face covering.
- Ensure that all team personnel/players comply with recommended social distancing along the sidelines and mask/face covering guidelines.



ACKNOWLEDGEMENT OF RETURN-TO-PLAY PROTOCOL

Below is a copy of the Release of Liability and Assumption of Risk Agreement. Every family must electronically acknowledge that they have read this form, understand its contents, and agree to abide by the return-to-play protocols set forth BEFORE their player returns to the field.

ASSUMPTION OF RISK STATEMENT

NCYSA COMMUNICABLE DISEASE

RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

IN CONSIDERATION OF BEING ALLOWED TO PARTICIPATE IN ANY WAY IN ANY NC FUSION TRIAD, INC. (NC FUSION) RELATED EVENTS AND ACTIVITIES I, THE PARENT (OR LEGAL GUARDIAN) ACKNOWLEDGE, APPRECIATE, AND AGREE THAT:

BY PARTICIPATING IN THE NC FUSION RELATED EVENTS AND ACTIVITIES, THERE ARE CERTAIN RISKS TO ME ARISING FROM OR RELATED TO POSSIBLE EXPOSURE TO COMMUNICABLE DISEASES INCLUDING, BUT NOT LIMITED TO, THE VIRUS "SEVERE ACUTE RESPIRATORY SYNDROME CORONAVIRUS 2, WHICH IS RESPONSIBLE FOR THE CORONAVIRUS DISEASE (ALSO KNOWN AS COVID-19) AND /OR ANY MUTATION OR VARIATION THEREOF (COLLECTIVELY REFERRED TO AS "COMMUNICABLE DISEASES"). I AM FULLY AWARE OF THE HAZARDS ASSOCIATED WITH SUCH COMMUNICABLE DISEASES AND KNOWINGLY AND VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY AND ALL RISK OF PERSONAL INJURY, ILLNESS OR OTHER LOSS THAT I MAY SUSTAIN IN CONNECTION WITH SUCH COMMUNICABLE DISEASES.

I, FOR MYSELF AND FOR MY MINOR CHILD OR WARD, AND ON BEHALF OF MY/OUR HEIRS, ASSIGNS, BENEFICIARIES, EXECUTORS, ADMINISTRATORS, PERSONAL REPRESENTATIVES, AND NEXT OF KIN, HEREBY EXPRESSLY RELEASE, HOLD HARMLESS, AND FOREVER DISCHARGE NC FUSION TRIAD, INC. AND ITS OFFICERS, DIRECTORS, OFFICIALS, AGENTS, REPRESENTATIVES, EMPLOYEES, OTHER PARTICIPANTS, SPONSORS, ADVERTISERS, AND , IF APPLICABLE, OWNERS AND LESSORS OF PREMISES UPON WHICH NC FUSION RELATED EVENTS AND ACTIVITIES TAKE PLACE (THE "RELEASED PARTIES"), FROM ANY AND ALL CLAIMS, DEMANDS, SUITS, CAUSES OF ACTION, LOSSES, AND LIABILITY OF ANY KIND WHATSOEVER, WHETHER IN LAW OR EQUITY, ARISING OUT OF OR RELATED TO ANY ILLNESS, INJURY, DISABILITY, DEATH, OR OTHER DAMAGES INCURRED DUE TO OR IN CONNECTIONS WITH ANY COMMUNICABLE DISEASES, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASE PARTIES OR OTHERWISE, TO THE FULLEST EXTENT PERMITTED BY LAW.

I AGREE THAT THIS AGREEMENT IS INTENDED TO BE AS BROAD AND INCLUSIVE AS IS PERMITTED BY THE LAWS OF THE STATE OF NORTH CAROLINA, AND IF ANY PORTION HEREOF IS HELD INVALID, IT IS AGREED THAT THE REMAINDER SHALL CONTINUE IN FULL LEGAL FORCE AND EFFECT.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENTS, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PROTOCOLS FOR REPORTING AND COMMUNICATION OF COVID-19 EXPOSURE

- Staff members, including coaches, are required to report if they test positive for COVID-19, are suspected of being positive for COVID-19, or have been directly exposed to someone who has tested positive for COVID-19
- Any player who has tested positive for COVID-19, is suspected of being positive for COVID-19 or who has been directly exposed to someone who has tested positive for COVID-19 is required to report this to The NC Fusion COVID-19 Advisory Board at covid@ncfusion.org
- If a case of COVID-19 is reported, all staff and players who came into contact with that person will be notified. Due to privacy issues and HIPPA laws, the identity of that person will remain anonymous
- Once notified that an individual who has tested positive with COVID-19 has been in close proximity (within 6ft) with any staff member or player, those staff members and players must adhere to the following protocol
 - Notify their primary physician
 - Staff members and players should begin in-home isolation for a 14-day period
 - Staff members and players may undergo testing after 5-7 days of exposure to identify an asymptomatic positive case but may not return to play until the end of the 14-day quarantine.
- Before a staff member or player who has tested positive for COVID-19 can return to training or games, the following conditions must be met:
 - A minimum of 10 days must pass since the initial onset of symptoms
 - A minimum of 24 hours must pass without symptoms, and without the aid of fever-reducing medications





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