

NXT Sports - COVID-19 Policies and Procedures for Indoor Programming

The guidelines provided below are based on guidance from the Pennsylvania Department of Health and the Centers for Disease Control and Prevention and in conjunction with Main Line Sports Center.

COVID-19 continues to be a public health threat. We must continue to stay vigilant and enact policies that combat its spread throughout our community. Everyone must do their part to prevent this virus wreaking any more havoc. These are certainly not ideal circumstances, but we need to work together to create a safe environment and get the most out of our current situation.

Please be sure to thoroughly read this document so that you know what to expect at practices, camps, and other indoor programming.

High Risk Individuals

If you, your child, or a member of your household is part of a high-risk group (65 years of age or older or has a pre-existing medical condition including chronic lung disease, moderate to severe asthma, serious heart conditions, immunodeficiency, diabetes, chronic kidney disease, or liver disease), you should consult with your family physician before attending any NXT programming.

If you are Sick

- **If you are not feeling well, STAY AT HOME!**
- If an athlete becomes sick at practice, they will be taken off the field, evaluated by the athletic trainer, and likely sent home.
- Athletes and their families should self-report to NXT if they have tested positive for COVID-19 or have been exposed to an individual who has tested positive in the previous 14 days.

Symptom Screening

COVID-19 symptom screening will be completed for each practice and competition through TeamSnap. When you select your event or practice on TeamSnap through the mobile application, you will see the option to complete your "health check." The health check must be completed prior to participating in practice or competition. If the health check is not completed on TeamSnap ahead of time, the athlete will have to check in with our on-site athletic trainer to complete an in-person symptom screening. Checking in with the AT will cut into the athletes practice time, so please make sure the health check is completed ahead of time. [Here](#) is a brief screening recording demonstrating how to complete the Health Check.

Social Distancing

- Only 60 players are allowed on the lower turf at any given time.
 - The lower turf has the capacity to be divided into 3 separate playing areas with curtain divisions.

- With these divisions, 20 players are allowed per 1/3 section, or 30 players per ½ section.
- When feasible, athletes should maintain physical distancing (6ft) while not directly participating in sport or a drill. For example:
 - When taking a break / getting a drink
 - When waiting in line for a drill
 - Listening to a drill be explained / team huddles
 - Recovering on the sidelines
- When feasible, coaches should maintain physical distancing from athletes.
- Unnecessary contact should be avoided - this includes high fives, fist bumps, handshakes, and hugs.

Entrance and Exit Procedures for Steelyard Sports

- Athletes should arrive to the facility **dressed and ready to play** no more than 5 minutes prior to their scheduled practice time.
 - You will not be able to enter the facility until the team on the turf before has begun to exit the building, so **DO NOT ARRIVE EARLY**.
 - When you arrive, proceed to the turf and space your bags out at least 6ft from the person next to you.
- Entry
 - Masks must be worn when entering and exiting the facility.
 - Athletes will enter the building at the main entrance near the lower turf.
 - Upon entry they will proceed to their section of the turf and space their bags at least 6ft apart from their neighbors along the perimeter.
- Exit
 - Lower Turf
 - At the conclusion of practice, athletes must put their masks on, grab their belongings, and immediately exit through the door on the side of the building (to the left when entering the turf). Here they can proceed to their cars or be picked up.
 - At the conclusion of practice, athletes must put their masks on, grab their belongings, and immediately exit through the door behind the bleachers across from the turf.

Masking

- Athletes are required to wear a mask into and out of the building.
- Athletes are not required to wear face coverings during activity, but are encouraged to do so if they are able to tolerate it.
 - Boys are able to purchase a [face shield](#) that adheres to their helmet to offer some additional protection if they're not wearing a mask while playing.
- Coaches are required to wear face coverings at all times while indoors.

Visitors, Parents, and Spectators

Due to state gathering limitations and facility rules, parents will not be permitted to stay and watch and practices or educational programming.

Hand Hygiene and Respiratory Etiquette

- Athletes should clean their hands with hand sanitizer frequently.
 - Athletes should bring their own hand sanitizer.
 - Hand sanitizer will be available on site with the athletic trainer, but should be considered a back-up.
- Please cover any coughs or sneezes with a tissue or the inside of your elbow.
- Spitting is prohibited.

Water Availability

- Water will not be available on site for athletes.
- Athletes must bring their own labeled water bottles and should not share with others.
 - Please be sure to bring extra bottles of water as athletes will not be able to refill with water once on site.

Return to Play from COVID-19

In order to return to play from a confirmed or suspected case of COVID-19, you should follow the [CDC's instructions for when you can be around others following COVID-19](#). Additionally, you will be required to provide a signed doctor's note indicating that you are no longer contagious and are cleared for full participation in sport and physical activity.

COVID-19 Communications

All athletes, their families, staff, and coaches should self-report if they have been diagnosed with COVID-19. If NXT becomes aware of any potential exposure to COVID-19 within the NXT community, a communication will be sent to any individuals who may have had close contact with the infected individual. Privacy will be protected and no identifying information will be shared within the communication. Based on the circumstances of the case and the team's adherence to the policies and procedures set forth in this document, it is possible that all activities for a particular team may be suspended for a period of time if a case emerges.

If you have any questions, comments, or concerns about COVID-19, please contact our Director of Participant Health and Safety, Ian McGinnis (ian.mcginnis@nxtsports.com). If I am unable to answer your questions, I will refer to the [CDC's Public Health Guidance for Community Related Exposure](#) or tell you to call the Pennsylvania Department of Health (1-877-PA-HEALTH).

Everyday Preventative Actions

Please engage in these everyday preventative actions to prevent the spread of COVID-19 including, but not limited to:

- Wear a mask / face covering.
- Maintain physical distancing (6ft or more) from individuals outside of your household.
- Wash your hands frequently with soap and water for at least 20 seconds or using hand sanitizer when soap and water are not available.
- Abstain from touching your face (mouth, eyes, nose) with unwashed hands.
- Cover any coughs or sneezes with a tissue or the inside of your elbow.
- Avoid touching frequently touched surfaces (e.g., railing, doorknobs, countertops, etc...)

Additional Resources

Please view these additional resources for more reliable information on COVID-19:

- [CDC - How does COVID-19 spread?](#)
- [CDC - How can you protect yourself and others?](#)
- [CDC - What do I do if I am sick?](#)
- [CDC - What does quarantine and isolation mean?](#)
- [CDC - How to wear a cloth face covering](#)
- [State and Territorial Health Department Directory](#)