



Effective Date: May 23, 2020

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GUIDELINES SUBJECT TO NWSL MEDICAL TASK FORCE PROTOCOLS

NWSL RETURN TO TRAINING GUIDELINES: Phase 2 & 3

Beginning Monday, May 25, 2020 through Friday, May 29, NWSL clubs may proceed to Phase 2 – Small Group Training. Beginning Saturday, May 30, teams may progress to Phase 3 – Full Team Training, provided the team has completed five (5) days of small group training and doing so is not in violation of applicable state or local laws or ordinances.

Roster:

- 40-Player Preseason Roster
- Trialists must sign waivers and contracted players must have their PCMA completed and declared to NWSL.
- Trialists must be tested in order to participate in training. Expenses for medical testing required for trialists brought in for preseason should be covered by the team. If the trialist is signed at the end of preseason, the NWSL will reimburse the team for out-of-pocket expenses.
- A player or staff member may not participate in training until they have negative results from the PCR test. Athletes with positive serology and negative PCR should have an electrocardiogram (ECG) reviewed prior to final medical clearance to participate.
- Each player must sign the Medical Acknowledgement prior to participating in training. Teams must keep a copy for their records and upload to the respective Box Folder.

PHASE 2 and 3 Training:

PHASE 2 – Small Group

Duration: May 25 - 29

Small groups of maximum of eight (8) players.

All players must complete the Pre-Training Assessment (PTA) and have a daily symptom and temperature screening prior to entering the facility. Teams must keep accurate dated logs of all symptom screenings per player and trialist and retain records.

PHASE 3 – Full Team

Begins Saturday, May 30, provided five (5) days of small group training have been completed.

PHASE 2 and PHASE 3 - Additional

Equipment Needs/Limits:

- Players should arrive in their training gear and wear masks coming to and leaving the facility.
- No shared water bottles.
- Staff will perform a thorough cleaning after each groups' use; players should spray/wipe down equipment before and after use.
- Team must provide hand sanitizer and disinfecting materials in indoor facilities.
- Avoid spitting or bring handkerchief/cup/can/etc.



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Facilities (rooms subject to NWSL cleaning and disinfecting protocols):

- Fields
- Weight Room
- Training Room
- Meeting Room

Services: The following services/providers should be not be scheduled while players are in the facility:

- Facility Personnel
- Grounds Crew
- Housekeeping

TESTING REQUIREMENTS AND TRAVEL STAFF GUIDELINES

Pre Season Testing (Weekly):

Required for every player and staff member who is part of the travel party to Utah and those who will continue to be at training in home market.

Final Tests Required Prior to Travel to Utah:

Every player and staff member who is part of the Travel Party *including children and caregivers* Testing should take place within 48-72 hours of boarding the flight, with enough time to receive results prior to boarding.

35 Positions (Up to 28 players and 7 Staff maximum) will be official delegation and paid for by League; others are team discretion and expense.

Required travel staff (all others at team discretion):

- Head Coach
- Assistant Coach
- GK Coach
- Head Athletic Trainer
- Sport Scientist
- Equipment Manager

Recommended travel staff: PR staff member

Guidance for Travel Planning:

- Arrival by Wednesday, June 24 to allow for maximum time of 48 hours for receipt of test results
Teams who would like to arrive earlier should contact Liz Dalton and Vickie Rich
- Access to training facilities Thursday, June 25.
- Team Physicians need to confirm all medical test results to NWSL OPS by Friday to clear roster for play in games.