



# Tolland Soccer Club

Having fun since 1972

**TSC Return to Play - [Phase 2](#)**

**Coach Information Toolkit**

**Version 2.1 - [07/20/2020](#)**

Tolland Soccer Club has adopted the CJSA guidelines for Return to Play, as well as created additional guidelines to ensure a safe environment to allow for soccer activities to return. This Coach Toolkit is a complementary resource to inform Coaches and Team Coordinators what to expect, key safety precautions they must take, and leadership responsibilities expected of them to help our path back to resuming normal soccer activities.

TSC will be aligning to US Soccer and CJSA's phased approach to returning to play, which will allow for increased activities and player interaction at each phase. In partnership with the TSC Board, Coaches and Team Coordinators are the key ambassadors to parents and players to ensure a safe environment for soccer activities to resume.

## **Player Safety and Health**

Player Health and Safety are top priority for TSC. While we are excited to restart activities, each player and family should decide their comfort level with allowing their child to return to activities

- During the Phased RTP period, player participation is voluntary. Players are not required to train or play if there are any concerns of health and safety.
- A player's status with the team will not be impacted during this time, regardless of participation levels.
- Parents and guardians should determine their comfort level with player participation at each training session or activity.

As a Tolland Soccer Club Coach, you are part of the club leadership that will manage, lead, and progress teams through the Return to Play phases. Key to the progression through the phases is strict attention to the safety guidelines set by CJSA and Tolland Soccer Club. The following pages will detail how to set up training sessions, how to guide players safely through sessions, and what to expect throughout the phases.

Above all, your leadership and partnership with the TSC Board of Directors is integral for us to complete the Return to Play process. The best way to lead your team(s) through this process is to

## *Model the way*

By setting the example and partnering with your Team Coordinator, ensuring your players are following safety guidelines will be easier and become part of your normal routine. It will also help communication and cooperation with parents, as they will see expectations consistently set.

Finally, communication and coordination with the TSC COVID Safety Officer throughout the RTP process is integral to our success. Please contact Ryan Niderno at [safesport@tollandsoccerclub.org](mailto:safesport@tollandsoccerclub.org) at any time with questions, comments, or concerns.

## **RTP Phase 2**

### **What has changed?**

- *Full Team training is allowed. Team progression from small-sided games (i.e. 1v1, 3v3, 5v5, etc.) to full intrasquad scrimmages are permitted in this Phase. Scrimmage time should be limited to a maximum of 30 minutes of each training session.*
- *Physical contact during active training is allowed. Structure your training to limit physical contact during this phase, continuing to limit lines to reduce congregating players at close distance. Plan to have non-contact training available for any players not comfortable with Phase 2 training activities where contact is possible.*
- *Heading the ball (age appropriate) or touching the ball with hands are permitted during Phase 2 but it is not recommended to actively train for these activities.*
- *Coaches can remove face coverings if engaged in active training instruction or if distanced from training area. Face coverings are required during all other aspects of training sessions.*

### **What has not changed?**

- *All safety and social distancing protocols remain the same from Phase 1. This includes wearing face masks, placing equipment at least 6 ft apart, and limiting close interaction during training.*

## **What Should I Do?**

Preparation is key. Ensure that these guidelines are followed before, during, and after training sessions.

### **Before team activities**

1. Identify your Team Covid Coordinator. This adult should (1) Registered with TSC, (2) Completed all background checks, and (3) Completed SafeSport training/certification for the current year. This can be a coach, assistant coach, or team volunteer. Notify the TSC COVID Safety Officer the contact name and information for the Team Coordinator prior to your team's first session.
2. Ensure you have proper PPE and cleaning/sanitizing supplies for each training session.
  - a. Bring your own face mask/covering to each training session. You must be wearing face mask as you exit your vehicle to approach the field.
  - b. Tolland Soccer Club will provide you with TSC-approved cleaning and sanitizing supplies for your equipment and any other cleaning needs during sessions.

Notify the TSC COVID Safety Officer immediately if you are in need of additional supplies.

3. Plan out your training sessions. This is good practice for a number of reasons:
  - a. To limit any unnecessary downtime where players can be at risk of not following distancing and safety guidelines.
  - b. To inform you of what specific equipment you will need for the training session, and limit bringing anything extra or unnecessary. You will be required to clean/sanitize all equipment brought to the field, whether used or not.
  - c. If you are trying new drills or training, it is also a good idea to send parents details ahead of the session to familiarize players with what is expected of them. This will also eliminate additional downtime while explaining the drills during the sessions.
4. Perform a Self-Assessment of your health prior to each session. If you have a temperature of  $>100.4$  degrees or are experiencing any symptoms consistent with COVID or other coronavirus-like illnesses, do not attend training session. You must coordinate with your assistant coaches and team coordinator to have sessions without you, or cancel the training session.

### **During team Activities**

1. Arrive at least 15 minutes early to your scheduled time to set up and ensure that safety measures are in place prior to any players arriving.
  - a. Ensure that there are designated spots for you and each player to place their equipment. They must be at least 6 feet apart from each other. If there are no field markings to designate, then place cones or other markers to identify spots.
  - b. During Phase 1, Designate individual/small group training space on field. Groups must be of 10 or less, including players and coaches. Each group should have spacing of at least 10 yards in between areas to promote distancing between groups.
  - c. Ensure that your Team Coordinator is prepared to check in players individually as they arrive. Coordinator must have a means to record attendance as well as additional information.
  - d. Ensure that all coaches and the Team Coordinator are wearing face masks/coverings prior to players arriving. These must stay on during the duration of the check in process.
2. When players begin to arrive, have the Team Coordinator check in players as they exit the parking area to arrive at the field. At least one coach should be on the field, directing players to their designated spots and instructing them to remain there, with face masks on, until training session begins.
3. Instruct and reiterate to players the safety guidelines around distancing, etc. This includes:
  - a. No socializing at close distance
  - b. No touching of team equipment

- c. No handling or heading (if age appropriate) of balls during Phase 1
  - d. No high fives, fist bumps, etc.
- 4. Wear your PPE/face masks during sessions with players.
  - a. During Phase 1 of RTP, Coaches are required to wear face masks during the entirety of the training session.
  - b. During Phase 2 of RTP, Coaches can remove masks if engaged in active instruction of training session (i.e. demonstrating the training activity, etc.), or if providing instruction from a distance of at least 10 yards from training area. It is recommended that Coach continue to wear face mask throughout entirety of training session.
  - c. It is also strongly recommended that Coaches remain distanced from all players, even while wearing masks.
- 5. During progression to increased activity, continue to focus on social distancing and safety as well as player physical considerations.
  - a. Consider your players' physical conditioning and heat guidelines as you progress from 60 minute sessions up to 90 minutes as allowed in Phase 2.
  - b. While Phase 2 activities will allow for situations where physical contact may occur, it is important players continue to follow all social distancing guidelines when not directly engaging in these activities. Limit downtime, player congregating, and avoid drill set up where players may be waiting in lines to participate.
- 6. Schedule regular water breaks for the players. During the summer months it is important to allow several breaks during the sessions. Ensure that players remain distanced throughout breaks. If needed, stagger groups' breaks to limit risk of congregating players, etc.

### **Completion of team activities**

- 1. Instruct players to return to their designated spots to
  - a. Gather equipment, water bottles, etc.
  - b. Re-apply face masks
  - c. Await your instruction on when to leave their spot and the field to return to their parent/guardian awaiting them in the parking area.
- 2. Dismiss players individually to allow for distancing between them as they exit the field. Remind players that they are to walk directly to their parent/guardians' vehicle and not stop to socialize with other players, parents, etc.
- 3. Do not address any equipment until after all players have left the field. After that, begin cleaning/sanitizing process for all equipment brought to the field.

### **What should I Expect?**

Below are key guidelines for Tolland Soccer Club that Coaches should expect to be part of the ongoing RTP process

1. Above all, ensuring player safety is your #1 priority as a coach. Limiting risk of exposure and spread of communicable diseases will be the primary focus of your role during the RTP phases.
2. You will hold each player accountable for following guidelines. Actions you may take if any guidelines are not followed include
  - a. Reminding players throughout session of guidelines
  - b. For repeated offenses, player(s) will be instructed to leave field to designated spot to receive focused reinforcement of guidelines.
  - c. If after instruction, infractions continue to occur, player(s) will be sent back to designated spots and will be dismissed from training sessions when a parent is present to take them home. Player(s) ability to attend future trainings may be at risk.
3. Parents, spectators, and any non-player/non-coach are not permitted on the field at any time during Phase 1 or Phase 2. This is subject to change in further Phases. Parents are instructed to remain in vehicles at the parking lot if they wish to stay during the training sessions.
4. If a team member or coach contracts COVID-19, all training sessions will be canceled for that team and any additional team associated with that coach for 14 days.
5. If a player or coach is sent home with symptoms, they can return when they have no fever, symptoms have improved, and they receive two negative test results in a row, at least 24 hours apart (CDC Guidelines).
6. Regular (weekly) reporting to the TSC COVID Safety Officer is required for your team to participate in RTP processes. Failure to do so will result in suspension of team activities until reporting is made current.

## **How do I Communicate and How do I stay Informed?**

Continuous communication is key to success of RTP. Coaches are the center of this process, and are expected to be a channel of communication to the TSC COVID Safety Officer, as well as Parents, to keep everyone informed.

1. Partner with your Team Coordinator to ensure he/she is documenting the correct information to report to the TSC COVID Safety Officer.
2. Any instances of players experiencing symptoms, being isolated and/or removed from training sessions, or notifications of COVID diagnoses are to be reported to the TSC COVID Safety immediately.

3. Keep open lines of contact with parents. While the TSC COVID Officer will be communicating to families as we progress through phases, it is important to keep an open line of communication on your team's plans, etc.
4. Throughout RTP phases, below are the available resources for parents, players, and coaches to ensure that you can be regularly informed of TSC status.
  - a. CJSA Return To Play Guidelines - [www.cjsa.org](http://www.cjsa.org) - central source for CT RTP guidelines that TSC will follow. Resources include overall guidelines as well as expectations for training sessions, coach resources, etc.
  - b. TSC COVID Safety Officer Ryan Niderno - [safesport@tollandsoccerclub.org](mailto:safesport@tollandsoccerclub.org) - central point of contact for RTP. Contact Ryan with any questions, concerns, etc.

TSC RTP Coaches Toolkit  
COVID Symptoms per CDC

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Call your medical provider for any other symptoms that are severe or concerning to you.

TSC Coach Toolkit  
Revision History

Version #	Date	Made By	Revision Details
1.1	06/20/2020	Ryan Niderno	Document Created Per RTP Phase 1 Guidelines
2.1	07/20/2020	Ryan Niderno	Added RTP Phase 2 section to detail changes. Clarified player touching team training equipment requirement. Clarified Parents remaining in Parking Area for Phase 2 requirement.