



# Tolland Soccer Club

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**TSC Return to Play**

**Parent Information Toolkit**

**Version 1.2 - 07/16/2020**

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 Parent Toolkit is a complementary resource to inform parents and guardians of TSC players what to expect, and key safety precautions they can take 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 and Coaches, Parents should know the expectations of themselves, their players, and what Coaches and Administrators will do during this time.

## **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.

Tolland Soccer Club is excited to begin the Return to Play process of restarting soccer activities. In order to facilitate an environment of team activities while maintaining safety, there are several guidelines that must be followed consistently by coaches and players.

Progression through the phases will depend on teams' adherence to the guidelines and limiting risk of illness spread. As a parent, TSC looks to you to help reinforce the safety guidelines set with your player(s). The following toolkit will provide you with the necessary information to support your player(s) and coaches to return to full team activities.

## What Should I Do?

During the RTP phases, below are the expectations of parents and guardians of all players before, during, and after all team activities:

### Before team activities

1. Assess your child's health prior to each training session or team activity. Players should not attend team activities if temperature reading is higher than 100.4 degrees or if they display any symptoms.
2. Ensure cleanliness and sanitization of player equipment.
  - a. Player cleats, soccer ball, and other equipment that is planned to be brought to sessions should be cleaned and sanitized.
  - b. Each player will be required to have a reversible pinnie to prevent sharing, etc. The pinnie should only be used by the players and should be washed after each practice.
3. Ensure your child brings proper PPE (face mask or covering) and hand sanitizer to each team activity.
  - a. Ensure your child is wearing his/her mask when they exit the vehicle to walk to the field check in process. Players will check in one at a time. Children must maintain a distance of at least 6 feet if there is more than one child waiting to check in. Players will be permitted to remove face masks *after* they have checked in, placed equipment within their designated area, and are ready to begin training.
  - b. Wearing a face mask/face covering is required when not engaged in active play. This includes during arrival and departure from team activities, and any extended breaks/downtime during training session.
  - c. While it is not required to wear a face mask during exercise and active play, if you desire to have your child wear it during these times, the face mask *must be the ear loop style*; no ties behind the head or neck are permitted for safety.

- d. At completion of training session, players will be required to put on face masks *prior to* leaving designated equipment area to exit field and keep them on until they enter the vehicle.
4. Reinforce safety and distancing recommendations to your child
  - a. Maintain player distance at all times of at least 6 feet
  - b. No high fives, fist bumps, etc.
  - c. No touching of any equipment. Only coaches can touch equipment.
5. Communicate with coaches regularly. Inform coaches of any player absences, observations of symptoms, etc. *In the interest of supporting safety throughout the Club, TSC recommends that you inform coaches immediately if your child or a direct family member may have COVID-19 as there are specific protocols that will be followed.*

### **During team activities**

1. Arrive *on time* for team activities to facilitate an efficient check in process for your player - up to 10 minutes prior to start is recommended. Arriving too early or late will hinder the process and increase risks around social distancing.
2. Remain in vehicle during team activity if you prefer to stay at the field. TSC discourages parents from entering the field or remaining outside in the parking area to limit congregating or unnecessary exposure to large groups.

### **After team activities**

1. Allow your child to walk individually to your vehicle to exit the team activity. Discourage any congregating of players to promote distancing and safety.
2. Wash pinnies and clothes worn after every session, and sanitize any equipment used by your player.

## **What Should I Expect?**

Below are key guidelines of TSC coaches that you can expect at team activities:

1. Entrances and egresses to training fields will be clearly marked to encourage distancing and appropriate safety measures. Players must follow directions when entering and leaving fields.
2. Each team will have a named COVID Coordinator. The Coordinators will be responsible for understanding of all safety guidelines and ensuring that they are followed throughout all team activities.
3. COVID Coordinator/Coaches will take player attendance at each team activity, as well as ask players how they are feeling. Attendance will be documented and shared with the

TSC COVID Safety Officer for tracking purposes in case of any instances of safety and health concerns.

4. There will be designated spots marked on the field for each player to place their equipment (bags, water bottles, etc.). These will be the locations for any water breaks, seating during games, etc. Players must not enter any other player space.
5. Coaches will set up drills, equipment, etc., and they will be the only ones that can handle equipment during and after sessions.
6. Coaches will hold each player accountable for following guidelines. Actions they 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.
7. 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*.
8. 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).

## How Do I Stay Informed?

Throughout RTP phases, below are the available resources for parents, players, and coaches to ensure that you can be regularly informed of TSC status.

- 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.
- 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 Parent 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 Parent Toolkit  
Revision History

Version #	Date	Made By	Revision Details
1.1	06/20/2020	Ryan Niderno	Document Created Per RTP Phase 1 Guidelines
1.2	07/15/2020	Ryan Niderno	Clarified Pinnie requirement