



# Tolland Soccer Club

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**TSC Return to Play - Phase 3**

**Competitive Play Guidelines**

**Version 3.2 - 09/04/2020**

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 Competitive Play Guidelines document is a complementary resource to detail the specific procedures needed during competitive play.

Phase 3 introduces competitive play, spectators on field, and new components of active play that have specific guidelines that must be followed. Coaches, Players, and Parents must continue to follow all safety and social distancing guidelines, regardless of location of games. The following will detail the specific guidelines and steps to be followed on competition day.

## **Compliance and Adherence to Guidelines**

All **Tolland Soccer Club coaches, players, and spectators** must follow the Competition Guidelines for **all games**, home and away.

For home games, all **TSC opponent coaches, players, and spectators** must follow Competition Guidelines. TSC coaches are required to send Competition Guidelines to visiting team coaches in advance of games and receive confirmation that team will follow all guidelines.

## **Safety and Social Distancing Guidelines**

All COVID Safety and Social Distancing guidelines from Phase 2 must continue to be followed during Phase 3 activities. These guidelines include (but not limited to):

- ***Facemasks for Players, Coaches, and Spectators***
  - Players must continue to wear facemasks when entering and exiting field, and when not engaged in active play.
  - Coaches must wear facemasks throughout competition.
  - Spectators must wear facemasks throughout competition.
- ***Social Distancing*** - Players, coaches, and spectators must continue to practice social distancing of at least 6 feet on sidelines and when not involved in active play.
- ***Limiting physical contact*** - when not involved in active play, limit physical contact. No team huddles, high fives, post-game handshakes, etc.

## Game Day Spectator Mask and Social Distancing Policy

Per CJSA Return to Play Guidelines, ALL spectators (ages 2 years and up) must wear masks and maintain social distancing throughout the entirety of the game. Tolland Soccer Club will take specific steps to ensure this guideline is followed. Failure to follow guidelines will result in suspension of game.

**Prior to kickoff** - Coaches will remind all spectators of policy. Game will commence when ALL spectators have complied. Any spectator that does not choose to comply will be asked to leave the field and return to parking area.

**During game** - If at any time it is observed that spectators are not following guidelines, Coaches will inform Referee to temporarily suspend game. Coaches will reinforce policy. Any spectator that does not choose to comply will be asked to leave the field and return to parking area. Play may be resumed when full compliance is achieved.

**GAME WILL BE PERMANENTLY SUSPENDED** if any unconfirming spectator refuses to leave field area during temporary suspension of game, or if game needs to be suspended for a second time.

Competitive play between clubs presents new risks and challenges related to COVID safety. The following guidelines will detail the specific steps to take before, during, and after competition.

## Competitive Play - Scheduling and Field Logistics

Games should be scheduled to promote distancing and safety. This includes

- Allowing **at least an hour buffer time** between games at a location. Teams should schedule start times only on the **odd hours**. This will allow for at least a 30 minute period for the exiting team/spectators/referees to exit the field before the warm up period for the next game.
- Take special care for multiple field locations. Each field should have a separate entrance and exit to allow for social distancing for each field. Adjacent fields must have enough distance for spectators and/or players, otherwise games must not be scheduled at same time.
- Team warm-ups should begin **no greater than 30 minutes** prior to scheduled game time.

Field set up is important to facilitate appropriate safety measures.

*All TSC fields will have the same set up to ensure safety and social distancing.*

- *Players from both teams will utilize the same side of the field. Player and Coach equipment spots will be clearly marked on the ground to ensure distancing.*
- *Spectators will sit on the other side of the field, and be positioned at least 10 ft from the touch line and at least 6 ft distanced from other persons/families.*
- *Benches at TSC games will not be used*

In addition to the above TSC Home Game guidelines, the following should also taken into consideration for all games.

- Continue to utilize personal equipment spaces on sidelines for players and coaches to ensure distancing.
- If benches are used, they must be **cleaned before and after** each match. Players must be distanced on the bench, which will limit usage.
- Entrances and egresses to field should be kept open during matches to allow for appropriate distancing.

***If coaches are informed of any player or family member confirmed to have COVID-19, game must be cancelled and not rescheduled until a minimum of 14 days from reporting of instance.***

## Match Day Procedures

Key safety measures must be in place **Before, During, and After** matches.

### **Before Matches**

1. Arrival at field for team warm ups should be no earlier than 30 minutes prior to game scheduled start time.
2. Players, Coaches, Referees, and Spectators must apply and wear face masks/coverings when exiting vehicles and approaching field.
  - a. Coaches must keep face masks on for entirety of Match Day (Before, During, and After)
  - b. Players will be allowed to remove face masks when engaging in active play.
  - c. **Spectators** must wear face masks **throughout entirety of Match Day**. Play may be stopped or suspended if all spectators are not wearing masks.
3. Players and spectators should walk individually to the field; do not walk with other players, wait for others, etc. Families may walk together to the field.
4. Player, Coach, and Referee attendance must be taken and recorded. Health Screening questions must also be asked. If any player, coach, or referee is experiencing symptoms or has a temperature reading greater than 100.4, they must not participate in match and be sent home.
5. Players and Coaches must place equipment in designated spots on sideline to ensure distancing. Coaches will instruct players when to remove masks to begin warm up activities.
6. Spectators should be located on the side of the field opposite the players, and socially distanced. This includes
  - a. Families must be at least 6 feet apart from each other.
  - b. All spectators must be at least 10 feet away from the sideline to allow for appropriate distancing for Assistant Referees and players throwing the ball back into the field of play.
7. Game equipment should be sanitized prior to start of game. This includes game ball, corner flags, goals, etc.
8. Referees should check in players while maintaining social distancing.

### **During Match Play**

1. Face mask usage during match play
  - a. Coaches must wear them for entirety of competition.
  - b. Players on sideline must wear facemasks. When a player leaves play for substitution, they must go directly to their designated equipment spot, hydrate if desired, then apply face mask. Players can remove face masks when instructed by coaches to return to field.
  - c. All spectators must wear face coverings during the entirety of the match.

2. Only active players should retrieve balls that leave field of play. It is recommended that spectators and coaches refrain from collecting balls that leave field of play.
3. *Spitting is not permissible at any time during game. Players spitting will be subject to Caution (Yellow Card) issued by the Referee.*
4. At halftime, all players should apply face masks and remain distanced while coaches provide instruction.
5. At halftime, game ball should be sanitized prior to the start of the 2nd half.

### **Post Match**

1. Upon completion of match, players must exit field to their designated spots. Players must apply face masks.
2. No handshakes or post-game celebrations are allowed. Teams are encouraged to find other ways to exhibit sportsmanship within a socially distanced manner.
3. Players, Coaches, and Spectators should leave the field in a socially distanced manner. It is recommended that players not meet up with families until after leaving field area to limit congregating while players are gathering equipment and preparing to leave.

## TSC RTP Competition Guidelines

### 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 Competition Guidelines  
Revision History

Version #	Date	Made By	Revision Details
3.1	08/10/2020	Ryan Niderno	Document Created Per RTP Phase 3 Guidelines
3.2	09/04/202	Ryan Niderno	Updated to include Field Setup guidelines and Spitting rule to align with Referee communications