Tolland Soccer Club

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TSC Return to Play - PHASE 3

Safety Guidelines and TSC Responsibilities

Version 3.1 - 08-10-2020

General Return to Play Guidelines

US Soccer and CJSA have adopted a Phased approach to Return to Play for Youth Soccer. While the Phased approach will allow for more interaction and increased activities, we as a club will adhere to safety guidelines to ensure we are limiting the potential for exposure and spreading of communicable diseases like COVID-19.

For full guidance and recommendations for Return to Play as written by Connecticut Junior Soccer Association (CJSA), visit CJSA Return to Play to view resources. The following guide is meant to be a resource for Coaches, Administrators, Parents, and Players to understand the required actions taken by Tolland Soccer Club to ensure a safe return to the sport.

All Guidelines must be followed by Coaches, Administrators, Parents, and Players to ensure safety throughout this process. TSC will monitor and take necessary action if procedures are not followed, including returning to earlier Phases or shutting down activities.

TSC COVID Guidelines

Tolland Soccer Club has named Ryan Niderno as the COVID Safety Officer. All coordination and correspondence related to team procedures are to be directed to him at safesport@tollandsoccerclub.org.

Action Steps Necessary for teams to begin Return to Play

- Each team will designate an adult as a Team COVID Coordinator. This person must be an adult (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.
    - Team Coordinator name and contact information be provided to the TSC COVID Safety Officer
    - Team Coordinator will be expected to report information to COVID Safety Officer on a weekly basis, in addition to as needed for any positive results or virus spreading concerns. Team Head Coaches will be backup resource for the Coordinator to ensure completeness of regular reporting.
    - Team Coordinator will be responsible for ensuring that all CJSA and TSC safety procedures are followed at all times

- Documentation will be required at all times during Phased Return to Play period. *During each session or game, the following information must be recorded and maintained.* The assigned Team Coordinator must agree to this responsibility prior to any activities begin:
    - *Player, coach, and referee (during TSC Home games) attendance and confirmation they were asked and responded to Health Assessment*
    - *Notification of absences and any notifications of players, coaches, or referees with symptoms*
    - Confirmation that cleaning/sanitizing procedures of benches and equipment used during sessions occurred
    - Any violations of the CJSA Return to Play guidelines or any other concerns for safety

- Proper PPE and cleaning/sanitizing supplies to be obtained by coaches
    - *Coaches must have and bring appropriate PPE (i.e. face coverings) to wear during sessions and games with players while required under the Phases of Return to Play*
    - Coaches will be provided TSC approved cleaning and sanitizing supplies to ensure consistency of approach in proper procedures as required in Return to Play guidelines.

- Notification to parents of guidelines and expectations for Return to Play
    - Prior to the first session, email notification to parents by TSC Safety Officer will be made detailing safety procedures taken by teams.
    - *Upon determining it safe to progress to next phases, email notification to parents by TSC Safety Officer to detail progression and changes to guidelines.*
    - *Upon instances where regression of Phases are needed, email notification from TSC Safety Officer to detail regression and changes to guidelines.*

TSC COVID Guidelines

Guidelines for Team Activities

No Participation if Experiencing COVID-19 Symptoms

- Any coach, player, parent or spectator who is sick, is running a temperature or is displaying any symptoms suggesting that the individual may be ill, (from any contagious malady, including cold, flu, or suspected coronavirus) will be prohibited from attending training or games.
- Any adult attendee who displays any of these symptoms will be required to leave. A minor who is displaying any of these symptoms should be safely isolated until an adult responsible for the minor is present, at which point player will be dismissed from session.

Coaches Responsibilities

- Identify and designate player equipment area, ensuring there is a spot for each player that is at least 6 feet apart from each other. Ensure that players follow distancing and safety within designated areas throughout team activity.
- Bring only training equipment (cones, Puggs, etc.) that is needed for a specific training session or game. Only coaches are allowed to touch training equipment during and after sessions.
- Ensure there are at least two adults present at team activity to comply with SafeSport guidelines. While RTP stresses social distancing and requires parents to refrain from being on fields or congregating in parking lots, teams must have at least a Coach and a Coordinator present at each session.
- 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.
- During Phase 2, full team training is allowed, but Coaches will continue to enforce and maintain social distancing protocols outside active play, and encourage minimized physical contact between players during training.
- *During Phase 3, competition and games are allowed. Training session protocols remain unchanged from Phase 2. During competitive play, Coaches must ensure that games are scheduled and played safely in accordance with TSC's Competitive Play guideline.*

Team COVID Coordinator Responsibilities

- Coordinator is responsible for ensuring all safety guidelines are followed throughout each session. Coordinator should communicate any concerns or issues to Coach as needed.
- Player attendance should be taken and recorded for every training session. Coordinator must keep a log of attendance for each practice so it can be reviewed in the event of a player/coach contracting COVID and contact tracing is needed.
- At time of attendance, Coordinator must ask each player how they are feeling and confirm that a Health Assessment was taken prior to coming to the session. If not done or the player responds saying they are displaying symptoms, the player may not participate in the session.
- *During Phase 3 Competitive Play, Coordinator must continue to take attendance in same format of training sessions. During Home games, Coordinator must also record Referee attendance and Health Assessment.*

Player & equipment guidelines

- Player PPE must be worn at all times when not engaged in active play. This includes:
    - Entering field at beginning of session, through check in process and placing equipment in designated player area
    - Any extended breaks of active play where social distancing cannot be maintained
    - Exiting the field at the completion of training. Masks to be applied prior to leaving equipment area and worn until entering vehicle to leave field.
    - *During games and competitive play, players must wear masks on sideline until instructed to re-enter field for active play.*
- Player equipment must be kept in designated spots throughout training to ensure distancing. Players must only enter their own designated areas.
- Players must bring their own water bottle(s) to each session. Players are encouraged to bring two bottles to ensure they have enough water. Players and/or coaches must not share water or provide communal water jugs.
- Distancing must be maintained throughout training session and games. No physical contact, including high fives, fist bumps, etc. at any time.
- Parents must inform coaches of any player or family member exhibiting symptoms of COVID-19. Player must not attend team activities until they have no fever, symptoms have improved, and they receive two negative test results in a row, at least 24 hours apart (CDC Guidelines).

Phase 3 Competition Guidelines

Phase 3 introduces Competitive play against other squads. Specific guidelines have been created and maintained to detail specific steps needed to follow by Coaches, Players, and Parents (see TSC RTP Competition Guidelines).

Key to the Competitive Play Guidelines is the Spectator Mask and Social Distancing Policy. The following guidelines must be followed for games to be played.

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 fully compliance is achieved.

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

Monitoring and Reporting during Return to Play

- On a weekly basis, TSC COVID Safety Officer will require communication from all Team Coordinators. Team Coordinators will report
    - *Number of sessions or games conducted that week*
    - Number of players that attended each session.
    - *Any reports of players, spectators, or referees displaying any symptoms or required to leave practice*
    - *Any reports of players, coaches or referees required to stay home due to temperature readings in excess of 100.4 or Health Assessments requiring they not participate*
    - Any reports of positive COVID tests
    - *Any reports of spectators not following Spectator Mask and Social Distancing Policy and removed from field or resulting in suspension of games.*
- TSC COVID Officer will compile all reports and provide updates to TSC Board of Directors and President.
- *If a team member, coach, or referee contracts COVID-19, all training sessions and/or games will be canceled for that team and any additional team associated with that coach for 14 days.*
- 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).
- Any player or coach that has returned from the State of CT Travel Advisory states must comply with the 14 day self-quarantine prior to returning to team activities.

TSC Board of Directors Actions during Return to Play

- The Board will comply with all state, local, and CJSA COVID guidelines and restrictions, and has a primary responsibility to ensure the safety of all Players, Coaches, Volunteers and Administrators.
- The Board will be provided updates by the TSC COVID Safety Officer on any updates and progress throughout Phases.
- The Board will have sole discretion to determine when it is appropriate to progress into further phases of Return to Play, as well as revert to earlier phases if necessary.
- The TSC COVID Safety Officer and the TSC Board will have the authority to determine that all safety guidelines are followed by all coaches/teams, and determine appropriate action in the event they are not followed.

Risk Management and Disciplinary Procedures

To ensure compliance with all RTP guidelines throughout the phased approach, the TSC Board of Directors reserves the right to take action on any instances of non compliance of guidelines by Coaches, Players, Coordinators, *Parents and Spectators*. Examples include, but are not limited to,

- *Failure by Team Coordinator to provide player attendance and appropriate documentation on a timely basis* - Suspension of team activities until documentation is provided
- *Failure by Coach and Coordinator to follow and enforce player safety and distancing guidelines* - Suspension of team activities for 2 weeks, and potential return to earlier phases of RTP for team.
- *Failure by Player to follow player safety and distancing guidelines* - Coaches and Coordinator must stop training sessions and remind players of guidelines. If player(s) continue to fail to follow guidelines, they will be removed from training session and not allowed to return. Player will not be allowed to return to team activities until discussion between Team Coordinator, TSC Safety Coordinator, Player, and Parent, resulting in an agreement by Player and Parent that guidelines will be followed.
- *Failure by Spectators to follow Mask and Social Distancing Policy* - Spectators may be barred from attending future games until they can commit to following guidelines. Further action can and will be taken if needed.

TSC RTP 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 RTP Guidelines
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 Phase 2 guideline to Coaches Responsibilities section
3.1	08/10/2020	Ryan Niderno	Added Phase 3 guidelines and details