



Tolland Soccer Club

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TSC Return to Play - Phase 3

Coach Information Toolkit

Version 3.4 - 09/20/2021

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 at any time with questions, comments, or concerns.

RTP Phase 3

What has changed?

- Teams can commence competitive play against other teams. Specific guidelines for safety and social distancing during games have been published to detail steps needed.
- Spectators are permitted to enter field area **during game competition**. TSC continues to recommend they do not enter field area during team training sessions to limit congregating or exposure to large groups.
- *Masks are recommended, but not required for participants.*
- *Equipment sanitizing is no longer required.*

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. 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. 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. For training sessions, 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. For competitions, arrive up to 30 minutes prior to scheduled game time for team warm up activities.

- 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. 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.
2. When players begin to arrive, have the Team Coordinator check in players as they exit the parking area to arrive at the field.
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. 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. 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.

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.

- 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.

Quarantine Guidelines

Updated quarantine guidelines are updated to reflect procedures for vaccinated and unvaccinated players, coaches, etc.

Determined Close Contact to person testing positive for COVID-19

Vaccination & Symptom Status	With Negative Test	Without Test
Asymptomatic - Fully Vaccinated	No Quarantine (test taken between days 3 and 5 from date of contact). Must wear mask at team activities from day of contact until negative test result.	14 Days
Asymptomatic - Unvaccinated or Not Fully Vaccinated	10 days (test taken between days 7 and 10 from date of contact)	14 Days
Symptomatic	10 days (test taken between days 7 and 10 from date of contact)	14 Days
Positive COVID	N/A	14 Days

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.

- Partner with your Team Coordinator to ensure he/she is documenting the correct information to report to the TSC COVID Safety Officer.
- 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 - 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 - 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.
3.1	08/10/202	Ryan Niderno	Added Phase 3 guidelines
3.2	05/20/2021	Ryan Niderno	Removed Spectator Mask Requirements due State of CT and CJSA updates
3.3	08/29/2021	Ryan Niderno	Removed equipment sanitizing and updated mask guidelines per CJSA updates.
3.4	09/20/2021	Ryan Niderno	Further clarified quarantine guidelines per CJSA 08/19 update