



Tolland Soccer Club

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TSC Return to Play - Phase 3

Parent 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 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.

RTP Phase 3

What has changed?

- Teams can commence competitive play against other teams. Games must only be against other squads within the State of CT. 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?

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. 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) if desired.
 - a. *Players wearing a face mask/face covering is recommended when not engaged in active play (i.e. any extended breaks/downtime during training session.)*
 - b. While it is not required for players 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.

4. Reinforce safety and distancing recommendations to your child.
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. During Training, TSC discourages parents from entering the field to limit congregating or unnecessary exposure to large groups.
3. During Games, follow the below steps
 - a. Remain in your chosen spectating spot for entirety of game, which needs to be distanced from the field (min 10 feet) as well as other families.
 - b. Refrain from the retrieving game ball if it goes out of bounds. Only active players from either team should touch game balls.

After team activities

1. During training, 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. After completion of games, exit field area socially distanced from other families. It is recommended that you meet up with your player outside the field area to avoid any congregating while waiting for your player to be dismissed from the field.
3. Wash pinnies, clothes, and/or uniforms worn after every session or game, 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. 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.
2. 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.

3. 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.
4. 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.

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 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 - 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 - 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
2.1	07/20/2020	Ryan Niderno	Added RTP Phase 2 section to detail changes and clarified player touching team training equipment requirement
3.1	08/10/2020	Ryan Niderno	Added RTP Phase 3 section to detail changes
3.2	05/20/2021	Ryan Niderno	Removed Spectator Mask guidelines per State of CT and CJSA Updates
3.3	08/19/2021	Ryan Niderno	Updated mask recommendation and quarantine guidelines.
3.4	09/20/2021	Ryan Niderno	Further clarified quarantine guidelines per CJSA 08/19 update