



Tolland Soccer Club

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TSC Return to Play - Phase 3

Player 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 Player Toolkit is a complementary resource to inform athletes what to expect, key safety precautions they must take, and the personal 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 their coaches and teammates, players have an important role in ensuring a smooth transition through the phases to ultimately return to full team activities and games.

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.
- Players, 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. While your coaches will be organizing activities and practices,

YOU play a very important role in this process!

By understanding the guidelines, following all coach instruction, and practicing social distancing consistently throughout the sessions, you will be helping your team, and the club as a whole, continue to progress towards full team activities.

The following pages will detail what you need to do before, during, and after training sessions, as well as what you can expect from your coaches during this time.

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?

Health Checks, Social Distancing, and adhering to Coach instruction are the key to RTP.

Before Team Activities

1. Partnering with your Parent/guardian, perform a Health Self-Assessment and/or temperature reading before each training session. If you have a temperature >100.4 degrees or are presenting any symptoms of COVID-19 or any communicable disease DO NOT ATTEND training sessions.
2. Make sure you have the necessary equipment for each training
 - a. Face Mask and Hand Sanitizer (if desired)
 - b. At least one water bottle. Ensure that you have enough hydration to eliminate a need to re-fill. Sharing or community waters is not permitted
 - c. Only the equipment you need for the training. This includes a reversible TSC pinnie as part of your uniform kit. Do not bring any extra or unnecessary equipment to training.

During Team Activities

1. Upon arrival at the field, walk individually to the field; do not walk with other players, wait for others, etc.
 - a. Attendance will be taken at every training session. Upon entering the field, check in with your Coach/Team Coordinator.
 - b. After checking in, proceed to a designated spot to place your equipment. You must keep your equipment in this space for the entirety of the training session.
2. Maintain social distancing and safety precautions throughout training.

3. Follow Coach instruction closely throughout training and games. Coaches are required to prioritize safety guidelines during all activities and will provide reminders as needed.

Completion of Team Activities

1. Coach will instruct all players to return to their designated equipment spots to collect their items and prepare for dismissal.
2. Coach will dismiss you in an organized fashion to promote social distancing. When dismissed, proceed directly to your vehicle. Do not congregate with any teammates, family members, etc.

What Should I Expect?

Tolland Soccer Club’s progression through the RTP phases is dependent upon the procedures being followed closely and consistently. Below is what you can expect during this time.

1. Progression to each next phase will be the decision of the Tolland Soccer Board, and will be based upon review of each team’s activities.
2. Any team’s failure to adhere to guidelines can prevent progression, cause regression to earlier phases, or suspend team activities entirely.
3. Coaches will hold each player accountable for following guidelines. Actions coaches will 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
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Asymptomatic - Fully Vaccinated	No Quarantine (test taken between days 3 and 5 from date of contact). <i>Must wear mask at team activities from day of contact until negative test result.</i>	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

Tolland Soccer Club's ultimate goal during this time is to safely return to full team activities. A partnership between you the player with your parents and the coaches will help us on our path back to the sport we love.

TSC RTP Player 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 Player 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	07/16/2020	Ryan Niderno	Clarified Reversible Pinnie requirement
2.1	07/20/2020	Ryan Niderno	Added RTP Phase 2 changes section and added "limited physical contact" bullet in Social Distancing section
3.1	08/10/2020	Ryan Niderno	Updated guidelines per RTP Phase 3.
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 with mask recommendation and updated quarantining guidelines