



Tolland Soccer Club

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TSC Return to Play - PHASE 3

Safety Guidelines and TSC Responsibilities

Version 3.4 - 09-20-2021

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 players, coaches, or referees with symptoms
 - Any violations of the CJSA Return to Play guidelines or any other concerns for safety

- 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 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.
- 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 *is recommended* when not engaged in active play (any extended breaks of active play where social distancing cannot be maintained).
- 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.
- Parents must inform coaches of any player or family member exhibiting symptoms of COVID-19. *Quarantine guidelines are listed below.*

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 and Players.

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
- TSC COVID Officer will compile all reports and provide updates to TSC Board of Directors and President.
- If a player or coach is sent home with symptoms, *they must follow quarantine guidelines listed below*

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
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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, and/or Coordinators. 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.

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
3.2	05/20/2021	Ryan Niderno	Removed Spectator Mask Policy per State of CT/CJSA updates to Masking Mandates
3.3	08/21/2021	Ryan Niderno	Removed equipment sanitizing guidelines and updated quarantine guidelines in accordance with CJSA update
3.4	09/20/2021	Ryan Niderno	Further clarified quarantine guidelines consistent with CJSA 08/19 update