

# TUSC RETURN TO COMPETITION PLAN



December 12, 2020 Due to the COVID-19 pandemic, Tennessee United Soccer Club created a Return to Play Committee in order to safely and smartly get back out on the fields. The Committee is composed of TUSC Board Members, Managers, Coaches, Directors, County Officials, and Medical Professionals, all with children in our Club. The committee has not only guided the Club through returning to the field, but also staying on the field safely. All activities are optional to all TUSC players.

We know that everyone is excited to be back on the field together to train and play, however, all coaches, players, and families must strictly follow these guidelines. These guidelines apply to training and playing games in our Governor mandated area. They will be superseded by other government guidelines if teams are participating in other areas.

While soccer has inherent risks of communicable disease transmission, it is critical that our entire soccer community -- players, parents, coaches/staff, referees, spectators, and volunteers -- adhere to our RTC guidelines to ensure the safety and health of everyone involved with Tennessee United Soccer Club. As someone participating in TUSC soccer activities, you are responsible for adhering to these guidelines.

## DECIDING WHEN TO RETURN TO COMPETITION

Parents and Players -- As stated in our guidelines, if you are not comfortable returning to play now, DON'T. Return when you and your child are ready. You decide when to return to play and competition.

We understand everyone's situation is different and unique regarding when they may be comfortable or able to return to play or competition. TUSC will be here when you are ready to return. Don't worry about your child "losing their spot" or not having a place to play. We are here to make sure your child can return on their own timeline and has a place to play when they do.

Please reach out to a Director with any questions or if you need assistance based on your child's return-to-play timeline.

On July 30, 2020, the Governor updated the Return to Work Safely in his Executive Order No. 55. The TN Pledge was updated August 7th, 2020. In this order contact sports are allowed provided you must follow the guidelines of the TN Pledge or of the Tennessee State Soccer Association.

## CLUB GUIDELINES

All players, coaches, and family members visiting a Club facility are asked to wash hands and check their temperature beforehand and to stay home if temperature is above 100.4°F

All players, staff and family members visiting a TUSC facility are asked to stay home if showing any signs of illness

TUSC strongly discourages carpooling to training or games. Please limit where possible.

TUSC strongly encourages family members / guardians of players to wear face masks at every Club facility including to and from their vehicle

As we seek to increase competitive activities and exposure risks, any individual with a pre-existing medical condition is recommended to provide UPDATED written clearance from a physician for return to full participation.

PRACTICE - Weekly training sessions are 1 hr 25 min long with 15 minutes between sessions to allow for players to leave and arrive without interaction. These are: 5:30-6:55 | 7:10-8:35

PRACTICE - Two start times each day to eliminate the amount of people arriving and leaving the facility at the same time.

Limit the number of coaches, referees, administrators, instructors, and staff in attendance at the scrimmage/game/practice to allow for social distancing.

a. Limit movements around the facility/environment to minimize unnecessary exposure and risk.

- b. Maintain the same groupings/team for activities to limit unnecessary exposure and record (list on paper) the players present at the game.
- c. Ensure the same coach leads the same team consistently.

Communicate your UPDATED health & safety guidelines to all participants.

- a. Share your UPDATED plan or playbook to coordinate actions on site.

Players do not touch any equipment (cones, discs, coaching sticks, etc.)

Personal Protective Equipment (PPE, Masks, Face Covers) Recommendations

1. All participants (coaches, players, referees, instructors, administrators) are recommended to wear new or clean PPE upon arrival, departure and when not physically active during activities.
2. PPE should cover the nose and mouth, be breathable, consist of cotton or wick type material and follow CDC guidelines.
3. PPE should be new or clean for each training session; and disposed or thoroughly cleaned after each training session.
4. Provided all screening, hygiene and social distancing measures are followed, masks are not mandatory for players/coaches/referees/instructors/participants during exertional moments of training (i.e. when physically active). PPE may obscure vision, increase respiratory challenges, or increase other injury risk while being physically active.
5. For players and team/club staff that choose to wear PPE while physically exerting themselves, the following should be considered:
  - a. Discuss with your primary care physician if any medical conditions predispose you to avoid the use of a face cover while participating in physical activity.
  - b. PPE should be breathable and not prevent or disrupt ventilation.
  - c. PPE should not obscure the individual's vision.
  - d. PPE should not pose a risk to another participant.
  - e. PPE should be in good maintenance, at the responsibility of the individual.
6. As we are in the summer, heat and humidity may lead to increased discomfort or respiratory challenges for coaches wearing masks. Coaches are recommended to take "PPE breaks" throughout training.
  - a. To take a PPE break, simply ensure you are more than 10 feet away from another participant and remove your mask.
  - b. Should a player move within 10 feet, return your mask to covering your nose and mouth.
7. Guidelines may change based on evolving medical and health information, as well as local, state, or federal guidelines.

No team huddles

All Players will do a self screen health check prior to coming to a TUSC event via Teamsnap Health Check. If Health Check not cleared, then player may not participate. If Health Check not completed prior to event, Coaches/Managers will administer Health Check.

Coaches/managers/designated team officials who is wearing a PPE, will take all player temperatures upon arrival to a TUSC event once TUSC provided non-contact thermometer is obtained. If temperature is above 100.4F, player will be properly distanced and not allowed to participate in event. (Parent / Guardian should be contacted immediately)

### Club Responsibilities

Communicate your UPDATED health & safety guidelines to all participants.

- a. Share your UPDATED plan or playbook to coordinate actions on site.

Have an effective communication plan in place; identify strategies for working with public health to notify adult leaders, youth, and their families of the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.

Create and distribute protocols to its members.

Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations, and other necessary information.

Be prepared to shut down and stop operations. Develop plans for temporary closure of indoor facilities and cancel outdoor activities or camps to properly disinfect and ensure other adult leaders or youth are not infected.

Ensure your facility and fields have extensive signage and information available regarding safety precautions to prevent the spread of COVID-19.

These guidelines were put together following the guidelines of the Center for Disease Control, the State of Tennessee, Tennessee State Soccer, US Youth Soccer, local government officials, and consultation with health professionals. All TUSC activities are optional.

Develop a relationship and a dialog with local health officials (identify Risk Tolerance).

For contact tracing purposes, maintain a list of all facility users, participants at training, and attendees, etc.

a. For privacy purposes, the list should be securely stored and not shared publicly.

b. If someone participating in your activities becomes ill, refer to this list for “tracking or tracing” to determine who at your Club may have been directly exposed to illness, and advise them accordingly.

c. It is recommended that lists should be available for a **minimum of 21 days** to account for the period of COVID-19 presentation of symptoms and illness.

Create a check-in process including daily symptom questionnaire through TeamSnap.

Be sensitive and accommodating to parents that may be uncomfortable with returning to play too quickly.

## Player Responsibilities

Wash hands thoroughly before and after training.

Bring and use hand sanitizer at every training.

All Players will do a self screen health check prior to coming to a TUSC event via Teamsnap Health Check. If Health Check is not cleared, then the player may not participate. If Health Check is not completed prior to the event, Coaches/Managers will administer Health Check.

Do not touch or share anyone else's equipment, water, snack, or bag. Players are recommended to bring two water bottles to limit need for refills.

Practice social distancing, place bags and equipment at least 6 feet apart.

No group celebrations, no high 5's, hugs, handshakes, etc.

Limited or no carpooling

Player stay in car until time to walk to field for their training session

If a player is in close contact, within 6 feet for a total of 15 minutes or more, with another person who tests positive for COVID 19, then that player should not return to practice for 10 days. A player may return after 7 days from the last exposure to the positive individual if they provide a negative test result to TUSC. The player must submit the negative test result prior to attending and must be dated 6th or 7th day of quarantine period. Even with a negative test, the earliest a player may return is after completion of day 7. Exposure date is day 0. Day 1 is following day. Examples: (sitting in a room together, sharing a car ride, hugging each other, or having direct contact with infectious secretions(in the direct path of a sneeze or cough).

A player who tests positive should not return to play for 10 days. If symptomatic, no return until 10 days from first symptoms and at least 24 hours without fever with no fever reducing medicine and symptoms have improved. A player that is asymptomatic can return once 10 days have passed from a positive test. Players must have a signed note from their primary care provider using current CDC guidelines for discontinuing isolation.

Players that are on teams that have confirmed covid exposure shall continue to be allowed to participate as long as they are asymptomatic, feel well, and have not been in close contact as defined above. At the first sign of not feeling well the player should remove themselves from training/games.

A player that shares a home with a person that tests positive for COVID 19 should quarantine for 10 days from the last exposure to the positive individual during the positive individuals 10 day quarantine period. A player may return after 7 days from the last exposure to the positive individual if they provide a negative test result upon their return to play.

Contacts of contacts do not need to quarantine unless the primary contact becomes positive or symptomatic during quarantine.

Do not participate in activities if you have any of the symptoms listed. Close contact Covid-19 exposure in past 14 days, sore throat, shortness of breath/difficulty breathing, Fever>100.4F, Chills, Headache, Sinus congestion, Cough persistent and/or productive, Joint aches and soreness, Vomiting or diarrhea, rash

## Coach Responsibilities

Ensure the health and safety of the athletes.

Inquire how the athletes are feeling, send them home should you believe they act or look ill.

Follow all state and local health protocols.

Ensure all athletes have their individual equipment (ball, water, bag, PPE, sanitizer, etc.)

Coach is the only person to handle cones, discs, etc.

Encourage all training outdoors and ensure social distancing per state or local health guidelines.

Have fun, stay positive - players and parents are looking to you to stay calm, supportive, and caring during this time.

All Coaches will do a self screen health check prior to coming to a TUSC event via Teamsnap Health Check. If Health Check is not cleared, then the player may not participate. If Health Check is not completed prior to the event, Coaches/Managers will administer Health Check.

All Coaches and Managers will monitor the TUSC Teamsnap Health Check prior to practice. If Health Check is not cleared, then the player may not participate. If Health Check is not completed prior to the event, Coaches/Managers will administer Health Check.

Coaches recommended to wear a face mask to and from the training area and when not actively coaching and maintaining social distance requirements from players based on state and local health requirements.

If a coach is in close contact, within 6 feet for more than 15 minutes, with another person who tests positive for COVID 19, then that coach should not return to practice for 14 days. (sitting in a room together, sharing a car ride, hugging each other, or having direct contact with infectious secretions(in the direct path of a sneeze or cough).

A coach who tests positive should not return to play for 10 days. If symptomatic, no return until 10 days from first symptoms and at least 24 hours without fever with no fever reducing medicine and symptoms have improved. A coach that is asymptomatic can return once 10 days have passed from a positive test. Coaches must have a signed note from their primary care provider using current CDC guidelines for discontinuing isolation.

Coaches that are on teams that have confirmed covid exposure shall continue to be allowed to participate as long as they are asymptomatic, feel well, and have not been in close contact as defined above. At the first sign of not feeling well the coach should remove themselves from training/games.

A coach that shares a home with a person that tests positive for COVID 19 should quarantine for 10 days from the last exposure to the positive individual during their 10 day quarantine period. A coach may return after 7 days from the last exposure to the positive individual if they provide a negative test result upon their return to play.

Contacts of contacts do not need to quarantine unless the primary contact becomes positive or symptomatic during quarantine.

Where possible, general team bibs should not be used.

- a. The coach/instructor is recommended to plan in advance of training and as necessary suggest a specific training gear color for players to arrive in.
- b. Alternatively, clubs/organizers could temporarily issue team bibs to players through the duration of this stage of phase. Participants would be responsible for bringing these bibs to training and washing them after training. Issued bibs should be clearly labeled and not shared or rotated amongst participants during training.
- c. If team bibs are used, they should only be used by one participant and not shared or rotated amongst participants.
- d. If team bibs are used, they should be placed at a personal station ahead of participant arrivals, instead of handed out by coaches/staff.
- e. Any team bibs used should be washed by the club/organizers afterwards to decrease the transmission of COVID-19.

If travel is required to non-local competition or tournament, the state association or governing body should approve it, provided that state or area is allowing competitive play. At a minimum our Competitive Considerations should still be observed even if not within Tennessee.

### **Warm-Ups**

- a. Warm-ups should not begin until previous teams have left the field and equipment and benches have been cleaned and sanitized. Allow for extra time between matches to accommodate, as necessary.
- b. Competition warm-up recommendations follow training recommendations outlined below.
  - i. Coaches should not be within six feet of any player
  - ii. Progressions between warm-up drills should be set up prior to players arriving on the field. The players should not touch any equipment.

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- iii. In general, maintain as much social distance as possible during warm-up activities.
- c. Participants should avoid intentionally touching each other before or after competitions.

### **Pre-Game Activities**

- a. The coin toss should be socially distanced.
  - i. Only one referee and one representative per team should take part in the coin toss.
  - ii. Only the owner of the coin should touch the coin.
  - iii. All participants involved in the coin toss should wear a mask, following recommendations that masks should be worn at all times except moments of physical exertion.
- b. No pre-game handshakes shall take place.
- c. Uniform or jewelry checks should be visible checks only, maintaining 6-ft between the referee and player.
- d. Team pre-game meetings should be kept brief.
  - i. All participants should wear proper PPE and endeavor to maintain space between themselves and others. Prolonged proximity, even with masks should be avoided.
  - ii. Huddles should be avoided.
- e.. Formalize a plan to communicate rosters in a way to minimize direct handoff to referees.
  - i. Discuss with your league if match reports can be provided to referees ahead of time.
  - ii. If rosters cannot be provided in advance, the coach may place the roster at the end of the bench to minimize close contact

### **Game Time**

- a. Players and coaches at the bench, as well as referees at the fourth official's table, are reminded to wear PPE for the duration of the match if social distancing can not be maintained.
- b. No handshakes, high fives, fist bumps, chest bumps, huddles, group celebrations, etc., should take place, including when goals are scored, or when substitutions are leaving or entering the field.
- c. The following modifications to substitutions protocols are suggested:
  - i. When subbing into the game, players should maintain distance from the referees and other players who are also subbing into the game.
  - ii. If a player is subbed out of the game, the player should stand at least 6-feet away from other individuals while recovering before putting on facemask.
- d. All attendees are reminded to wear PPE for the duration of the match if social distancing can not be maintained. This shall include game participants and spectators.

### **Halftime**

- a. During halftime, referees, players, and coaches should maintain at least six feet distance between each other.
- b. All players and coaches should be wearing proper PPE if social distancing can not be maintained.
  - i. If a player needs to recover before participating in halftime activities, the player should stand 12 ft away from other individuals while recovering before putting on their face covering or mask.
- c. Players should sanitize their hands.
- d. Coaches should limit the amount of time the entire team is near the bench area at one time.
- e. Referees should sanitize their own equipment (whistle, flags, etc.).

### **Considerations in The Case Of Injuries**

- a. As able, the Referee should keep a six-foot distance from the injured player while determining if medical attention is necessary
- b. If needed, allow a coach or medical professional from the injured player's team to enter the field and attend to the player. The coach or medical professional should wear PPE and gloves while attending the player if social distancing can not be maintained.
- c. The Referee should remind other players to keep their distance from each other, and the injured player, during the break in play. Players should not congregate.

### **Post-Game**

- a. No post-game handshakes should take place. Consider other forms of sportsmanship or instituting new acknowledgement traditions, such as clapping, etc.
- b. If a referee needs the coach's signature for a roster, place the paper down on the end of the bench and step away to have them sign it.

- c. Teams should pack-up and immediately leave the field following the game, exiting at the designated exit point.
  - i. Post-game meetings should be kept brief, if any meeting is held at all.
  - ii. All participants should wear proper PPE and endeavor to maintain space between themselves and others. Prolonged proximity, even with masks should be avoided.
  - ii. Huddles should be avoided.
- d. Do not have a team snack that is shared among the team members.
- e. Players should not take off any equipment until they have left the facility.
- f. Teams should clean up the bench area so that it is clean of ALL trash.
- g. Competition hosts should ensure all equipment, including benches, balls, flags, etc. are sanitized.
- h. Spectators are encouraged to maintain social distancing following the game while waiting for their child.
- i. Dependent on field layout, spectators may need to wait further away from the field.

**Inclement Weather**

- a. Facilities should have a plan in place in the event of inclement weather.
  - i. As this plan may be different from pre-COVID-19 protocols, it should be adjusted and then communicated with all teams in advance of competitions.
  - ii. If inclement weather is forecasted, consider posting protocols at all entrances and arrival/check-in locations.
- b. Social distancing must be observed during any shelter-in-place or evacuation protocols.
  - i. PPE should be worn throughout the delay.
  - ii. Participants should not take off their equipment during the delay.
- c. Encourage all participants and spectators to return to their vehicles in the event of inclement weather.
  - i. When possible, individuals in the car should be limited to members of the immediate family. If non-family members must be present in the vehicle, everyone in the vehicle should wear PPE.
  - ii. If possible, have a back-up option for those who were dropped off or do not have a vehicle on-site. This location should only be used as a last resort.
  - iii. The number of people in these locations should be pre-determined and posted on the wall. In accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance, a minor and an adult who is not the minor player's parent/legal guardian may not be alone in a room together.
- d. If inclement weather is forecasted, depending on the size of the field complex, the competition hosts may consider taking a conservative approach by communicating game delays or cancellations well in advance of match time.

Do not participate in activities if you have any of the symptoms listed. Close contact Covid-19 exposure in past 14 days, sore throat, shortness of breath/difficulty breathing, Fever>100.4F, Chills, Headache, Sinus congestion, Cough persistent and/or productive, Joint aches and soreness, Vomiting or diarrhea, rash

**Parent Responsibilities**

Ensure the child is healthy, check your child's temperature directly before leaving home before practice. Not allowed to attend with more than 100.4 temp.

Stay in car or adhere to social distance requirements, based on state and local health requirements,

Ensure child's clothing is washed after every training session.

Notify the club immediately if your child becomes ill for any reason.

Do not assist the coach with equipment before or after training.

Be sure your child has necessary sanitizer with them at every training.

Do not participate in activities if you have any of the symptoms listed. Close contact Covid-19 exposure in past 14 days, sore throat, shortness of breath/difficulty breathing, Fever>100.4F, Chills, Headache, Sinus congestion, Cough persistent and/or productive, Joint aches and soreness, Vomiting or diarrhea, rash

Should a member of your household be experiencing the symptoms above; the family member should consult a physician. Follow the recommendations listed for medical clearance outlined in this document. Maintain all recommended hygiene habits outlined by the CDC.

Limited or no carpooling

These guidelines were put together following the guidelines of the Center for Disease Control, the State of Tennessee, Tennessee State Soccer, US Youth Soccer, local government officials, and consultation with health professionals. All TUSC activities are optional.

All Parents should make sure their Player does a self screen health check prior to coming to a TUSC event via Teamsnap Health Check. If Health Check is not cleared, then the player may not participate. If Health Check is not completed prior to the event, Coaches/Managers will administer Health Check.

Should carpooling or ride sharing be necessary, consider the following:

- a. Only rideshare with a family or individual who has practiced appropriate distancing and sheltering requirements established by their local government or public health officials.
- b. Rideshare with the same individuals each training.
- c. Ensure that all passengers have passed both the preliminary and daily clearance requirements outlined in this section.
- d. Maintain safe distancing within the vehicle during loading, transport and unloading.
- e. Limit the number of stops between departure site and training destination.
- f. Wear your PPE in the vehicle.

In accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance, minors and an adult who is not the minor player's parent/legal guardian should not be alone in the vehicle together.

If a parent or guardian is in close contact, within 6 feet for more than 15 minutes, with another person who tests positive for COVID 19, then that parent should not return to events for 14 days. Examples: (sitting in a room together, sharing a car ride, hugging each other, or having direct contact with infectious secretions(in the direct path of a sneeze or cough).

A parent or guardian who tests positive should not return to events for 10 days. If symptomatic, no return until 10 days from first symptoms and at least 24 hours without fever with no fever reducing medicine and symptoms have improved. A parent that is asymptomatic can return once 10 days have passed from a positive test.

Parents and guardians are strongly encouraged to not participate or allow players to engage in large group gatherings for meals, social activities, etc.

For Parents and Guardians

1. Parents and guardians should be thoroughly aware of all safety recommendations, and ensure their family follows them.
2. Parents and guardians should support the coach and organization in adhering to all safety recommendations.
3. Accompanying parents and guardians are encouraged to stay in their cars or depart the area while their child is training. Note that anytime there is one coach alone with players, there should be one adult (designated parent or club staff) observing from a distance, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance.

<b>Communication Plan if someone tests positive</b>	
Notify designated TUSC BOD member	Robin Mawdsley: robinmawdsley@tnunitedsc.com
TUSC will Notify Team and those in close contact	via Uniform Letter
TUSC will not use players name when notifying close contacts	
All players will Monitor for symptoms	
Player will check on CDC RTR guidelines/Primary Care Provider	
Player will provide a note from PCP using CDC guidelines on discontinuing isolation and returning to TUSC activities.	

<b>Indoor Guidelines</b>	
Health check must be filled out prior to each event	
All Coaches/Trainers to wear masks while indoors	
Temperature checks at all facilities	
All non-players must wear masks at Mana	
Only household members may enter Mana	

These guidelines were put together following the guidelines of the Center for Disease Control, the State of Tennessee, Tennessee State Soccer, US Youth Soccer, local government officials, and consultation with health professionals. All TUSC activities are optional.

No one is permitted in Sumner Academy Gym, Frameworks Gym or The Grind Facility except coaches and players.