

# TUSC RETURN TO PLAY PLAN



July 26, 2020 - Due to the COVID19 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 comprised of TUSC Board Members, Managers, Coaches, Directors, County Officials, and Medical Professionals, all with children in our Club. All activities are optional to all TUSC players.

We know that everyone is excited to be back on the field together and train, 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 They will be superseded by other government guidelines if teams are participating in other areas.

On May 22, 2020, the Governor updated the Return to Work Safely in his Executive Order No. 38. In this order we continue to see training allowed with expanded numbers but no contact. This order is extended through June 30, 2020 or until there is another update amending this one. On June 29, 2020, the Governor issued Executive Order No. 50, extending executive order No. 38 through August 29, 2020. Activities Permitted: Small group (49 or less) training in which social distancing (6 feet separation) is strictly observed and contact game conditions are avoided. Fitness, speed, and agility training are allowed. Team practices where players are trained in small groups (functional training) is allowed.

## 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. Please limit where possible

TUSC strongly encourages family members to stay in their cars while at the facilities.

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

No more than one family member / guardian is permitted at a TUSC facility at one time (no chairs, no congregating of any sort, must adhere to all social distancing guidelines)

All groups /teams will be split up to allow for proper social distancing with no more than 49 people on the equivalent of a full size field.

AUG PRACTICE Weekly training sessions are 1 hr 20 min long with 20 minutes between sessions to allow for players to leave and arrive without interaction

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

AUG PRACTICE Training sessions consist of individual technical, distance obtaining tactical, and fitness exercises that allow players to remain six feet apart for the duration of 1 hr 20 min.

There will be no competitive contact games or exercises during this time.

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

CAMP GUIDELINES If at all possible, players will stay with same group in same area for duration of the week training sessions.

No team huddles

No training pinnies

*These guidelines were put together following the guidelines of the Center for Disease Control, the State of Tennessee, Tennessee State Soccer, local government officials, and consultation with health professionals.*

## Club Responsibilities

Create and distribute protocols to its members.

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 COVID19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.

Have an action plan in place, in case of a positive test.

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.

Provide adequate field space for social distancing.

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

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.

Do not touch or share anyone else's equipment, water, snack, or bag.

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

Goalkeepers are the only players that can touch the ball using their hands and can only do so with their Gloves on.

If a player is in close contact with another person who tests positive for COVID 19 then that player should not return to practice for 2 weeks

A player who tests positive should not return to play for 2 weeks and have a signed note from their primary care provider using current CDC guidelines for discontinuing isolation.

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## 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, etc.)

Coach is the only person to handle cones, disk, 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.

The use of scrimmage vest or bibs is not allowed at this time.

Maintain social distance requirements from players based on state and local health requirements

If a coach is in close contact with another person who tests positive for COVID 19 then that coach should not return to practice for 2 weeks

A coach who tests positive should not return to coach for 2 weeks and have a signed note from their primary care provider using current CDC guidelines for discontinuing isolation.

## Parent Responsibilities

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

Limited or no carpooling

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 club immediately if your child becomes ill for any reason.

Do not assist coach with equipment before or after training.

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

If a player is in close contact with another person who tests positive for COVID 19 then that player should not return to practice for 2 weeks

A player who tests positive should not return to play for 2 weeks, should notify at TUSC Director, and have a signed note from their primary care provider using current CDC guidelines for discontinuing isolation.

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## Communication Plan If Someone Tests Positive

Notify designated TUSC BOD member

Notify Team and those in close contact Uniform Letter

Do not use players name when notifying close contacts

Monitor for symptoms

Notify TSSA

Check on CDC RTR guidelines/Primary Care Provider

Note from PCP using CDC guidelines on discontinuing isolation

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