



TJAY Soccer Return-to-Play Guidelines

A Phased Approach to Resuming Play

August 9, 2020 (ver. 2)

The Thomas Johnson Area Youth ("TJAY") Soccer Club is dedicated to protecting the health and safety of all people. In response to the unprecedented COVID-19 pandemic, the TJAY Soccer Club created these Return-to-Play Guidelines in order to plan for a return to play that implements a phased approach to resuming activity. The purpose of this document is to provide athletes, coaches, and parents with information they can use and outlines the TJAY Soccer Club's guidelines for returning to training programs and full play in the context of COVID-19. Many of the recommendations in these guidelines upon rules and regulations set forth by public health authorities at the Country, State and County level. These guidelines are subject to change based on the guidance and recommendations of these public health authorities in addition to the other logistical challenges of returning to training and full play following COVID-19.

The information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, the TJAY Soccer Club makes no representation and assumes no responsibility for the completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

The TJAY Soccer Club's Return to Play Guidelines addresses many critical details that must be followed by all players, parents, coaches, staff, etc. to ensure the health and safety of everyone involved with our club and community. While the Club and Coach must create a safe environment, the Parent must make the decision for their child to return to play. Whereas there are many that will be excited to return to play, there are others who may be apprehensive. If a player, parent, or family is not comfortable returning to play – THEY SHOULDN'T. We know that everyone will be excited to come together and train, however, it is imperative that all coaches, players and families, as a TJAY Soccer Club member, adhere to these policies. We are all in this together and need everyone's commitment to follow these club mandates.

Finally, although the young and healthy may be subject to less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly, particularly in those with risk factors that may occur within our community. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of eliminating the risk of infection. This should always be in the forefront when considering your return to training and full play.

When a player and spectator attends training or games, their presence affirms the following:

- (a) they feel well, are in good health, and have no COVID-19 symptoms;
- (b) they do not have a fever; and
- (c) they have not been exposed to anyone with the virus

The TJAY Soccer Club's Return to Play Guidelines are being enacted in phases and are designed to help keep all participants and our community safe. The progression through the stages of this action plan allows for flexibility and will be determined by TJAY Soccer Club Leadership after evaluating all current data available and based on guidelines from the Center for Disease Control, the State of Maryland, the Maryland State Youth Soccer Association, local government officials, and in consultation with health professionals. The TJAY Soccer Club will communicate the official transition from stage to stage at the appropriate time.



COVID-19 – Recognized Symptoms

Symptoms that may appear 2 to 14 days after exposure include, but not limited to:

- Cough
- Shortness of Breath or Difficulty Breathing
- Fever
- At Least 2 of the Following: Chills, Repeated Shaking with Chills, Muscle Pain, Headache, Sore Throat, or New Loss of Taste or Smell

COVID-19 – Training and Game Checklists

Player COVID-19 Checklist

- ☐ Has not shown recognized symptoms of COVID-19 in the last 14 days.
- ☐ Has not been in close proximity with an individual who has tested positive for COVID-19.
- ☐ Has temperature taken and is not 100 degrees or more for at least 48 hours.
- ☐ Washes hands thoroughly prior to, and after, training and games.
- ☐ Sanitized equipment after all trainings and games.
- ☐ Has hand sanitizer at each training and game.
- ☐ Wears face mask at each training and game.
- ☐ Brings all required individual equipment to trainings and games: cleats, shin guards, ball, water, mask, uniform, light and dark colored shirt, etc.

Parent COVID-19 Checklist

- ☐ Notify the Club immediately if you, or anyone in your household, has tested positive for COVID-19.
- ☐ Has taken temperature of player and it is not 100 degrees or more for at least 48 hours.
- ☐ Player has not shown recognized symptoms of COVID-19 in the last 14 days.
- ☐ Has not been in close proximity with an individual who has tested positive for COVID-19.
- ☐ Washes hands thoroughly prior to, and after, training and games.
- ☐ Sanitized all player equipment before and after all trainings and games.
- ☐ Ensure player has necessary sanitizing products with them at every training and game.
- ☐ Consider not carpooling or very limited carpooling.
- ☐ Stay in car or adhere to social distance requirements, based on state and local health requirements.
- ☐ Wear a mask if outside your car at training or games.

Coach COVID-19 Checklist

- ☐ Notify the Club Administrator immediately if you, or anyone in your household, has tested positive for COVID-19.
- ☐ Do not attend games, trainings, or other team activities for a minimum of 14 days after having tested positive for COVID-19.
- ☐ Has temperature taken and is not 100 degrees or more for at least 48 hours.
- ☐ Ensure you are healthy; a person that has any of the COVID-19 Recognized Symptoms listed above should not attend games, practices, or other team activities.
- ☐ Inquire how the athletes are feeling when they arrive at trainings or games. Send home anyone you believe acts or looks ill.
- ☐ Wash hands thoroughly before and after training and games.
- ☐ Bring, and use, hand sanitizer with you at every training and games.
- ☐ Ensure all athletes have their own individual equipment (ball, water, bag etc.) and equipment is properly spaced.
- ☐ Always wear a face mask, even when not actively coaching.
- ☐ Disinfect goals, balls, cones and other training aids after each practice.
- ☐ Have fun, stay positive.



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June 14, 2020 (ver. 1)

The following should be applied regardless of the Return to Play phase being enacted.

- a. Participation in any group activities is only allowed if you have had no signs or symptoms of Covid-19, no signs/symptoms that may have been Covid-19, have not been exposed to someone who has had signs or symptoms of Covid-19 for a minimum period of 14 days before participation.
- b. Do not participate in any group activity if you, or anyone in your immediate household, traveled outside of the USA within the last two weeks.
- c. Anyone who self-reports a temperature of 100 or more should be sent home and not allowed to participate for a minimum of 14 days.
- d. If you are sick or feel sick, STAY HOME.
- e. At risk individuals, youth or adult, STAY HOME (if you are unsure if you are considered at risk, please consult your medical provider directly).
- f. Recommend parents and players to wear face masks whenever possible.
- g. Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) and COVID-19 are spread by Coughing or sneezing and unclean hands touching your face after touching contaminated objects and touching objects after contaminating your hand. To help stop the spread of germs:
 - o Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in a waste basket.
 - o If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
 - o Clean hands often with an alcohol-based hand sanitizer that contains at least 60- 95% alcohol, or wash hands with soap and water for at least 20 seconds. Soap and water should be used preferentially if hands are visibly dirty.
- h. Assign a "station" for each player to place their equipment, and that they should return to during breaks. Assigned space on the sideline for all players during Phase I – III should allow for adequate distance per these guidelines.
- i. Each player must utilize their own equipment to include a soccer ball in phase I, phase II shared soccer balls are allowed (some with caveats or restrictions) but they must be disinfected after each session as well as during sessions when possible.
- j. In ALL phases, no one is to share water, towels, or any personal equipment. This includes, but not limited to: Shin guards, tape, hairbands, Jersey/uniform, pinnies or bibs of any kind.
- k. No centralized hydration or refreshment stations.
- l. No spectators at practice/events during phase I. Spectators at events during phase II and III should be limited and must maintain maximum social or physical distancing (should not include at risk populations).
- m. Have access to sanitizing options including hand sanitizer and/or disinfectant wipes.
- n. Respect for each individual's choices must be the top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed.



TJAY Soccer Return-to-Play Guidelines

A Phased Approach to Resuming Play

June 6, 2020 (ver. 1)

The following phase breakdowns are tied directly to the Stages and sub-stages of the 'Maryland Road To Recovery (MSRR)' and additional directives from the Governor of Maryland and other local authorities:

This document refers to the 'MD Stages' as outlined by Maryland Governor Larry Hogan's 'Maryland Strong: Roadmap to Recovery' (MSRR). Full information on the State guidelines and stages may be found via links at the end of this document.

It is important to note that these phases may not always proceed linearly but rather a step backwards in phases may be required following continuous review of the ongoing situation and environment and further guidance from state or local authorities.

PHASE 0 (Pre-MSRR Stage 1 Low Risk)

Virtual coaching and 1 on 1 training.

1. Individual training sessions in your home/residence using your own equipment.
2. Most coaching occurs virtually.

PHASE I (MSRR Stage 1 Low Risk)

Individual Training: group sizes of 10 or less.

1. Focused on return to activity with individual training (one player, one ball) within small groups.
2. A maximum of two coaches/staff allowed per half field during practices. If your team does not have a second coach, a volunteer parent is recommended to assist with maintaining these guidelines (especially with younger teams).
3. No more than 8 players to be present at a scheduled time (group size of 10 or less).
4. No physical contact should occur.
5. Groups on a half field should not exceed 10 people.
6. No sharing of water or equipment including soccer balls.
 - a. Only the coach may handle cones, disks, etc.
7. Once a ball is removed from a players/coaches bag, it **MUST** be sanitized before play. Once sanitized it should **NOT** be touched by hands again until the end of training.
8. At the end of training each soccer ball should be sanitized again prior to touching with hands to place in the players bag.
9. Throw-ins are not allowed.
10. All soccer balls should be sanitized before next practice/scrimmage/game. Soccer balls should be sanitized whenever convenient during training.
11. Goalkeepers are not permitted to use their hands at training.
12. Each player and coach should sanitize all gear between each training.
13. Participants are to remain a minimum of 10 feet apart both on and off the field. (While CDC and other authorities recommended 6 feet for social or physical distancing purposes, due to the nature of physical activity and sports, our recommendation is to increase the distance for soccer to 10 feet).
14. There will be areas clearly marked on the field designated for each attendee's gear.
15. Practice times will be set to maximize social or physical distancing to include 'turnover' time between different teams.
16. No spectators are allowed.



PHASE II (MSRR Stage 2 Medium Risk)

Team Training; group size of 10 or less

1. Focused on team training with controlled scrimmages/small-sided games and limited physical contact allowed.
2. A maximum of two coaches/staff allowed per half field during practices. If your team does not have a second coach, a volunteer parent is recommended to assist with maintaining these guidelines (especially with younger teams).
3. Physical contact that is necessary for training may occur, whenever possible it should be limited. Including limited close group discussions, no 'high fives', no embracing etc.
4. No sharing of water or equipment; Soccer balls are excluded.
5. All soccer balls should be sanitized before next practice/scrimmage/game. Soccer balls should be sanitized whenever convenient during training.
6. Only the coach may handle cones, disks, etc.
7. Fully Integrated goalkeeper training allowed including technical training, field players shooting on goal, full sided play etc.
8. Goalkeepers should properly sanitize their gloves prior to beginning training and whenever possible and convenient throughout.
9. Participants are to remain 6 feet apart off of the field.
10. Designated areas for each attendee's gear should be clearly marked off the field.
11. Practice times will be set to maximize social or physical distancing to include 'turnover' time between different teams.
12. Spectators are allowed but with proper social or physical distancing and no contact with players or teams. At risk individuals should still take precautions.

PHASE III (MSRR Stage 3 High Risk)

Gradual return to full team competition

1. No training restrictions.
2. Full team competitions can occur.
3. Continue Covid-19 mitigation strategies.
4. Consider local and single day competitions.
5. Large events should be guided by local and/or state public health authorities.
- a. Teams are recommended to only participate in local games/events and resist the urge to participate in events in other areas or regions that may require travel or overnight stays.
6. Physical contact should be minimized whenever possible. No physical contact should occur outside of what is necessary for training / games. This includes limiting close group discussions, no 'high fives', no embracing etc.
7. Participants are to remain 6 feet apart off of the field.
8. Designated areas for each attendee's gear should be clearly marked off the field.
9. No sharing of water or equipment; Soccer balls are excluded.
10. All soccer balls should be sanitized before next practice/scrimmage/game. Soccer balls should be sanitized at halftime and whenever convenient during training.
11. Only the coach may handle cones.
12. Spectators are allowed but with proper social or physical distancing and no contact with players or teams. At risk individuals should still take precautions.

PHASE IV

No Training, Competition, or Travel Restrictions

This Phase will occur once Covid-19 is no longer a public health matter and there are no restrictions directed by federal, state and local authorities.



Additional Responsibilities

This information is provided for guidance only and should not be considered exhaustive.

CLUB RESPONSIBILITIES

- Create and distribute protocols to members.
- Contact insurers to ensure all coverages and communicate that information to participants prior to commencement of initial training.
- Have an effective communication plan in place.
- Identify strategies for working with public health officials to notify adult leaders, youth and their families if the organization becomes aware of a participant or adult leader has developed COVID-19 and may have been infectious to others while at an organized activity.
- Maintain participant confidentiality regarding health status.
- Provide physical distance monitors to assist with field and sideline spacing.
- Be sensitive and accommodating to parents who may be uncomfortable with returning to play at this time.
- Have an action plan in place, in case of notification of a positive test result.
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
- Be prepared to shut down and stop operations.
- Develop plans for temporary closure of facilities and cancellation of activities for proper disinfection.
- Provide adequate field space for social or physical distancing.
- Provide coaches with hand sanitizer and disinfecting products.
- Follow all CDC guidelines as well those of your local health authorities.

COACH RESPONSIBILITIES

- Notify Club Administration immediately if you, or anyone in your household, has tested positive for COVID-19 or have been exposed to someone with the virus.
- Do not attend games, trainings, or other team activities for a minimum of 14 days after having tested positive for COVID-19.
- Check your temperature before activities with others. A person with a temperature of 100 or more should not attend games, practices or other team activities.
- Ensure you are healthy. A person that has any of the COVID-19 Recognized Symptoms listed above, or that has been exposed to someone with the virus, should not attend games, practices, or other team activities.
- Ensure the health and safety of the participants.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Follow all state and local health protocols and guidelines.
- Wash hands thoroughly before and after training and games.
- Bring, and use, hand sanitizer with you at every training and games.
- Always wear a face mask, even when not actively coaching.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.) and equipment is properly spaced.
- Ensure coach is the only person to handle equipment (e.g. cones, disk etc.); no parental or attendee assistance.
- All training is to be conducted outdoors and compliant with physical distancing per state or local health guidelines.
- Coaches should maintain social distance requirements from players based on state and local health requirements.
- Do not use team provided scrimmage vests, or pinnies.
- Disinfect goals, balls, cones and other training aids after each practice.
- Follow all CDC guidelines as well those of your local health authorities.
- Complete Coach COVID-19 Checklist prior to attending each training or game.
- Respect players, parents, and families by accommodating those that may not yet be comfortable with returning
- Have fun, stay positive – players and parents are looking to you for leadership.



PARENT RESPONSIBILITIES

- If you are not comfortable with returning to play, DON'T. You are the only one who will make the decision when your child returns to play.
- Notify the Club Administrator immediately if you, or anyone in your household, has tested positive for COVID-19 or have been exposed to someone with the virus.
- Do not attend games, trainings, or other team activities for a minimum of 14 days after having tested positive for COVID-19.
- Check your child's temperature before activities with others. A player with a temperature of 100 or more should not attend games, practices, or other team activities.
- Ensure your child is healthy; a player that has any of the COVID-19 Recognized Symptoms listed above, or that has been exposed to someone with the virus, should not attend games, practices, or other team activities.
- Ensure you are healthy; a person that has any of the COVID-19 Recognized Symptoms listed above, or that has been exposed to someone with the virus, should not attend games, practices, or other team activities.
- Consider not carpooling or very limited carpooling.
- Be sure your child has necessary sanitizing products with them at every training.
- Stay in car or adhere to social distance requirements, based on state and local health requirements.
- Wear a mask if outside your car when at trainings and games.
- Ensure child's clothing is washed after every training and game.
- Ensure all equipment (cleats, ball, shin guards, etc.) are sanitized before and after every training and game.
- Do not assist your coach with equipment before or after training.
- Complete Parent COVID-19 Checklist prior to attending each training or game
- Follow all CDC guidelines as well those of your local health authorities.

PLAYERS RESPONSIBILITIES

- If you are not comfortable with returning to play, DON'T
- Check your temperature before all trainings and games. A player with a temperature of 100 or more should not attend games, practices, or other team activities.
- Ensure you are healthy; a player that has any of the COVID-19 Recognized Symptoms listed above, or that has been exposed to someone with the virus, should not attend games, practices, or other team activities.
- Wash hands thoroughly before and after training and games.
- Bring, and use, hand sanitizer with you at every training and games.
- Wear mask in close contact areas including before and immediately after all trainings and games.
- Players are allowed to wear face coverings during competition if they choose to do so as long as they don't compromise the safety of any and all participants.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social or physical distancing, no congregating before, or after, practice and games and place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Complete Player COVID-19 Checklist prior to attending each training or game
- Follow all CDC guidelines as well those of your local health authorities.

This document was created based on the following resources, guidelines, materials with input from various authorities and other sources. This document was created by the TJAY Soccer Club and reviewed by the TJAY Soccer Club Board. Please note that any information contained herein is for informational purposes only and may not be construed as a directive, edict, or in place of medical or legal advice. This document may only be used in the spirit for which it was intended.

References:

CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Maryland State Guidelines: <https://governor.maryland.gov/recovery/> <https://governor.maryland.gov/2020/04/24/governor-hogan-introduces-safe-gradual-and-effective-maryland-strong-roadmap-to-recovery/> https://governor.maryland.gov/wp-content/uploads/2020/04/MD_Strong.pdf

Other Documents Referenced: US Youth Soccer's 'Return to Play Guidelines'