



RETURN TO SPORT

GUIDELINES



RETURN TO SPORT

PHASES

PHASE

1

- **TEAM PRACTICE TIMES SET TO MAXIMIZE SOCIAL DISTANCING**
- SMALL GROUP TRAINING
- PRACTICE SESSIONS WILL LAST 60-75 MINUTES
- FACE MASKS MUST BE WORN TO AND FROM THE FIELD OF PLAY
- 9:1 PLAYER TO COACH RATIO
- NO CONTACT
- NO TOUCHING ANY SOCCER EQUIPMENT: BALLS, CONES, GOALS WITH THE HANDS

[CLICK HERE FOR VIDEO](#)

➤ PROGRESSION THROUGH THE PHASES WILL DEPEND ON CASE NUMBERS IN THE COMMUNITY, POSITIVITY RATES, TESTING CAPACITY, HOSPITAL BED AVAILABILITY AND DIRECTIVES FROM HILLSBOROUGH PARKS & REC.

PHASE

2

- **LARGER GROUP TRAINING**
- PRACTICE SESSIONS WILL LAST 60-90 MINUTES
- FACE MASKS MUST BE WORN TO AND FROM THE FIELD OF PLAY
- INTRODUCTION OF PHYSICAL CONTACT
- INTRODUCE SMALL-SIDED GAMES - NO TACKLING
- INTRODUCE POSSESSION GAMES - NO TACKLING
- NO TOUCHING ANY SOCCER EQUIPMENT: BALLS, CONES, GOALS WITH THE HANDS

PHASE

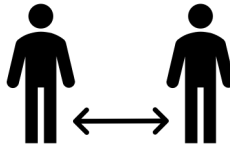
3

- **FULL TEAM TRAINING**
- FACE MASKS MUST BE WORN TO AND FROM THE FIELD OF PLAY
- FULL CONTACT
- INTRODUCTION OF PRACTICE GAMES / MATCH PLAY

TBU MANDATORY REQUIREMENTS



DON'T TOUCH
EQUIPMENT



6 FEET
APART



STAY HOME



PARENTS STAY
IN VEHICLES



DO NOT SHARE



USE SANITIZER



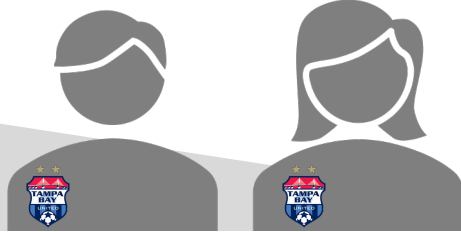
WASH HANDS



IT'S OK, IF YOU ARE NOT COMFORTABLE WITH A RETURN TO SPORT, DO NOT RETURN

RETURN TO SPORT

THE PLAYER



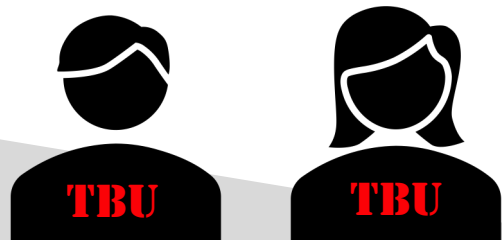
IT'S OK, IF YOU ARE NOT COMFORTABLE WITH A RETURN TO SPORT, DO NOT RETURN

- ADHERE TO ALL MANDATORY REQUIREMENTS
- PLAYERS WILL UNDERGO A TEMPERATURE CHECK UPON ARRIVAL TO COMPLEX
- NOTIFY YOUR COACH IF YOU OR A FAMILY MEMBER ARE NOT FEELING WELL
- OLDER PLAYERS REFERENCE "NOTIFY YOUR COACH" BULLET IN PARENT SECTION BELOW
- WASH YOUR HANDS THOROUGHLY BEFORE AND AFTER PRACTICE
- BRING YOUR OWN HAND SANITIZER AND 2 WATER BOTTLES
- WEAR A MASK TO AND FROM YOUR TRAINING FIELD
- DO NOT SHARE WATER, FOOD, PERSONAL ITEMS OR TRAINING EQUIPMENT
- ALWAYS PRACTICE SOCIAL DISTANCING
- NO HIGH FIVES, NO HANDSHAKES, NO KNUCKLE BUMPS, NO HUGS

[CLICK HERE FOR VIDEO](#)

RETURN TO SPORT

PARENTS



IT'S OK, IF YOU ARE NOT COMFORTABLE WITH A RETURN TO SPORT, DO NOT RETURN

- ADHERE TO ALL MANDATORY REQUIREMENTS
- COMPLETE AND RETURN THE TBU ASSUMPTION OF RISK DOCUMENT (ONE TIME ONLY)
- NOTIFY YOUR COACH (VIA EMAIL, TEXT OR PHONE) AND KEEP YOUR CHILD HOME IF: →
 - YOUR CHILD HAS A TEMPERATURE EQUAL TO OR ABOVE 100.4 F
 - YOUR CHILD HAS CLOSE CONTACT WITH A SICK INDIVIDUAL OR ANYONE WITH CONFIRMED CASE OF COVID-19
 - YOUR CHILD HAS A DOCUMENTED CASE OF COVID-19 IN THE PAST 14 DAYS
 - CURRENTLY NOT FEELING WELL OR SHOWING ANY SYMPTOMS OF COVID-19
- IF POSSIBLE, NO CARPOOLING TO OR FROM TRAINING
- PLEASE ARRIVE NO EARLIER THAN 15 MINUTES BEFORE PRACTICE
- ENSURE YOUR CHILD HAS THEIR OWN HAND SANITIZER AND WATER
- PLEASE STAY IN YOUR CAR IF POSSIBLE TO ALLOW FOR MAX SOCIAL DISTANCING
- JA (U5-U10) PARENT MAY WALK CHILD TO FIELD (WEAR MASK + SOCIAL DISTANCE)

RETURN TO SPORT

STAFF



IT'S OK, IF YOU ARE NOT COMFORTABLE WITH A RETURN TO SPORT, DO NOT RETURN

- ADHERE TO ALL MANDATORY REQUIREMENTS AND FOLLOW EACH PRACTICE PHASE PROTOCOL CAREFULLY
- NOTIFY YOUR TBU DIRECTOR IF :
 - YOU HAVE HAD CLOSE CONTACT WITH A SICK INDIVIDUAL OR ANYONE WITH A CONFIRMED CASE OF COVID-19
 - YOU HAVE HAD A DOCUMENTED CASE OF COVID-19 IN THE LAST 14 DAYS
 - YOU ARE CURRENTLY NOT FEELING WELL OR SHOWING SYMPTOMS OF COVID-19
- CHECK YOUR TEMPERATURE BEFORE TRAINING SESSION →IF TEMPERATURE IS EQUAL TO OR ABOVE 100.4 F PLEASE NOTIFY DIRECTOR AND STAY HOME
- ASK HOW PLAYERS ARE FEELING AND SEND A PLAYER HOME IF NOT FEELING WELL
- MAINTAIN A RECORD OF ATTENDANCE FOR EACH TRAINING SESSION
- WEAR A MASK DURING TRAINING UNTIL OTHERWISE NOTIFIED
- WASH / DISINFECT YOUR HANDS THOROUGHLY BEFORE AND AFTER TRAINING
- COACH IS THE ONLY PERSON ALLOWED TO TOUCH CONES AND / OR OTHER TRAINING EQUIPMENT
- CLEAN / DISINFECT ALL TRAINING EQUIPMENT AFTER EACH TRAINING

RETURN TO SPORT

CLUB



IT'S OK, IF YOU ARE NOT COMFORTABLE WITH A RETURN TO SPORT, DO NOT RETURN

- DISTRIBUTE AND DISPLAY RETURN TO SPORT PROTOCOL
- TRAIN AND EDUCATE COACHES, PLAYERS, AND FAMILIES CONCERNING PROTOCOLS
- ENSURE TEAMS HAVE THE APPROPRIATE FIELD SPACE FOR PRACTICE
- BATHROOMS MAY BE CLOSED DEPENDING ON LOCATION
- CLUB WILL CONTINUE TO CONSULT WITH OUR PARTNERS IN THE MEDICAL COMMUNITY AND PROVIDE UPDATES AND CHANGES TO THE ABOVE AS NECESSARY

[CLICK HERE FOR VIDEO](#)

APPENDIX A

SYMPTOMS OF COVID-19 INFECTION

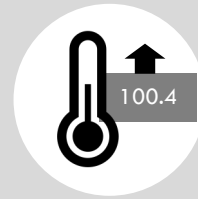
INDIVIDUALS WITH COVID-19 CAN EXHIBIT SYMPTOMS RANGING FROM MILD TO LIFE-THREATENING. MOST SYMPTOMS ASSOCIATED WITH INFECTIONS INCLUDE:



SHORTNESS
OF BREATH



COUGH



FEVER
= /> 100.4 DEGREES F

LESS COMMON SYMPTOMS THAT MAY STILL EVIDENCE OF COVID-19 INCLUDE:

SORE THROAT

CONGESTION

NAUSEA &
VOMITING

DIARRHEA

HEADACHE

MUSCLE / JOINT
PAIN

SUDDEN LOSS OF
TASTE & SMELL

CHILLS

APPENDIX B

RETURN TO SPORT FOLLOWING CONFIRMED OR SUSPECTED COVID-19 INFECTION

THESE RECOMMENDATIONS ARE INTENDED TO GUIDE DECISION-MAKING REGARDING PLAYERS OR STAFF WITH A SUSPECTED OR DOCUMENTED COVID-19 INFECTION IN ORDER TO REDUCE THE RISK OF DISEASE TRANSMISSION:

SYMPTOMATIC PLAYER / STAFF WITH SUSPECTED OR LABORATORY CONFIRMED COVID-19 INFECTIONS **CANNOT ATTEND CLUB EVENTS UNTIL:**

- A. AT LEAST 24 HOURS HAVE PASSED SINCE RESOLUTION OF FEVER (DEFINED AS \geq 100.4 DEGREES F) WITHOUT THE USE OF FEVER-REDUCING MEDICATIONS AND RESPIRATORY SYMPTOMS (E.G. COUGH, SHORTNESS OF BREATH), AND
- B. AT LEAST 10 DAYS HAVE PASSED SINCE SYMPTOMS FIRST APPEARED, AND
- C. FULL WRITTEN CLEARANCE FROM MEDICAL PHYSICIAN

PLAYER / STAFF WITH LABORATORY CONFIRMED COVID-19 WHO HAVE NOT HAD ANY SYMPTOMS **CANNOT ATTEND CLUB EVENTS UNTIL:**

- A. 10 DAYS AFTER DATE OF THEIR FIRST POSITIVE COVID-19 DIAGNOSTIC TEST ASSUMING NO SYMPTOMS SINCE THAT TIME. IF SYMPTOMS DEVELOP, THEN MANAGEMENT SHOULD BE GUIDED AS ABOVE FOR SYMPTOMATIC INDIVIDUALS.
- B. FULL WRITTEN CLEARANCE FROM MEDICAL PHYSICIAN

APPENDIX C

RETURN TO SPORT FOLLOWING EXPOSURE TO A SUSPECTED OR DIAGNOSED COVID-19 INFECTION

THESE RECOMMENDATIONS ARE INTENDED TO GUIDE DECISION-MAKING REGARDING PLAYERS OR STAFF WITH A SUSPECTED OR DOCUMENTED COVID-19 INFECTION IN ORDER TO REDUCE THE RISK OF DISEASE TRANSMISSION:

ANY PLAYER OR STAFF MEMBER WHO HAS BEEN EXPOSED TO AN INDIVIDUAL WITH A SUSPECTED OR DIAGNOSED CASE OF COVID-19 SHOULD BE RESTRICTED FROM PARTICIPATION FOR AT LEAST 14 DAYS AND MONITOR FOR ANY SYMPTOM CONSISTENT WITH INFECTION. IF SYMPTOMS DEVELOP, THEN MANAGEMENT SHOULD BE GUIDED AS IN PREVIOUS PAGE FOR SYMPTOMATIC INDIVIDUALS.

IF ASYMPTOMATIC AFTER 14 DAYS SINCE LAST EXPOSURE, THEY CAN RETURN TO PARTICIPATION. IN GENERAL, YOU NEED TO BE IN CLOSE CONTACT WITH AN INDIVIDUAL TO CONTRACT THE DISEASE. IN THIS CASE, EXPOSURE MEANS ANY ONE OF THE FOLLOWING:

- CARING FOR A SICK PERSON WITH A SUSPECTED OR CONFIRMED COVID-19 INFECTION.
- LIVING IN THE SAME HOUSEHOLD AS AN INDIVIDUAL WITH A SUSPECTED OR CONFIRMED COVID-19 INFECTION.
- BEING WITHIN 6 FEET OF AN INDIVIDUAL WITH A SUSPECTED OR CONFIRMED COVID-19 INFECTION FOR AROUND 10 MIN OR MORE.
- COMING IN DIRECT CONTACT WITH SECRETIONS FROM AN INDIVIDUAL WITH A SUSPECTED OR CONFIRMED COVID-19 INFECTION (BEING COUGHED OR SNEEZED ON, SHARING WATER BOTTLE OR UTENSILS, FOR EXAMPLE)

THANK YOU

FOR QUESTIONS & CLEARANCE FOR RETURN TO SPORT:
CONTACT HEAD ATHLETIC TRAINER JIMMY SPINALE
(941)807-2517 OR JSPINALE@TBUSC.COM