



MTFC Return to Play Protocol

Competition Plan (8/12/20)

Return to Play (RTP) for our club will be in phases, with guidance from TN State Soccer, CDC, The City of Goodlettsville and other state and regional organizations. We are dedicated to getting our players back out onto the field and soccer in our family's lives; however, we must do it in a safe environment that will protect players, coaches, and our families. The guidelines below are what we as an organization have decided to follow at this time for RTP.

The information in this document is not intended or implied to be a replacement for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, US Youth Soccer, TN State Soccer, and MTFC make no representation and assume 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. Given the changing pandemic environment, these guidelines may change at any time. These protocols address current phases of return to play. Additional guidelines/protocols will follow as the COVID-19 pandemic continues to evolve.

Youth soccer organizations have been given the approval, at this time, to proceed back to contact sessions and competition. Social distancing should still be observed around the complex by parents, siblings, and participants before, during, after sessions or competition. These practice sessions throughout the state may be different, but they must follow the Governor's Executive Orders, local Government Orders, and local Parks Rules and Regulations. 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 follow the guidelines of the TN Pledge and of the Tennessee State Soccer Association. **We highly encourage parents to either remain in their cars during sessions or in other open fields away from the practice fields and practice social distancing.**

MTFC has been in contact with the City of Goodlettsville and State Soccer throughout the pandemic. At this time Moss Wright Park is **OPEN** for Youth Sports Organizations. With guidance we have put the following Protocol together, as we look to begin the process of getting back to full soccer sessions and games.

Resources:

- CDC recreational guidance: <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/index.html>
- EPA list of COVID-19 effective disinfectants: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- Caring for Our Children (CFOC) standards for cleaning, sanitizing and disinfecting educational facilities for children: <https://nrckids.org/CFOC/Database/3.3>
- TN State Soccer RTP Guidelines Stage 1: <https://app.box.com/s/3ldxbmrixeb3olws6y2jrtadqqn3iix>
- Missouri Youth Soccer Association RTP Guidelines: <https://www.missourisoccer.org/Default.aspx?tabid=1949942&mid=2004646&newskeyid=HN1&newsid=344750&ctl=newsdetail>
- TN State Soccer Risk Management Resources <https://www.tnsoccer.org/forms-1>
- TN Pledge -Sports <https://www.tn.gov/governor/covid-19/economic-recovery/sports.html>



MTFC Return to Play Protocol

MTFC Return to Competition: Responsibilities

MTFC Responsibilities:

- Create and distribute protocols to our members.
- Have an effective communication plan in place and strategies for working with public health to notify adult leaders and our MTFC families if MTFC learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at an MTFC activity, while maintaining confidentiality.
- Be sensitive and accommodating to parents that may be uncomfortable with returning to play too quickly.
- Train and educate all staff on protocols and requirements
- Be prepared to shut down and stop operations to properly disinfect and ensure others are not infected.
- Provide adequate field space for social distancing
- For contact tracing purposes, maintain a list of all facility users, participants at training, and attendees, etc. For privacy purposes, the list should be securely stored and not shared publicly. 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. 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.

Coach Responsibilities:

- Ensure the health and safety of the athletes, follow all state and local health protocols, wear a mask when not actively coaching.
- Inquire how the athletes are feeling, send them home should you believe they act or look ill.
- Ensure all athletes have their individual equipment (ball, water, bag, etc.)
- Coach is only person to handle cones, disks, goals, coach’s or club’s equipment, etc.
- Encourage all training outdoors and ensure social distancing per state or local guidelines.
- Have fun, stay positive – players and parents are looking to you to set the example while being supportive and caring during this time.
- The use of scrimmage vests or bibs is not recommended at this time.
- All Coaches will do a self screen health check prior to coming to a MTFC event via Injury Free App. If not cleared, then the Coach may not participate.
- All Coaches and Managers will monitor the Injury Free App for each session. If not cleared, then the player may not participate. If it is not completed prior to the event, Coaches/Managers will administer.
- Coaches are asked to wear a face mask to and from the training area and when not actively coaching and maintain 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 COVID19, 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.

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- 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 14 days past the last known exposure to the case.
- Contacts of contacts do not need to quarantine unless the primary contact becomes positive or symptomatic during quarantine.
- 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.

Player Responsibilities:

- **All Players will do a self screen health check prior to coming to a MTFC event via Injure-Free App. If not cleared, then the player may not participate. If not completed prior to the event, Coaches/Managers will administer.**
- Wash hands thoroughly before and after training.
- Bring and use hand sanitizer at every training session.
- **Encouraged to** wear a face mask when not actively training, i.e. before and immediately after practice.
- 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.
- Wash and sanitize all equipment before and after every training session.
- No group celebrations, no high 5's, hugs, handshakes, etc.
- Listen to your coaches and if you do not feel well let them know immediately.
- If a player is in close contact, within 6 feet for more than 15 minutes, with another person who tests positive for COVID19, then that player should not return to practice 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 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 14 days past the last known exposure to the case.
- 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 the 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 child is healthy, check your child's temperature prior to any training sessions. Record in Injury Free, if temp is greater than 100.4 F, the player/parent/sibling is not allowed to attend.

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- Limited or no carpooling.
 - Should carpooling or ride sharing be necessary, consider the following:
 - Only rideshare with a family or individual who has practiced appropriate distancing and sheltering requirements established by their local government or public health officials.
 - Rideshare with the same individuals each training.
 - Ensure that all passengers have passed both the preliminary and daily clearance requirements outlined in this section.
 - Maintain safe distancing within the vehicle during loading, transport and unloading.
 - Limit the number of stops between departure site and training destination.
 - Wear your PPE in the vehicle
- Stay in car or adhere to social distance requirements, based on state and local health requirements, when at training wear mask if outside your car **when around the players.**
- Ensure child's clothing is washed after every training session.
- Ensure all equipment, cleats, ball, shin guards, etc. are sanitized before and after every training.
- 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.
- 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.
- All Parents should make sure their Player does a self screen health check prior to coming to a MTFC event via Injury Free app. If player is not cleared, then they may not participate. If not completed prior to the event, Coaches/Managers will administer.
- 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.**

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MTFC Return to Competition: Protocol

Arrival and Departure

- Training start and end times will be staggered. A buffer of at least 15 minutes will be allotted between sessions.
- The parent/guardian should check the temperature of the players at home before attending practice. Players should not attend practice with a temperature of 100.4 degrees or greater (if not checked by mouth, rectally, or ear), persistent cough, or other indications of not being well and healthy.
- Players and parents will be monitored as they arrive and depart
- Carpooling is to be avoided, if possible.
- Parents are encouraged to stay in the car or practice proper social distancing. Social distancing must be strictly maintained. If for some reason you need to come down to the fields, a mask should be worn.
- Players and coaches are encouraged to wear masks from cars to playing field and when leaving the fields to their cars. Once practice is ready to begin players can remove their masks for the actual practice and warmups.
- Players will leave the car ready to play (wearing shoes/cleats, shin guards, etc.) to avoid having unnecessary personal belongings on the field
- The Coach should make the following inquiries at the beginning of the practice of all players (as a group is acceptable) to determine player participation, as well as check the Injury Free App:
 - Is anyone running a temperature? (NO - proper answer)
 - Does anyone have a persistent cough? (NO - proper answer)
 - Does everyone feel well & healthy? (YES - proper answer)
- Each player will have a unique designated area to put their water bottle and any additional equipment (i.e. backpack) at least 6 feet from other players. This area should be monitored by a Coach or manager to ensure proper distancing. If multiple sessions, coaches will have more than 1 area setup for bags to avoid cross contamination.
- Players will maintain social distancing during coaching conversation and will be encouraged to leave the training area promptly after sessions.
- No High 5's, handshakes, group cheers, hugs, etc. that will impede the 6 ft Social Distancing Order.

Training Sessions

- Duration of training **can** be reduced to allow for multiple sessions
- **Players are not required to wear masks during active training and warmups.**
- The number of players will be modified based on the space available, age of players, and number of coaches available. Per the update to the TN Pledge we may return to contact sessions and games, provided social distancing maintained when not playing, and best we can if lines are used.
- The space each player is allowed to occupy should be clearly defined and strictly enforced. The amount of space required for each player will vary depending on the player's age and skill level.
- **Scrimmaging, small-sided games, rondos, possession games, are allowed at this time**
- **Coaches are encouraged to wear masks at this time, except when actively demonstrating tasks or are actively involved in the drill.** *If just coaching from side or explaining, then coaches are **encouraged** to wear a mask at this time. If actively running and part of drill then coaches are not required to wear a mask, but must maintain Social Distancing of at least 6 ft from the players. If a coach comes with-in 6ft of a player on sideline they should have a mask on.*
- Coaches are encouraged to use their own ball for demonstrations, when possible.
- Lines should be avoided when possible, but if needed, delineate appropriate distance for players to stand if used.
- Participants should never gather in a huddle or small group, as is common when giving instruction (unless 6 ft is observed by every person).

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- There should be no physical contact between players/players, coach/coach, and player/coach (unless they live in same household), including high fives and other previously encouraged behaviors
- Heading and handling of the ball is allowed. Players should never pick up a ball with their hands during the session. After the training session a player is to only pick up their own ball to place in their bag and is highly encouraged to sanitize their hands immediately after doing so.
- If training multiple groups per field, each group will have a different location to place bags and water. They should not congregate in the middle of the field or meet in the same place.
- Maintaining your practice areas will be important. Limiting the number of people at the park and maintaining social distancing in your parking lots is necessary.

Inclement Weather

- When fields are cleared, players will return to their cars until all clear is given. Please do not congregate under the canopies, in the bathrooms, in the hallway. Proper social distancing will be hard to maintain in these areas. If unable to return to cars then social distancing should be in place and PPE should be worn throughout the delay.
- 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.
- Social distancing must be observed during any shelter-in-place or evacuation protocols.
 - PPE should be worn throughout the delay.
 - Participants should not take off their equipment during the delay.
- 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.
 - MTFC uses the Rainout Line. Please be sure to download the app and setup reminders, that way it will text you if fields are closed
 - For rain that comes after 3pm when Main park staff has left please look for an email, social media post, or word from your coach

Injuries

- The potential reaction to a player getting injured is more complicated during the COVID-19 pandemic. The immediate safety of the player must remain the top priority, but care should be taken when addressing small injuries (e.g. handing out band-aids). When possible, a parent/guardian should assist in any care necessary. Coaches will contact parents via phone or team messaging systems if additional help is needed.

Competitions (Games and tournaments)

Warm-ups

- 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.
- Competition warm-up recommendations follow training recommendations outlined below.
 - Coaches should not be within six feet of any player
 - Progressions between warm-up drills should be set up prior to players arriving on the field. The players should not touch any equipment.
 - In general, maintain as much social distance as possible during warm-up activities.
- Participants should avoid intentionally touching each other before or after competitions.

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Pre-Game Activities

- The coin toss should be socially distanced
 - Only use if needed.
 - Only one referee and one representative per team should take part in the coin toss.
 - Only the owner of the coin should touch the coin.
 - 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.
- No pre-game handshakes shall take place.
- Uniform or jewelry checks should be visible checks only, maintaining 6-ft between the referee and player.
- Team pre-game meetings should be kept brief.
 - All participants should wear proper PPE and endeavor to maintain space between themselves and others. Prolonged proximity, even with masks should be avoided.
 - Huddles should be avoided.
 - Formalize a plan to communicate rosters in a way to minimize direct handoff to referees.
 - Discuss with your league if match reports can be provided to referees ahead of time.
 - 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

- 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 cannot be maintained.
- **Teams and Sideline Positioning**
 - ***At this time parents will sit opposite of teams, but may altered in the future.***
 - ***Parents will sit 6 ft back from the sidelines and try maintain social distancing from 1 family to the other.***
- Recommended that players bring their own chairs to maintain social distancing when not in the game (**Benches will not be used at this time**)
- 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.
- The following modifications to substitutions protocols are suggested:
 - When subbing into the game, players should maintain distance from the referees and other players who are also subbing into the game.
 - 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 face mask.
- **Fields will be spaced more than normal to allow for Social Distancing**
 - **As a result, we will be using more field space**
 - **Increased spacing in between games**
- Players that do not check in via the Injury Free App or are not cleared via the app will not be allowed to participate
 - Manager or Coach can administer check on site if needed
- All attendees are reminded to wear PPE for the duration of the match if social distancing cannot be maintained. This shall include game participants and spectators.

Half-Time

- During halftime, referees, players, and coaches should maintain at least six feet distance between each other.
- All players and coaches should be wearing proper PPE if social distancing cannot be maintained.

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- 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.
- Players should sanitize their hands.
- Coaches should limit the amount of time the entire team is near the bench area at one time.
- Referees should sanitize their own equipment (whistle, flags, etc.).

Considerations in Case of Injury During Game

- As able, the Referee should keep a six-foot distance from the injured player while determining if medical attention is necessary
- 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 cannot be maintained.
- 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

- No post-game handshakes should take place. Consider other forms of sportsmanship or instituting new acknowledgement traditions, such as clapping, etc.
- 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.
- Teams should pack-up and immediately leave the field following the game, exiting at the designated exit point.
 - Post-game meetings should be kept brief, if any meeting is held at all.
 - All participants should wear proper PPE and endeavor to maintain space between themselves and others. Prolonged proximity, even with masks should be avoided.
 - Huddles should be avoided.
- **Do not have a team snack that is shared among the team members.**
 - **At this time for the safety of everyone, team snacks are not allowed**
 - **Parents should bring a snack for their own player to enjoy after game**
- Players should not take off any equipment until they have left the facility.
- Teams should clean up the bench area so that it is clean of ALL trash.
- Competition hosts should ensure all equipment, including benches, balls, flags, etc. are sanitized.
- Spectators are encouraged to maintain social distancing following the game while waiting for their child.
- Dependent on field layout, spectators may need to wait further away from the field

General Considerations

- Players need to be monitored closely at all times- arrival through departure
- Do not allow participants to treat spreading the virus as a joke- parents need to be a part of enforcing this
- **Injury Free App will be used to monitor symptoms before any MTFC Event, very important that it is done before reporting to the fields to save time.**
- **Anyone displaying symptoms associated with COVID-19 are not attend and should notify their coach**
- Clear communication to and between all participants and their families about expectations and guidelines is essential to the success of Returning to Play.
- Parents should remain at the facility in their cars **or around the park**. Except to assist in responding to injuries or other interactions with players, e.g. making a trip to the restroom, **then they can come down the players field**. If parents are out of vehicles, then 6 Ft Social Distancing should be followed.



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- Any instance of a positive COVID-19 diagnosis of a participant or anyone in attendance of a session, must be immediately reported to the MTFC Board of Directors, who will then contact the appropriate authorities.
 - Recreational Players Notify – Director of Recreational Play - Cory Morgan
mtfcgoodlettsvillesoccer@gmail.com
 - Travel Players (Quest) Notify – Director of Quest - Stephen Read mtfcquest@gmail.com
 - Proper Procedure
 - Notify designated Director/BOD member
 - MTFC will Notify appropriate Team/Division and those in close contact
 - MTFC will not use players or family's name when notifying close contacts
 - All players will monitor for symptoms
 - Player will check on CDC RTR guidelines and with Primary Care Provider (PCP)
 - Player will provide a note from PCP using the CDC Guidelines on discontinuing isolation and returning to play at MTFC events/sessions

Sanitary Conditions

- Coaches should have hand sanitizer and sanitizing wipes available
- As stated before, Coaches **are encouraged** to wear face masks except during active coaching (see above in Training section). Keep in mind that many coaches are in contact with multiple groups. Players wearing a mask at times other than those required will do so at their parent or guardian's discretion.
- Club balls should be sanitized after each use if used. It is highly discouraged to use club balls as players are to bring their own to sessions.
- **Only coaches should handle equipment (cones, goals, etc.) and these should be sanitized after use**
- Players must not share pinnies or any other equipment. Passing using the same ball is allowed for sessions, but players are not to be picking up balls during training at all. At the end of the session, players should only pick up their own ball to put in their bag and are encouraged to sanitize after doing so.

As we look to move this forward, understand that the rules are subject to change, and we need to be flexible as we try to adjust to our new normal. We speak with TN State Soccer leadership each week via conference call receiving the most up to date information and the opportunity to ask questions. The protocols and Guidelines will be updated as needed and sent out to our MTFC Families, Coaches, and Leadership. These guideline and protocols are to be followed as we look to Return to Play, while maintaining safety for everyone involved.