



MTFC Return to Play Protocol

Phase 2 (June 1st-30th tentatively) ~~Phase 1 (May 16th-31)~~

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 least for Phase ~~1~~ **2** of 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, 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 early phases on return to play. Additional guidelines/protocols will follow as the COVID-19 pandemic continues to evolve.

Youth soccer organizations have been given the ok, at this time, to proceed with a modified practice structure as of May 16th. These practice sessions throughout the state are different, but they must follow the Governor's Executive Orders, local Government Orders, and local Parks Rules and Regulations. **Per Executive Order 38, practices will be limited to Small groups (49 or less) per field-30 in place until the end of May, any practices taking place will be limited to a total of 9 people (1 Coach and 8 Players),** while maintaining Social Distancing Practices and **NON Contact**. **This small group consists of player, parents, siblings, and other spectators. We ask that parents remain in the cars or in other open fields away from the practice fields and practice social distancing. Tryouts can occur as long as social distancing is being strictly observed and other guidelines being followed.**

MTFC has been in contact with the City of Goodlettsville and State Soccer throughout this whole time. At this time Moss Wright Park is **OPEN** ~~closed until May 29th-for Youth Sports Organizations, including all sports fields.~~ 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/3ldxxbmrixeb3olws6y2jrtadqqn3iix>
- Missouri Youth Soccer Association RTP Guidelines: <https://www.missourisoccer.org/Default.aspx?tabid=1949942&mid=2004646&newskeyid=HN1&newsid=344750&ctl=newsdetail>



MTFC Return to Play Protocol

MTFC STAGE 2 1: 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 maintain 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, including state and local regulations, CDC recommendations, and other necessary information
- Be prepared to shut down and stop operations to properly disinfect and ensure others are not infected.
- Provide adequate field space for social distancing
- Provide hand sanitizing stations and waste receptacles at fields

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 in not recommended at this time.

Player Responsibilities:

- 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.

Parent Responsibilities:

- Ensure child is healthy, check your child's temperature prior to any training sessions.
- Limited or no carpooling.
- 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.



MTFC Return to Play Protocol

MTFC STAGE 2 1: Protocols

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 (No more than 49 people on the field)**. Social distancing must be strictly maintained. If for some reason you need to come down to the fields, a mask is required.
- Players and coaches **are encouraged to will** 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:
 - 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 will** be reduced to allow for multiple sessions (~~recommended time of 1 hour~~).
- **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 Executive order **at this time no more than 49 people per field, including spectators and coaches** ~~at least until end of May, 1 Coach with max of 8 players (total of 9 people)~~. Spacing of sessions should be spread out as to allow for social distancing **(11v11 Field no more than 2 3 groups, 9v9 Field 1 group per half of field, 7v7 Field 1 group per half of field)**
- 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. Remember- no two players can ever come within 6 ft.
- **Scrimmaging, small-sided games, rondos, possession games, etc. all violate social distancing guidelines and must be avoided**



MTFC Return to Play Protocol

- Coaches are **encouraged** ~~required~~ 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* ~~required~~ *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.*
- Coaches are encouraged to use their own ball for demonstrations, when possible.
- Lines should be avoided when possible and must delineate appropriate distance for players to stand if used.
- Participants may never gather in a huddle or small group, as is common when giving instruction (unless 6 ft is observed by every person).
- There is to 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
- Shooting on a goal with a GK is not possible during this time.
- Foot passes between two or more players that are practicing proper social distancing is allowable under coach supervision with properly sanitized equipment.
- Heading and handling of the ball is not allowed, this includes GK. 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.

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
- ~~• An RSVP and attendance system will be used both for planning and to record possible interactions in the event of a positive COVID-19 diagnosis. (Sign up Genius or other website that Manager or Coach decides to use)~~
- **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 is to be followed.
- 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.

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.



MTFC Return to Play Protocol

Sanitary Conditions

- Coaches should have hand sanitizer and sanitizing wipes available
- As stated before, Coaches **are encouraged** to ~~will~~ 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.

So, what would a practice look like?

- Practice will involve activities that support a player working with their ball.
- The players will be working within a given area that separates them and activity with the ball from others.
- The players can work linearly between cones that are separated by the required distance. (Example: Coervers)
- The players can pass balls in groups, provided they are not picking up the ball and are separated by the required distance.
- Games that could involve distancing and no contact will be allowed.

How many training groups are allowed per field?

- This is not black and white. Possible setup may look like:
 - No more than **2** training groups per 11v11 field.
 - No more than 2 training groups per 9v9 or 7v7 field.
 - 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.
 - Games are NOT permitted in this phase. 1v1, 2v2, 3v3, or 4v4 would not be permitted due to the contact.

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.