



Clarksville Soccer Club “Return to Play” Guidelines & Regulations

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

- **Medical Clearance**

1. As we seek to decrease exposure risks, any individual with a pre-existing medical condition should consult with a physician before returning to full participation.
2. For individuals who have tested positive for COVID-19, you must be free of COVID-19 symptoms for 14 days and consult a physician prior to returning to full participation in sport & activity.
3. For individuals who have experienced known COVID-19 exposure in the past 14 days, the following is required:
 - a. Home quarantine for 14 days
 - b. Written confirmation of COVID-19 clearance from your physician following the most up-to-date CDC guidelines
4. Report the onset of any new symptoms immediately. Contact your physician and follow the recommendations above for return to play.
5. Family members and staff who will interact with soccer players and may be at increased risk of COVID-19 (including but not limited to age >65y/o, chronic cardiac or respiratory conditions including hypertension or diabetes, or have an immunocompromised state) will seek guidance by their physician as to their participation.
6. Participants will conduct a daily temperature check for low grade fever (>100.4.) at home before training. If you have a fever, do **not** go to training. Missing training, or any team function WILL NOT be held against you. Daily health questionnaires can be found online via the CDC if a thermometer is not available.



- 7. **Do not** participate in activities if you have any of the symptoms listed below.
 - a. COVID-19 exposure in past 14 days
 - b. Sore throat
 - c. Shortness of breath/difficulty breathing
 - d. Fever >100.4 F
 - e. Chills
 - f. Headache
 - g. Sinus congestion
 - h. Cough persistent and/or productive
 - i. Joint aches and soreness
 - j. Vomiting or diarrhea
 - k. Rash
 - l. Loss of smell

- 8. Should a player exhibit any of the above symptoms or test positive for COVID-19, **parents must** remotely communicate player health status to coaches or team managers within 24 hours.

- 9. Should a member of a player’s household be experiencing the symptoms above; the family member must consult a physician and follow the recommendations listed above for medical clearance.

● **Shared & Individual Equipment**

- 1. Participants will bring personal sanitizing supplies such as hand sanitizers. Sanitizing materials will not be shared.

- 2. Water bottles will be prepared at home and will not be shared. The use of public water fountains is not recommended.

- 3. Participants will wash hands before departing for training.

- 4. Players will bring their own soccer balls for training. Players may share use of soccer balls in foot drills but must avoid using their hands.

- 5. All field equipment will be disinfected prior to the start of any club activity. Participants will not pick-up field equipment, move goals, or handle other training equipment.

- 6. Where possible, general team bibs will not be used.

- 7. All individual training gear will be cleaned and disinfected after every session.



- 8. For players who use mouthguards, once the mouthguard is placed in mouth, it will not be taken out during practice to limit the transmission of virus.
- 9. Players will spread out along the sideline at least six feet apart rather than huddle and congregate. Bags and equipment should be placed at the same distance from each other.

● **Face Covering Requirements (PPE)**

- 1. All participants (coaches, players, referees, instructors, administrators) will wear face coverings upon arrival, departure and when not physically active during activities. Players will wear face coverings to their specific field and will be removed at the start of exercise activity.
- 2. Provided all screening, hygiene and social distancing measures are followed, masks are not mandatory for players/coaches/referees/instructors/participants during exercise or training.
- 3. For players and team/club staff that wear PPE while physically exerting themselves, the following should be considered:
 - a. Discuss with your primary care physician if any medical conditions predispose you to avoid the use of a face cover while participating in physical activity.
 - b. PPE should be breathable and not prevent or disrupt ventilation.
 - c. PPE should not obscure the individual’s vision.
 - d. PPE should not pose a risk to another participant.
 - e. PPE should be in good maintenance, at the responsibility of the individual.
- 4. Heat and humidity may lead to increased discomfort or respiratory challenges for coaches wearing masks. Coaches are recommended to take “PPE breaks” throughout training and will do so only when more than 10 feet away from any other person.
- 5. Parents and guardians will wear face coverings upon arrival, during activities and during departure.

● **For Parents and Guardians**

- 1. Parents and guardians must be thoroughly aware of all safety recommendations and ensure their family follows them. Parents and guardians will support the coach, managers and organization in adhering to all safety recommendations..
- 2. Accompanying parents and guardians (with the exception of team managers) will remain outside the fence at Heritage Park and below the practice field at LifePoint Church.



- 3. Accompanying parents and guardians will ensure players utilize field entrances closest to their player’s field at Heritage Park for entering and exiting. Limiting traffic through the main entrance will help to allow for proper social distancing.

- 4. Parents and guardians will provide written or electronic confirmation of their awareness and agreement to all elements of this policy prior to their player(s) returning to Clarksville Soccer Club activities.

PLAYER NAME: _____

PLAYER’S TEAM: _____

PARENT or GUARDIAN NAME (PRINTED): _____

PARENT or GUARDIAN SIGNATURE: _____

DATE: _____