



TSSA Return to Play Document (TSSA RTP)

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We are recommending contact competitive play within your local areas be allowed through August 16th, 2020. Following August 16, 2020, we would allow for contact play outside of our local areas provided the TN Pledge and this TSSA RTP Document is followed.

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I. Competitive Scrimmages

A. Medical Clearance

1. As we seek to increase competitive activities and exposure risks, any individuals with a pre-existing medical condition is recommended to provide UPDATED written clearance from a physician for return to full participation
2. For individuals who have tested positive for COVID-19, provide written confirmation of COVID-19 negative status and/or clearance from your physician following the most up-to-date CDC guidelines for return to full participation in sport & activity.
3. For individuals who have experienced known COVID-19 exposure in the past 14 days, the following is recommended:
 - a. Home quarantine according to current CDC guidelines (14 days)
 - b. Written confirmation of COVID-19 clearance from your physician following the most up to-date CDC guidelines
4. For individuals who experienced any illness during shelter-in-place, written clearance from your physician that you are COVID-free is recommended.
5. Be prepared to report the onset of any new symptoms immediately. Contact your physician and follow the recommendations above for return to play.
6. Individuals who 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) should seek guidance by their physician as to their participation.

B. Daily Medical Considerations

1. The participant should 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.
 - a. If thermometers are not available, conduct a daily health questionnaire online with the “Coronavirus Self-Checker,” made available by the CDC.
2. 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

3. Do not go to training facilities or fields with any of the above symptoms. Remotely communicate your health status to coaches, instructors, team administrators, or medical staff within 24 hours of your training session. Parents (and not the minor player) should communicate with the club or coach, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance. Speak to a physician and follow CDC guidelines on self-quarantine.
4. 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.

C. Preparing to Host a Scrimmage/Game

1. All scrimmages/games should be between teams WITHIN a member TSSA club ONLY through August 16th, 2020. Following August 16th, 2020, we would allow clubs to play other clubs or teams from other states provided they are still observing the criteria outlined in this document and the TN Pledge.
2. Limit the number of coaches, referees, administrators, instructors, and staff in attendance at the scrimmage/game to allow for social distancing.
 - a. Limit movements around the facility/environment to minimize unnecessary exposure and risk.
 - b. Maintain the same groupings/team for activities to limit unnecessary exposure and record (list on paper) the players present at the game.
 - c. Ensure the same coach leads the same team consistently.
3. Ensure your facility and fields have extensive signage and information available regarding safety precautions to prevent the spread of COVID-19.
4. Clean and disinfect restrooms according to CDC hygiene standards. If you are unable to do this, then the restrooms should be closed.
 - a. Maintain a queuing system that ensures all participants waiting for the restroom can maintain social distancing.
5. Clean and disinfect all locker rooms and changing rooms.
 - a. The use of locker rooms can be considered if necessary, but as possible, should be avoided.
 - b. Consider providing signage encouraging participants to maintain “social distancing” of at least six feet.
6. Clean and disinfect all equipment according to CDC hygiene standards.
 - a. Determine what equipment may need to be “off limits” to ensure:
 - i. Effective cleaning
 - ii. Safety and social distancing
7. Communicate your UPDATED health & safety guidelines to all participants.
 - a. Share your UPDATED plan or playbook to coordinate actions on site.

8. Adhere to all state/local regulations.
9. For contact tracing purposes, maintain a list of all facility users, participants at trainings, and attendees, etc.
 - a. For privacy purposes, the list should be securely stored and not shared publicly.
 - b. 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.
 - c. 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.
 - d. Include the items below in your contact tracing list. For minors, use a parent’s contact information.
 - i. Date
 - ii. Venue
 - iii. Name
 - iv. Phone
 - v. Email Address of participants
 - vi. Specific scrimmage/game i.e. time/field/coach etc.

D. Getting Ready for Scrimmage/Game

1. Prepare and pack your water bottles for scrimmage/game.
 - a. Each player is recommended to bring at least two bottles of water to scrimmage/game, to limit the need for refills. You should not share water bottles and are not recommended to use public water fountains.
 - b. Clearly mark your name on your water bottle.
2. Get dressed at home in your training gear so that you can arrive to the training site ready to play, without needing to use locker rooms or changing areas.
3. Participants are recommended to pack and bring to training personal sanitizing supplies, including hand sanitizers. Sanitizing materials should be clearly marked and not shared.
4. Follow PPE (face mask) procedures outlined below.
5. Wash your hands before departing for training.
6. 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. Consult your physician.

E. Travel to Scrimmage/Game

1. Travel with as few people as possible to training. It is recommended to only travel with members of your immediate family or household.
2. Should carpooling or ride sharing be necessary, consider the following:

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Updated August 5th, 2020

*Many items are taken from USSF PLAY ON but have been tweaked for TSSA *

- a. Only rideshare with a family or individual who has practiced appropriate distancing and sheltering requirements established by their local government or public health officials.
 - b. Rideshare with the same individuals each training.
 - c. Ensure that all passengers have passed both the preliminary and daily clearance requirements outlined in this section.
 - d. Maintain safe distancing within the vehicle during loading, transport and unloading.
 - e. Limit the number of stops between departure site and training destination.
 - f. Wear your PPE in the vehicle.
3. In accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance, minor and an adult who is not the minor player's parent/legal guardian should not be alone in the vehicle together.

F. Arrival & Check In

1. Assign staggered arrival times for participants to arrive to scrimmage/game to limit congestion during check in and accessing the field unless you have an online method to conduct this process.
2. Participants should wait in their cars until their specific time to enter the facility or field.
 - a. It is recommended that only the participant departs the vehicle.
 - b. It is recommended that the driver either leaves the training facility or stays in the parking lot, remaining in the vehicle and observing all social distancing guidelines.
3. Create a Check-In Station adhering to social distancing guidelines.
 - a. Participants should move through check in one-at-a-time, maintaining social distance.
 - b. Upon arrival, the participant should be asked a series of health screening questions, aligned with the CDC's "Coronavirus Self-Checker", to affirm medical clearance to participate. The coach, a staff member or a designated "Safety Officer" can be responsible for asking health screening questions.
 - c. The station should provide appropriate products to sanitize your hands, which the participants should use upon arrival.
 - d. As an alternative to Check-In Stations, consider creating a virtual check-in process, including a daily symptoms questionnaire. Ensure the Club follows privacy laws if gathering and storing this information electronically.
4. Confirm that players have brought adequate hydration from home to manage higher intensity of play.
 - a. Players may consider providing their own individualized snacks or post training nutrition.

G. Competition Considerations

1. Participation in Competition and Tournaments

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- a. Teams are recommended to only participate in local or regional single-day, outdoor events to avoid travel and especially overnight stays.
- b. If travel is required to non-local competition or tournament, the state association or governing body should approve it provide that state or area is allowing competitive play. At a minimum our Competitive Considerations should still be observed even if not within Tennessee.

2. Warm-Ups

- a. 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.
- b. Competition warm-up recommendations follow training recommendations outlined below.
 - i. Coaches should not be within six feet of any player
 - ii. Progressions between warm-up drills should be set up prior to players arriving to field. The players should not touch any equipment.
 - iii. In general, maintain as much social distance as possible during warm-up activities.
- c. Participants should avoid intentionally touching each other before or after competitions. This includes hugs, high-fives, or huddles. 4. If match balls are used during warm-up, they should be re-sanitized before the match.

3. Referee Considerations

- a. Fields should still be walked.
- b. Physical items (nets, goals, corner flags etc.) should be inspected visually.
- c. If issues are identified –for example a goal net needs to be repaired or an object needs to be removed from the field of play –the referees should sanitize his or hands after managing.
- d. Referees should maintain at least six feet distance when communicating with their referee crew, players and coaches.
- e. If a fourth official is present, they should maintain six feet distance when communicating with coaches, players or their fellow referees.
 - i. If a fourth official's table is provided, the referee should check that it is six feet away from either bench or coaching area.
 - ii. The fourth official should wear a mask for the duration of the match.

4. Pre-Game Activities

- a. The coin toss should be socially distanced.
 - i. Only one referee and one representative per team should take part in the coin toss.
 - ii. Only the owner of the coin should touch the coin.
 - iii. All participants involved in the coin toss should wear a mask, following recommendations that masks should be worn at all times excepting moments of physical exertion.
- b. No pre-game handshakes shall take place.
- c. Uniform or jewelry checks should be visible checks only, maintaining 6-ft between the referee and player.

- d. Team pre-game meetings should be kept brief.
 - i. All participants should wear proper PPE and endeavor to maintain space between themselves and others. Prolonged proximity, even with masks should be avoided.
 - ii. Huddles should be avoided.
- e. Formalize a plan to communicate rosters in a way to minimize direct handoff to referees.
 - i. Discuss with your league if match reports can be provided to referees ahead of time.
 - ii. If rosters cannot be provided in advance, the coach may place the roster at the end of the bench to minimize close contact

5. Game Time

- a. 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.
- b. 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.
- c. The following modifications to substitutions protocols are suggested:
 - i. When subbing into the game, players should maintain distance from the referees and other players who are also subbing into the game.
 - ii. 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 facemask.
- d. For throw ins, active players are recommended to collect the balls. a. Clean and sanitized balls may be readily available for use, in the case of the ball not being easily retrievable. It is the responsibility of the home team or competition organizer to supply all sanitized balls.
- e. When possible during breaks in play, consider making sanitized balls available to replace used balls.
- f. Avoid delays in start of play, so that players do not have pro-longed periods of standing in proximity. For example, encourage all participants to conduct free kicks and set plays with efficiency so players do not have prolonged periods in shoulder-to-shoulder defense walls.
- g. Parents and fans are encouraged to sit on the same sideline across from opposing fans and team.

6. Hydration / Cool-Down / Sanitation Breaks

- a. Competition organizers are strongly encouraged to consider and follow the necessary steps for approval to incorporate hydration / cool-down / or "sanitation" breaks during matches.
- b. Consideration should be taken to incorporating these at the mid-way point of any half lasting thirty minutes or longer.
- c. During this break:
 - i. Players should hydrate while socially distanced. This will also provide the brief opportunity for cooling down, which may not happen throughout the match while efficiency is enforced in game activities.

- ii. Players should sanitize their hands.
- iii. The hosting competition can sanitize game balls for use during the match.

7. Halftime

- a. During halftime, referees, players, and coaches should maintain at least six feet distance between each other.
- b. All players and coaches should be wearing proper PPE.
 - i. If a player needs to recover before participating in halftime activities, player should stand 12 ft away from other individuals while recovering before putting on their face covering or mask.
- c. Players should sanitize their hands.
- d. Coaches should limit the amount of time the entire team is near the bench area at one time.
- e. Referees should sanitize their own equipment (whistle, flags, etc.).

8. Considerations in The Case Of Injuries

- a. As able, the Referee should keep a six-foot distance from the injured player while determining if medical attention is necessary
- b. ***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.***
- c. 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.

9. Post-Game

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

- j. Referees should leave field immediately following the game and referee duties have been completed assuming they have no other games to officiate.
 - i. Referee debrief sessions should be a conducted in a space where the referees can social distance but still in view of the game field.
 - ii. If referees are working later in the day, the referee should stay away from other individuals, may consider departing the facility or using their personal vehicle as a place to take a break in between games.
10. Inclement Weather
- a. Facilities should have a plan in place in the event of inclement weather.
 - i. As this plan may be different from pre-COVID-19 protocols, it should be adjusted and then communicated with all teams in advance of competitions.
 - ii. If inclement weather is forecasted, consider posting protocols at all entrances and arrival/check-in locations.
 - b. Social distancing must be observed during any shelter-in-place or evacuation protocols.
 - i. PPE should be worn throughout the delay.
 - ii. Participants should not take off their equipment during the delay.
 - c. Encourage all participants and spectators to return to their vehicles in the event of inclement weather.
 - i. 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.
 - ii. If possible, have a back-up option for those who were dropped off or do not have a vehicle on-site. This location should only be used as a last resort.
 - iii. The number of people in these locations should be pre-determined and posted on the wall. In accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance, a minor and an adult who is not the minor player's parent/legal guardian may not be alone in a room together.
 - d. 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.

H. Personal Protective Equipment (PPE, Masks, Face Covers) Recommendations

1. All participants (coaches, players, referees, instructors, administrators) are recommended to wear new or clean PPE upon arrival, departure and when not physically active during activities.
2. PPE should cover the nose and mouth, be breathable, consist of cotton or wick type material and follow CDC guidelines.
3. PPE should be new or clean for each training session; and disposed or thoroughly cleaned after each training session.

4. Provided all screening, hygiene and social distancing measures are followed, masks are not mandatory for players/coaches/referees/instructors/participants during exertional moments of training (i.e. when physically active). PPE may obscure vision, increase respiratory challenges, or increase other injury risk while being physically active.
5. For players and team/club staff that choose to 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.
6. As we head into summer, heat and humidity may lead to increased discomfort or respiratory challenges for coaches wearing masks. Coaches are recommended to take "PPE breaks" throughout training.
 - a. To take a PPE break, simply ensure you are more than 10 feet away from another participant and remove your mask.
 - i. Should a player move within 10 feet, return your mask to covering your nose and mouth.
7. Guidelines may change based on evolving medical and health information, as well as local, state, or federal guidelines.

I. 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.
4. If necessary, the hosting organization may consider arranging a designated "Family Zone."
 - a. Each family zone should be clearly marked and spaced at least six feet from the next family's zone.
 - b. If the zone includes chairs or other items, those items should be carefully sanitized between trainings and use by different families.
 - c. Allow the club to maintain accurate contact tracing lists by minimizing family presence close to the field.

4. Parents and guardians should not congregate together and should follow social distancing guidelines.
 5. Parents or guardians should have the contact information of relevant staff.
5. Clubs should check with city or county recreational departments to see if they need a specific waiver that holds harmless and indemnifies them.
 6. Parents and fans are encouraged to sit on the same sideline across from opposing fans and team.

J. Shared Equipment

1. With increased equipment usage anticipated, be mindful of sterilization procedures. All field equipment (e.g. flags, balls, and cones) should be disinfected prior to the start of the session with anti-bacterial of at least 60% ethanol or 70% isopropanol.
2. Participants should not pick-up field equipment, move goals or handle other training equipment.
3. Soccer Balls
 - a. Where able, clubs are recommended to provide soccer balls for training/scrimmage/games.
 - b. Players are encouraged to bring their own ball to use for training.
 - c. Players are not required to have an individual designated ball for training.
 - d. The use of shared balls between players is allowed in foot drills with avoidance of the use of hands.
 - e. Field players should not handle soccer balls with their hands unless wearing gloves. During this period players will do kick ins to replace throw ins during the scrimmage/game.
 - i. During the month of July all scrimmages and games utilize kick ins to replace throw ins.
 - ii. During the month of August all scrimmages and games will be allowed to reincorporate throw ins.
4. Where possible, general team bibs should not be used.
 - a. The coach/instructor is recommended to plan in advance of training and as necessary suggest a specific training gear color for players to arrive in.
 - b. Alternatively, clubs/organizers could temporarily issue team bibs to players through the duration of this stage or phase. Participants would be responsible for bringing these bibs to training and washing them after training. Issued bibs should be clearly labeled and not shared or rotated amongst participants during training.
 - c. If team bibs are used, they should only be used by one participant and not shared or rotated amongst participants.
 - d. If team bibs are used, they should be placed at personal station ahead of participant arrivals, instead of handed out by coaches/staff.
 - e. Any team bibs used should be washed by the club/organizers afterwards to decrease the transmission of COVID-19.

K. Individual Equipment

1. All individual training gear should be cleaned and disinfected after every session.
2. All participants should arrive in their training gear. a. All personal apparel should be cleaned, disinfected, and properly stored after every session. This includes cleats, shin guards and headbands (if re-usable).
3. For players who use mouthguards, once the mouthguard is placed in mouth, it should never be taken out during practice to limit the transmission of virus.
 - a. If for some reason the mouth guard has been in contact with hands or the floor/ground, the mouthguard should not be re-used until it has been washed thoroughly. Wash your hands thoroughly after washing the mouthguard.
4. Upon arrival home, players should immediately wash hands, bathe including washing hair, and launder/clean items used.