

TUSC “Return to Play” COVID-19 Protocols for 2020-21

(Updated - October 2020)

In close collaboration with the Trumbull Health Department and Trumbull Nursing Department, the TUSC Executive Board of Directors have devised a plan for all club players to return to play in a safe environment for the 2020-2021 season. This document is intended to outline the new safety protocols and procedures that will be in effect for this season. Practices and games will undoubtedly look different and unfortunately, these new safeguards cannot remove all risks related to COVID-19. But it is our hope that our players, coaches and families will be able to safely enjoy this season and the game that we all love!

RULES FOR PARTICIPATION AND ACKNOWLEDGEMENT THEREOF FOR 2020-2021

COVID-19 is a novel coronavirus. It is an extremely contagious disease that can lead to severe illness and death. These protocols and procedures are designed to mitigate those risks. It is not possible to play soccer and eliminate all known risks as it is a constantly evolving environment. By participating in TUSC soccer this year, you acknowledge, consent and assume all risks related to exposure to COVID-19 during all club-related activities. TUSC will not accept risks beyond those permitted under these rules. Failure to adhere to any rule will be sufficient basis for the removal of you, your family and/or children from a facility and/or all club activities. Participation by you and/or your child is an acknowledgement that you have read and agreed to act in accordance with the rules contained herein and provide the information as required herein. The safety of all of us depends on our shared responsibility towards one another.

BASIC PRINCIPLES OF RETURN TO PLAY

- Respect others, remain diligent and be safe
- Wear a mask / face covering
- Maintain social distancing
- Frequently wash and/or sanitize hands
- Cover coughs and sneezes
- Avoid touching your eyes, nose and mouth

TUSC SAFETY DIRECTOR / SELF-SCREENING / QUARANTINE RULES

- All CJSA-sanctioned clubs are required to designate a COVID-19 Safety Director. For the 2020-2021 season, TUSC's Safety Director will be Greg Verna, co-Treasurer.
- Players, coaches, parents/guardians, volunteers and referees must conduct COVID-19 self-assessments prior to participating in any TUSC-related activities. If you or your child are sick or suspect you might be sick, STAY HOME.
- It is the parents'/guardians' responsibility to monitor the health of youth players.
- Common COVID-19 symptoms include:
 - Cough and/or shortness of breath
 - Fever
 - Chills and/or repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - Diarrhea
 - Vomiting
 - New loss of taste or smell
- If a player or coach is exhibiting symptoms of COVID-19 or suspects possible exposure to COVID-19, those individuals ***should not*** come to nor participate in any TUSC activity until the symptoms have subsided and/or the individual has been tested and/or cleared by a medical professional.
- IN THE EVENT OF A POSITIVE COVID-19 CASE, the individual shall inform TUSC and follow the THD's self-reporting, quarantine, testing and contact tracing protocols. All soccer activities will be canceled for the entire team and any additional teams and/or individuals who may have been exposed will be subject to the same quarantine protocols as determined necessary by THD's contact tracing procedures and protocols. This includes, but is not limited to, students staying home from school and/or adults staying home from work throughout the quarantine period. TUSC and THD will work together to determine the appropriate quarantine period and return-to-play date and will clearly communicate this information to the impacted parties in a timely manner.

- Any player, coach, referee, volunteer or spectator that is quarantined due to a positive test or exposure to COVID-19 will be allowed to return as long as they are fever-free for 24 hours without medication, exhibit no other symptoms and, for those individuals who tested positive, at least 10 days have passed since the day that symptoms began.
- CT TRAVEL ADVISORY: Players, coaches, volunteers and referees must adhere to the CT Travel Advisory restrictions. For the current list of states and detailed rules, please refer to: <https://portal.ct.gov/Coronavirus/travel>

PLAYERS & SPECTATORS – EQUIPMENT / FIELD RULES

TUSC Players – prior to leaving home, players (with parents'/guardians' assistance) are required to clean, sanitize and/or disinfect all equipment and personal items. Players should not share water bottles, face coverings and/or other personal items. Failure to effectively clean/sanitize/disinfect any items and/or adhere to non-sharing rules will result in the player being removed from soccer activities. Below is the list of permissible items:

- Bag / backpack (preferably TUSC Adidas bag)
- Mask / face covering
- Soccer ball
- Shin guards
- Cleats / turf shoes
- Goalie gloves
- Extra uniform / pinny
- Sweatshirt / sweatpants
- Water bottle / sports drink
- Hand sanitizer
- Folding chair/beach blanket

- Mobile phone

Upon arrival at practices or games, players will be required to wear a mask/face covering from the parking area to the field and sanitize hands. Once the player engages in soccer activities, the mask/face covering may be removed. When players are not engaged in soccer activities, they will be asked to social distance and/or may choose to wear a mask/covering. When leaving the field, players will be required to wear a mask/face covering, return to their parents/guardians and leave the field/parking area immediately.

Spectators – please adhere to all field signage regarding social distancing, hygiene practices and/or designated seating areas. At most field locations, including Indian Ledge and Trumbull High School, the bleacher areas will be closed. Spectators should plan to bring their own seating and/or be prepared to stand. Social distancing of six feet will be required and all spectators should be prepared to wear a mask/face covering whenever social distancing is not possible. No individuals aside from players, coaches, referees and TUSC volunteers will be allowed to approach the playing teams' sidelines. Spectators will be required to watch from designated viewing areas around the field (as dictated by the home teams). No pop-up tents will be permitted however individual covered chair umbrellas will be allowed. When practices and/or games conclude, spectators will be expected to leave the facility as soon as possible. Individuals shall not congregate in common areas or parking lots following an event or practice.

SAFETY PROTOCOLS DURING PRACTICES & GAMES

During practices and games, all players, coaches, referees and volunteers will be required to adhere to the aforementioned protocols including social distancing, wearing a mask/face covering, sanitizing hands, not sharing personal items and limiting contact with any equipment. Teams will also not gather together in huddles nor shake hands nor exchange high-fives. Coaches, referees and volunteers will be required to wear a mask/face covering when addressing one another or the players when 6 feet of social distancing cannot be maintained. Players will also be required to keep all of their personal items in a bag/backpack when not being used, especially water bottles, masks/face coverings, soccer balls and goalie gloves.

During games and/or scrimmages, players who are on the sidelines will be required to socially distance in their own seat/chair/area on the ground. Team managers and safety volunteers will help the players establish the appropriate distancing prior to all games and/or scrimmages. Game balls will be provided by the home team and will be sanitized/disinfected before and after

the game. The same cleaning protocols will be administered to corner flags, goals and/or any other required equipment.

MONITORING & ENFORCEMENT OF FIELD RULES

TUSC adheres to a strict ZERO TOLERANCE POLICY. Similar to previous years, this applies to the conduct of players, coaches, volunteers and spectators. This year, it will also apply to adherence to the new safety protocols and procedures for Return to Play. TUSC coaches and team managers will monitor personal conduct as they have done in years past. This year, each team manager will also designate additional team parents/adults as Safety Volunteers to assist with monitoring and enforcement of the Return to Play safeguards. Any violations of the rules will be handled at the discretion of the team manager and safety volunteers on-site at the field. Individuals will be asked to leave the premise if quick corrective actions cannot be made. All violations will be reported to the TUSC Safety Director and TUSC Executive Board of Directors who have the authority to extend further corrective actions such as temporary suspension from team activities and/or removal from the club.

Questions, comments and/or concerns may be directed to the 2020-2021 Safety Director, Greg Verna (gregory.verna@gmail.com) or the main TUSC inbox (trumbullunitedsoccerclub@gmail.com).