



RETURN TO TRAINING REQUIREMENTS

(Due to Covid-19)

Applicable to all age groups

As of 5 August 2020

Version 1

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INTRODUCTION

The impact of COVID-19 resulted in the suspension of all soccer activities in early March. Since this time, WCSA has been working with Government Departments including our state and local governors, WCSA's governing body Tennessee State Soccer Association and Williamson County Parks and Recreation to reboot soccer.

The conditions set out in this document are in line with government directions as at the date of issue. This document and its conditions will be amended in accordance with any future government directives.

1. RETURN TO TRAINING

- a. TSSA (Tennessee State Soccer Association - Our governing body) Return to Play (RTP) began on May 15th, 2020.
 - i. RTP is NOT defined as “everything back to normal.” It will be with governmental restrictions. What does that mean? It means that we must observe local and state mandates regarding RTP or return-to-life.
 - ii. Executive Order No. 50 (posted on 6/29)
 - iii. This order amended and extended Order No. 38
 - iv. Extension is through August 29th, 2020
 - v. It can be amended by any future orders
- b. What? Limit contact sports with a requirement or substantial likelihood of routine close contact.
 - i. WHY? we are all still under the phase 2 guidelines where we can train with social distancing (6 feet) and have no more than 50 training at a time. Although Executive Order No.55 was announced, it needs reminder that we Tennessee State Soccer Association (TSSA) are NOT Tennessee Secondary School Athletic Association (TSSAA). The specific wording around the Executive Order No. 55 is that contact sports can resume as long as school systems are following TSSAA guidelines. Again, we are not part of the school system nor are we TSSAA. The order went on to say that it also applied to schools that are not affiliated with TSSAA. Again, the wording here pertains to schools and TSSA has nothing to do with school programs or programming. The final sentence of the order does state that non-school-sponsored athletics (this is where we fall) should follow the Tennessee Pledge and that an update regarding the Pledge will be forthcoming. As of 10:00 am CST on July 31st. That has not been completed.
- c. Social Gatherings of fifty (50) or more remain prohibited.
- d. Continue to follow non-contact recreational guidelines.
- e. Contact sports are not allowed to play but can train.

Notifications

1. WCSA is responsible for plan of action to contact CDC and notify players/club members impacted. Our state hold parents responsible to notify WCSA if family members are positive COVID.
2. In accordance with state and local privacy and confidentiality laws and regulations, WCSA should/will notify local health officials, program staff, officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA)external icon and other applicable laws and regulations.
3. WCSA will have a reporting system (e.g., letter) to notify health officials and close contacts of cases of COVID-19.
4. WCSA advises those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

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

Please note: The information in this entire document (Return to Training) is condensed but can be found in FULL here: [TSSA/WCSA COVID Plan](#) (download)

- a. *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.*
 - i. PPE should cover the nose and mouth, be breathable, consist of cotton or wick type material and follow CDC guidelines.
 - ii. 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.
- b. *For players and team/club staff that choose to wear PPE while physically exerting themselves, the following should be considered:*
 - i. Coaches are recommended to take “PPE breaks” throughout training.
 - ii. To take a PPE break, simply ensure you are more than 10 feet away from another participant and remove your mask.
 - iii. Should a player move within 10 feet, return your mask to covering your nose and mouth.

Guidelines may change based on evolving medical and health information, as well as local, state, or federal guidelines.

TSSA Stage II Recommendations Guide

Updated July 7, 2020

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

2. PRIOR TO ATTENDING TRAINING

Parents are **REQUIRED** to turn in the "Training Availability Document" at your 1st training to your assigned coach(s). The document was sent in an email and is on our website under "Parents" tab.

- a. Before participating in soccer activities participants should not attend training if in the past 14 days they have:
- b. Been unwell or had any flu-like symptoms.
- c. Been in contact with a known or suspected case of COVID-19.
- d. Any respiratory symptoms (even if mild) or are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

3. ORGANIZING TRAINING SESSIONS

To ensure we are following guidelines, fields for training will be at Williamson County Outdoor Complex ONLY. No other locations will be allowed to have training unless changes are made to our guidelines. The fields will be divided into two (2) spaces whereby no more than 30 players (excluding coaches) per half can gather to ensure the density requirement is adhered to. Please see example below.

4. CONDITIONS AND REQUIREMENTS OF TRAINING

The following conditions are to be implemented by WCSA and Volunteer Coaches:

Training Requirements:

- a. Records of attendance at training are to be maintained.
- b. No more than 30 players per half of the field (excluding coaches).
- c. Any handling of equipment is to be kept to a minimal.
- d. Maintain social distancing during breaks in training or when not training

Only essential people are to attend training sessions:

- a. i.e. players, coaches, and volunteers involved in operations and one parent/guardian(s) of participants).
- b. One Parent/caregiver is permitted for supervision purposes and if feasible they are encouraged to wait in their car / outside venue to avoid gatherings.
- c. If training bibs are used, each individual player is to be allocated a bib and each player is required to take the bib home and wash.
- d. Regular breaks are to be provided for the purpose of re-hydrating and hand sanitizing.
- e. Players are to leave the field in a staged approach.

When participating in training sessions, the following conditions are to be implemented by the Player/Parent:

- a. Players must not arrive more than 15 minutes prior to training commencing and remain in the car until 5 minutes before training to avoid gatherings.
- b. Players are to come already prepared to train – changing rooms will not be in use.
- c. Players to continue to observe social distancing during breaks in training or when not training.
- d. Players are to bring their own drink bottles and they are to be clearly labelled. No sharing of drink bottles is to be permitted.
- e. Weather: We ask that parents remain on property, in the event bad weather arrives during training.

Players are to leave the venue immediately once their training session has concluded.

5. GENERAL SAFEGUARDS

In addition to the conditions outlined above for training, it is recommended that everyone involved within WCSA continue to practice good hygiene by implementing the following measures:

The Williamson County Outdoor Soccer Complex is owned and operated by Williamson County **Parks and Recreation**. WCSA will do their best to monitor and communicate the safety/cleanliness of the complex per the guidelines below:

Hygiene – WCSA

- a. Ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant.
- b. Restrooms are open for use
 - i. They are maintained by Williamson County Parks and Recreation, not WCSA.
- c. Promote regular and thorough hand washing by volunteers and participants.
 - i. Provide sanitizing hand rub dispensers in restrooms around the venue.
 - ii. Ensure sanitizing hand rub dispensers are regularly refilled.
 - iii. Ensure soap dispensers in restrooms are regularly refilled.
 - iv. Ensure trash bins are provided around the venue.

Hygiene – Individuals

- a. Players, officials, volunteers, and/or parents/guardian(s) should carry hand sanitizer on their person in order to maintain good personal hygiene.
- b. If using tissues, place them directly in the bins provided.
- c. Seek to avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- d. No sharing of pens or clip boards, each volunteer must bring their own to venues.
- e. Parents must bring their own chair if they would like to sit on the parent sidelines.
 - i. Please refer to the “PPE” section of this document before you are a spectator at trainings.
- f. Please refrain from sitting in the bleachers or at picnic tables.

Behavior - Players

- a. The players should spread out their bags/gear at trainings (sideline behavior) to maintain social distancing during breaks, etc.

- i. Coaches should spread out cones to designate where players can keep their belongings during training. This may help with the younger age groups.
- b. No spitting at any time.
- c. Do not share drink bottles.
- d. Practice social distancing. If someone comes and stand next to you, move around the field, and ensure you implement social distancing requirements.

6. Educational

- a. Coaching curriculum will be available and sent out to help with social distancing versions of training.
- b. Certain age groups will have training on certain days.
 - i. We will do our best to keep it consistent (i.e., U14 is every Monday)
 - ii. A head coach/age group communicator will be needed for each training day
 - iii. The Head coach/communicator for each age group will need rosters collected from the other coaches on your night of training.
 - iv. Communication will be sent out to the Head Coach/Communicator for your age group to start the first weeks of training.
- c. Zoom meetings will be conducted by our governing body (TSSA) every week including all Tennessee soccer clubs and associations outlining the conditions of returning to training.
- d. A coaches' forum will be conducted via zoom/email/phone to outline the conditions and requirements of training to this who would like more information.
- e. WCSA will utilize our website, mass emails, and social media to promote the conditions associated with returning to training.
- f. Our website, mass emails, and social media will be utilized to educate players on their requirements to return to training.

