

TSF ACADEMY



COVID-19 RETURN-TO-PLAY PROTOCOL GUIDE



TSF ACADEMY RETURN-TO-PLAY PROTOCOL GUIDE

1. TSF Academy Disclaimer(s)
 - a. IMPORTANT STEPS: If you become unwell
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RETURN-TO-PLAY PROTOCOL

IMPORTANT: PLEASE READ

1. All sessions during this time are available to players registered for 2019-20 season, but **not** mandatory for players to attend.
2. Players/Parents should be 100% comfortable and confident in returning to the field before they do so. If not - then do not attend.
3. If your son/daughter feels unwell - stay home!
4. We highly recommend NO carpooling for ANY player in Phase 1, 2 & 3 of our approach.
5. Players/Parents MUST remain in their vehicle until their allocated training time slot. Do not arrive early and make your way to the field until your time slot, this is to ensure your safety.
6. Players/Parents not following or adhering to guidelines and protocols in place are putting others at risk. Please respect and adhere to all guidelines in place.
7. The current pandemic and recommendations change regularly. There is no timeline to progress through the phases of return. We will always follow the guidelines and protocols recommended by state and health authorities.
8. Bathrooms at our training sites will not be open. Please be sure your son/daughter goes prior to arriving.
9. Our priority is the health and safety of every player and family within our club.



RETURN-TO-PLAY PROTOCOL

IF YOU BECOME UNWELL

1. If your son/daughter feels unwell, become ill and COVID-19 symptoms are present at any time please follow the procedures below immediately.
2. Immediately notify, via email, your team Head Coach, Director of Coaching and Technical Director.
3. Stay at home, except to seek medical care.
4. Call your health care provider for medical advice and instructions.
5. Self isolate and stay away from others as much as possible.
6. Regularly monitor your symptoms and follow healthcare guidelines.
7. Wear a face mask if/when you must be around others.
8. Keep your team head coach, your team head coach, Director of Coaching and Technical Director in regular communication of your condition.
9. TSF is obligated to notify the team and anyone who may have come into contact with the unwell individual.



RETURN-TO-PLAY PROTOCOL

RECOVERY & RETURN GUIDELINE

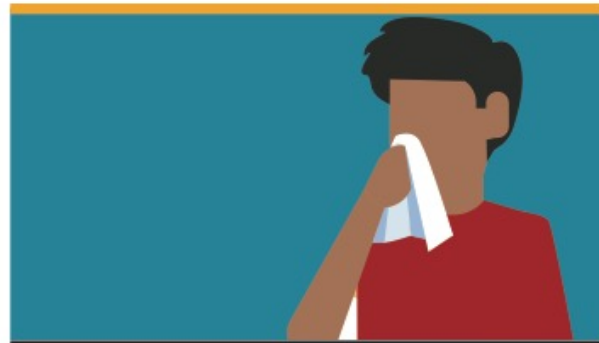
1. To return to practice after being diagnosed with COVID-19 or shown symptoms of; you must follow the following protocol and procedure
 - a. MUST show no symptoms for at least 3 days continuous;
 - b. MUST have been 10 days since symptoms first appeared,
 - c. MUST receive TWO negative test results in a row, at least 24 hours apart.
2. Send your Head Coach, Director of Coaching and Technical Director, written confirmation of negative test results from health care professional.
3. You must keep your Head Coach, Director of Coaching and Technical Director notified (via email) of your progress throughout each stage of the process outlined above.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



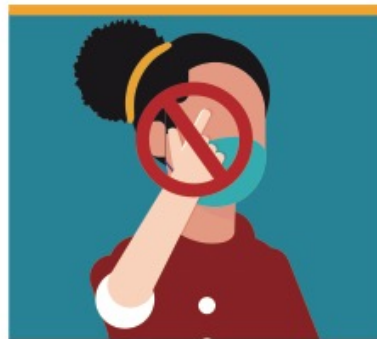
Stay at least 6 feet (about 2 arms' length) from other people.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.



When in public, wear a cloth face covering over your nose and mouth.



Do not touch your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

How to Protect Yourself and Others

Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Avoid close contact** with people who are sick.
- **Stay at home as much as possible.**
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

KEEP YOUTH ATHLETES SAFE

Reduce the Spread of COVID-19 in Youth Sports

Reduce physical closeness between players when possible

- Allow players to focus on building individual skills, like batting, dribbling, kicking, and strength training
- Limit full contact between players to game days (avoid during practice)
- Increase space between players in the practice areas, including on the sideline, dugout, and bench
- Avoid high fives, handshakes, fist bumps or hugs



Minimize sharing of equipment or gear

- Encourage players to bring their own equipment, like gloves, balls, and helmets (if possible)
- Clean and disinfect shared items between use



Limit travel outside of your area

- Consider competing against teams in your local area (neighborhood, town, or community)

Identify small groups and keep them together

- Avoid mixing between groups
- Stagger the arrival and drop off of each group to limit interaction
- Have scrimmages within team to limit exposure



Implement plans to **space out spectators by 6 feet** at games or competitions. Limit nonessential visitors, spectators, and volunteers.

Lower Risk



Higher risk



Skill-building drills at home



Within-team competition



Full competition from different areas



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

TSF ACADEMY RETURN-TO-PLAY PHASED TRAINING APPROACH



Our four-phase approach to return-to-play will be in adherence to all recommendations and guidelines as stated by state and health authorities. The health and safety of all our families is of the utmost importance and no player is required to participate if they do not feel comfortable and confident to return. Please note all information is subject to change based on updated information provided to us by the relevant experts and clearance.

<p>PHASE ONE</p> <p>MINIMUM 2 WEEKS</p>	<p>Physical & Social Distancing enforced both on and off the field. There will be no contact between players as they will be working on individual technical training.</p> <p>Players working in their own specified 10 x 10 area to enforce 6-foot distancing recommendation. Group sizes dictated by space available and facilities.</p> <p>Sessions are maximum 60 minutes, with 15 min buffer between sessions to allow players to leave and arrive without overlap. If arrive early - please DO NOT leave your car until allotted session time.</p>	<p>Players must bring their own ball, and not share any items. Players/Parents should sanitize all equipment items before and after every session.</p> <p>Players should wear face mask on arrival and departure from field.</p> <p>No Carpooling and all parents, guardians and siblings should remain in their cars always, and should not congregate before, during or after sessions. Parents recommended to complete the daily health check.</p>
<p>PHASE TWO</p>	<p>On-Field Contact Limited - 1 v 1, 2 v 2, 3 v 3 once restrictions relaxed by state (groups of 12 or less).</p> <p>Physical/Social Distancing is still enforced off-the-field.</p> <p>Sessions are maximum 60 minutes, with 30 min buffer between sessions.</p>	<p>Players must not share any items (excluding soccer ball). All equipment should be sanitized before and after every session.</p> <p>No Carpooling and all parents, guardians and siblings should remain in their cars. Spectators permitted but must maintain social distancing and no contact with players/coaches.</p>
<p>PHASE THREE</p>	<p>In-house small-sided scrimmages allowed (4 v 4 to 7 v 7).</p> <p>Physical/Social Distancing is still enforced off-the-field.</p> <p>Sessions are maximum 75 min.</p>	<p>Players must not share any items. Players/Parents should sanitize all equipment items before and after every session.</p> <p>No Carpooling and all parents, guardians and siblings should remain in their cars. Spectators permitted but must maintain social distancing and no contact with players/coaches.</p>
<p>PHASE FOUR</p>	<p>No restrictions on training, physical contact limited (handshakes, high fives etc. still avoided). Next step would be resumption of competitive play once permitted by local and state authorities.</p>	<p>Players must not share any items. Players/Parents should sanitize all equipment items before and after every session.</p> <p>Spectators permitted but must maintain social distancing and no contact with players/coaches.</p>

TSF ACADEMY RETURN-TO-PLAY PHASED TRAINING APPROACH



RETURN-TO-PLAY PROTOCOL ON-SITE SAFETY

1. Each facility will have set arrival and departure guidelines. Players and Coaches **MUST** wear masks on arrival/departure and maintain 6 ft. physical distancing always.
2. There will be a designated area at each facility, for players to wait for pickup or if they feel ill or unwell at any-time. We highly recommend that parents do not go too far away from the field during sessions in case of an emergency and be prompt in pick-up.
3. All players **MUST** check-in on arrival, where they will be asked how they feel and enforce all necessary protocols in place. On arrival players, will be directed where to go, this should remain the same for all sessions during that specific phase of return.
4. Parents must not leave their vehicle to avoid any congregations and/or additional number of people on site.
5. In addition to coaching staff on the field, there will be an on-site staff member as site supervisor, to monitor and enforce protocols for players, coaches and parents.
6. Bathrooms will not be open to players, to reduce additional contact with surfaces with multiple players.

TSF ACADEMY RETURN-TO-PLAY PHASED TRAINING APPROACH



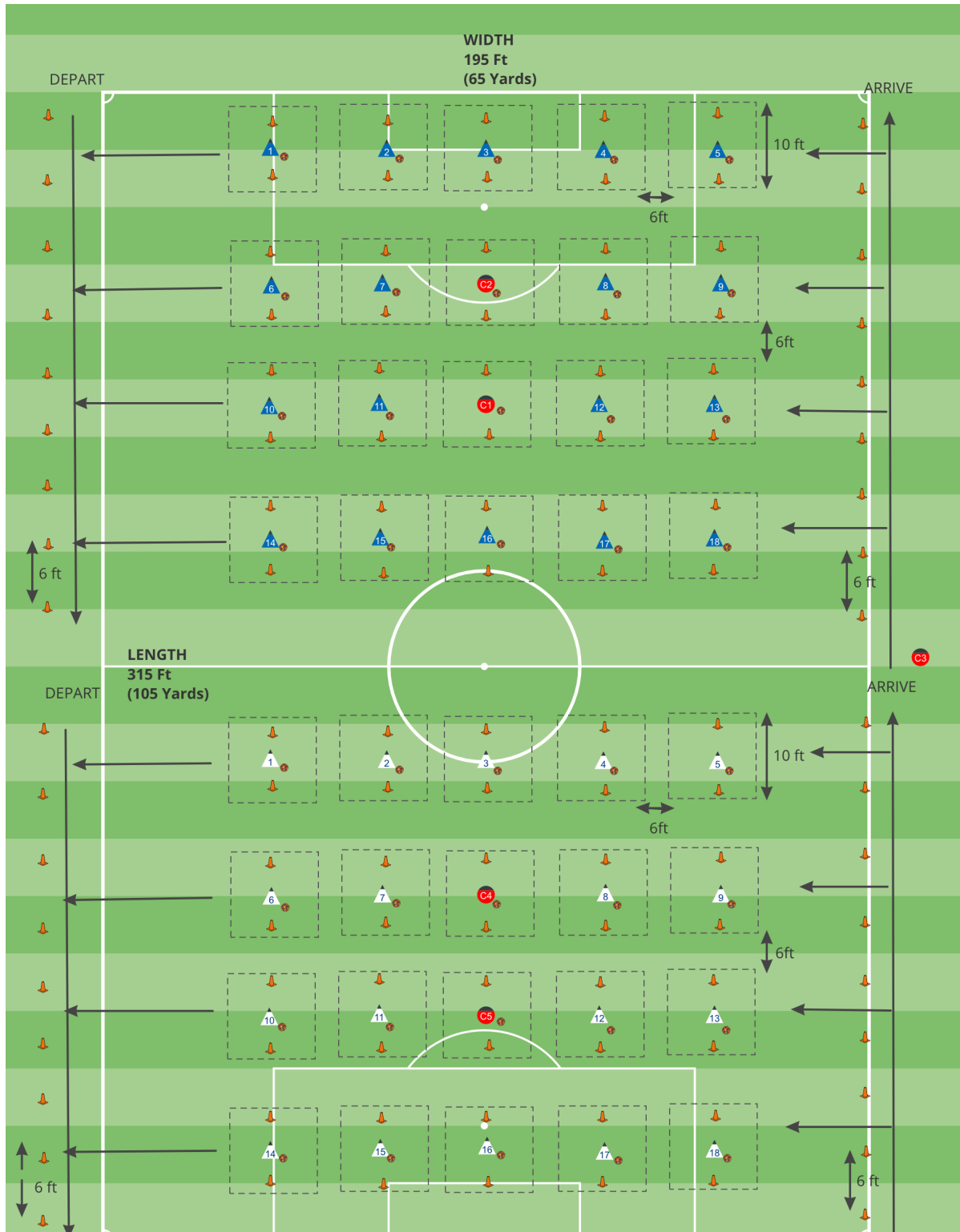
We will be prepared at any time to take a step back and revert to an earlier stage, or potentially shut down operations, if:

- A cluster of infections occurs
- Inability to maintain COVID-19 prevention and response protocols
- Inability to track and/ or isolate players and staff
- External factor exposes a COVID-19 risk to your team or club
- Changes to public health guidelines regarding group gatherings

TSF ACADEMY RETURN-TO-PLAY PHASED TRAINING APPROACH



PHASE ONE FULL-SIDED FIELD LAYOUT



TSF ACADEMY RETURN-TO-PLAY PHASED TRAINING APPROACH



PARENT RESPONSIBILITIES

1. You do not have to send your child to any organized practice until you are fully confident and comfortable to do so. Phased Plan Sessions will be optional.
2. Ensure your child is healthy and check your child's temperature before activities with others.
3. You must complete the Hold Harmless Liability Waiver prior to attending. See Appendix - this should be completed online (link will be sent with schedule separately) - we will not accept paper copy.
4. Follow TSF safety check prior to each session.
5. Stay in car and adhere to social distance requirements, based on state and local health requirements.
6. Ensure washing (e.g. hands) takes place before, during and after every training session.
7. Ensure clothes and equipment (clothes, cleats, ball, shin guards etc.) are sanitized before and after every training.
8. Notify your club/coach immediately if your child becomes ill for any reason.
9. Do not assist your coach with equipment before or after training.
10. Be sure your child has necessary sanitizing products with them at every training.

TSF ACADEMY RETURN-TO-PLAY PHASED TRAINING APPROACH



PLAYER RESPONSIBILITIES

1. Wash hands thoroughly before and after training.
2. Bring and use hand sanitizer at every training.
3. Encouraged to wear a mask before and immediately after all training.
4. Do not touch or share anyone else's equipment, water, snack, or bag.
5. Practice social distancing, place bags and equipment at least 6 feet apart.
6. Wash and sanitize all equipment before and after every training.
7. No group celebrations, no high 5's, hugs, handshake, etc.

TSF ACADEMY RETURN-TO-PLAY PHASED TRAINING APPROACH



COACH RESPONSIBILITIES

1. Prioritize the health and safety of the participants.
2. Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
3. Exercise reasonable care to ensure all athletes have their own individual equipment (ball, water, bag etc.) and station on the sideline for their equipment (e.g. backpack).
4. Coaches will have masks with them all time to deal with any emergency etc., arrival and departure.
5. Coach should maintain physical distance requirements from players based on state and local health requirements and exercise reasonable care to ensure players practice appropriate physical distancing (e.g. prohibit high-5s, hugs, handshakes, fist-bumps, etc.).
6. Ensure coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance. Coaches will not use scrimmage vests, or pinnies for the immediate future. Player will be requested when in contact phases.
7. All training should be conducted outdoors and compliant with physical distancing per state or local health guidelines.
8. Have fun, stay positive - players and parents are looking to you for leadership.

APPENDIX



COVID-19 RETURN-TO-PLAY PROTOCOL GUIDE

PLEASE READ CAREFULLY
COMMUNICABLE DISEASE/COVID-19



RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate, and agree that:

I am aware there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from an outbreak of any and all communicable disease, including but not limited to, the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof.

Participation in The Sports Factory, TSF Academy, Etienne Soccer School programs, events, and activities involves the potential exposure to, and illness from infectious, communicable diseases, including COVID-19. While following Federal and State guidelines as well as our own safety protocols may reduce the risk, **THE RISK OF SERIOUS ILLNESS AND DEATH DOES EXIST. THE SPORTS FACTORY, TSF ACADEMY, AND ETIENNE SOCCER SCHOOL CANNOT, AND DOES NOT GUARANTEE, WARRANT, OR REPRESENT THAT PARTICIPANTS WILL NOT CONTRACT A COMMUNICABLE DISEASE, INCLUDING BUT NOT LIMITED TO COVID-19, AS A RESULT OF PARTICIPATION IN ITS PROGRAMS, EVENTS, OR ACTIVITIES**

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS The Sports Factor, TSF Academy, Etienne Soccer School**, its officers, officials, agents and/or employees, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (RELEASEES), from any and all claims, demands, losses, and liability arising out of or related to any **ILLNESS, INJURY, DISABILITY OR DEATH** I may suffer, **WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE**, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Name _____ Birthdate _____

Street Address _____

City _____ Zip _____

Parent/Guardian's Name _____

Emergency Phone (_____) _____

Parent/Guardian's Name _____

Emergency Phone (_____) _____

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES**, to the fullest extent permitted by law.

X _____
Parent/Guardian Signature _____ Date _____

PLEASE READ CAREFULLY
DAILY PARENT CHECKLIST



For every training session, your son/daughter attends, parents should ask themselves and check the following; prior to leaving home for the session.

1. My son/daughter has demonstrated no signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days.

2. We understand that if the coach suspects illness, my son/daughter will be sent home immediately.

3. My child's temperature was taken <date / time>_____ and was _____. If this is above normal temperature, please do not attend today.

4. I have sanitized/cleaned all required equipment **before** and **after** each session attended. This includes individual soccer ball, cleats, uniform, shin-guards.

5. My son/daughter has hand sanitizer with him/her.

6. We understand the rules regarding to need for my son/daughter to continue to exercise physical distancing during sessions and will respect these rules.

7. We are not car-pooling with any other family and understand parents must remain in their own vehicle always, before, during and after the session.