



RSC RETURN TO PLAY PROTOCOL

The purpose of this document is to provide players, their families, and staff with guidelines for returning to in-person activities in the context of COVID-19. The health and safety of our RSC family is our guiding priority.

Although, the young and healthy may be subject to less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly, particularly in those with risk factors that may occur within our communities. Health consequences may be long-standing and only apparent weeks after initial infection and recovery. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of eliminating the risk of infection.

IF YOU AREN'T COMFORTABLE WITH RETURNING TO PLAY, DON'T.

Introduction

Randolph Soccer Club (RSC) has outlined specific guidelines and steps that will be taken to reduce the risk of infection amongst our players and staff in accordance with national and local guidelines and restrictions. In addition to the recommendations outlined within this document, the following protocols will be in place:

- a) RSC will use Tammy McConnell (randolphsc.nj@gmail.com) as the lead/contact person for matters relating to COVID-19 in terms of prevention, event planning, case reporting, and dissemination of information.

b) A parent or guardian for every player participating will be required to complete RSC's Communicable Disease Waiver. A signed waiver must be turned in the first time a player attends an RSC session this summer. This form can be found on RSC's website. An electronic version will be posted to the registration system for completion during team formation, once we get to that point.

b) Players and staff will be required to check their temperature at home prior to attending a session. Players or staff must report a high temperature (≥ 100.4 degrees F) and/or any symptoms. For now, there will be a brief hard copy RSC Health Questionnaire that must be submitted by the player at check in every time prior to participation in an RSC activity. This document will be posted to RSC's website, along with sharing the link to it electronically. Think of this completed paper form as an entry ticket for your player to be allowed onto the field for each session.

d) All case reporting will go through our lead contact person named above, to club membership and club staff. She will coordinate appropriate communication in line with state, local health guidance and privacy laws should any exposure issues arise.

f) RSC will work in accordance with all CDC guidelines regarding returning to youth sports: [Centers for Disease Control and Prevention \(CDC\) Guidance on Youth Sports](#), along with New Jersey's regulations: [NJ Department of Health Guidance for Youth Sports Activities](#).

g) In conjunction with Randolph's Parks Department, RSC will ensure that there is highly visible reminder signage and other aids around the fields we use to remind everyone about physical distancing protocols, face covering requirements, and good hygiene practices.

Back to Training Plan

RSC's plan is built on the foundation of New Jersey Youth Soccer's phased return to play guidelines. NJYS Phases 1 & 2 involved virtual sessions only, with players at home. NJYS Phase 3 officially began on June 22nd with group training sessions allowed that maintained physical distancing (at least 6 feet), no sharing of water/equipment (ball permitted), use of PPE by coaches, among other adjustments. In conjunction with Governor Murphy's June 15th announcement that he anticipates that traditional practices and competitions may resume for medium-risk sports, such as soccer, by July 6th, NJYS Phase 4 is projected to begin that week. Per NJYS, Phase 4 is a full return to play with no training restrictions other than no sharing of water or equipment, except for balls. Players must remain 6 feet apart when off the field.

RSC will be resuming training sessions/tryouts on July 7th, with the following RSC plan in place. RSC is taking a cautious approach to resuming activities; so our approach will be closer in form to NJYS' Phase 3 than Phase 4 as we start.

1. Prior to attending any training event, a parent must check his/her player's temperature at home. Players must not attend training if they have a fever (≥ 100.4 degrees F). For now, there will be a brief hard copy RSC Health Questionnaire that must be submitted by the player every time prior to participation in an RSC activity. This form can be found on RSC's website.
2. Any player reporting or demonstrating symptoms of illness at any point will be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
3. Each group will be given a designated time to arrive and depart the field. Times will be staggered with specific separate travel paths designated to preserve physical

distancing during arrival and departure between players and different groups. Players must wear a cloth or disposable face mask during arrival and departure; players need not wear a mask while actively participating in training activities. Masks must be worn going to and from the bathroom and at any other time training staff indicates. Players must bring their own hand sanitizer, their own labeled ball, and water for their personal use. It is essential that anything a player brings to the field is clearly labeled and easily visually recognizable (bags should have ribbon/tape/something on the top handle to make it easily distinguishable for your player). Everything brought to the field must be disinfected after each use.

4. Each player will have a physically separated location designated for his/her water/sanitizer/gear (bring as little as needed) near the group's training space. Players should avoid touching or sharing anyone else's gear (water, sanitizer, bags, etc.). Please respect and practice physical distancing. No group celebrations of any kind (high 5s, fist bumps, etc.).
5. Staff will minimize the use of shared equipment, with anything used, such as cones, disinfected regularly. Pinnies will not be used at this time. Staff will wear cloth or disposable face masks during sessions when coaching within 10 yards of players. They will check their temperature and submit a completed health questionnaire each day they have sessions.
6. Staff will be trained on how to facilitate appropriate social distancing both on and off the field for the players from arrival to departure each session. Staff will know how to handle an injury or illness emergency should an incident arise during practice.

7. Parents must determine when they are comfortable with their player returning to play. For those who do return, it is essential that you are honest and transparent with the club. We will need your support in terms of respecting all RSC return to play policies (send your player wearing a mask with the completed Communicable Disease Waiver for the first session; send your player with a completed RSC Health Questionnaire for every session attended; be sure your player brings a ball, water and sanitizer to every session; sanitize clothes; disinfect gear after each session). It is important that we all model physical distancing around RSC activities. Please plan to stay in your car at Heistein during sessions in case of injury, illness or weather issues. Please review what to expect with returning to play for RSC with your player before he/she attends a session.

8. See below for summaries of responsibilities for each of the parties involved in RSC activities:

Club Responsibilities

- Distribute and post return to play protocol to all members
- Be understanding with parents/players that may delay returning to play
- Provide adequate field space for physical distancing (minimum of 6 feet)
- Have an effective communication plan

Trainer Responsibilities

- Follow all return to play protocols
- Send home players if they are not feeling well
- Provide adequate physical distancing for players when not engaged in on field activities
- Ensure all players are not sharing water/equipment (ball passing by foot is allowed)
- Wear a face mask when coaching within 10 yards of players

- Only coach handles equipment
- Be understanding to parents/players that may delay returning to play

Parent Responsibilities

- Complete and have your player turn in a hard copy of [RSC's Communicable Disease Waiver](#) at his/her first session
- Check your child's temperature before any team related event
- Complete and have your player bring a hard copy of [RSC's Health Questionnaire](#) to every RSC session he/she attends
- Notify RSC (Tammy) immediately if your child becomes ill or if possible COVID-19 exposure issues arise for your family
- Ensure your child has sanitizing products, plenty of water and a ball at sessions
- Stay in the car and adhere to social distance requirements if you need to leave your car
- Ensure washing (e.g. hands) takes place before and after every session
- Ensure clothes and equipment are sanitized before and after every session

Player Responsibilities

- Bring and use hand sanitizer
- Be open and transparent with your trainer
- Place bags and equipment at least 6 feet apart
- Do not touch or share anyone else's equipment, water or bags
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Respect and practice physical distancing
- Wear mask before and immediately after events (arrival and departure)
- Wash hands thoroughly and immediately after events
- Wash and sanitize all equipment before and after events