

Timberwolves Soccer Club

Protocols for NH's Stay at Home 2.0 Amateur and Youth Sports

I. General Overview Timberwolves Soccer Club (TSC): Phase 1: Club Protocols

The Board of TSC has designed the following system of protocols in response to the large desire of our members to begin summer training before the fall season. We have polled our 2019-2020 members to gain an understanding of their level of interest with moving forward with summer training. Along with the poll questions, each member of TSC received a copy of the NH Stay at Home 2.0 COVID-19 Reopening Guidance available through the Governor's Office.

The results were overwhelmingly in favor of us moving forward with providing soccer training in some form.

Question/Results:

"After receiving NH's Covid-19 Reopening Guide and having a clearer understanding as to the changes that will be required for soccer, what is your level of interest with participating in soccer training this summer?"

Response Options:

- Yes, we want to play 78%
- No, I do not want to play 10%
- Unsure, still not enough information 12%

*Polling will be done electronically using Survey Monkey

The system of protocols we have created are intended to help ensure that our members (Board members, coaches, parents and players) are doing everything possible to remain safe and compliant while participating in some form of on the field workouts. To develop our protocols, we have drawn from NH state guidance, NH Soccer Association (NHSA) and our Board in order to create what we believe is the most compliant environment possible. We have included 100% guidance offered by the state and NHSA and in many cases created a more stringent level of compliance than either of these entities are suggesting. In addition, the reopening of youth sports will likely be continuously evolving over the coming weeks/months. We believe that by having one all-encompassing

document we will create a more efficient and fluid process for understanding, educating, monitoring and updating our protocols in the weeks and months to come.

II. General Guidance to Protect All Staff and Athletes

1. Review and Follow Universal Guidelines for all New Hampshire Employers and Employees
2. Review and follow CDC guidance for cleaning and disinfection.
3. Face Coverings - Participants: All staff, volunteers and athletes should bring to every session and wear reusable/cloth face coverings over their nose and mouth when around others and not actively engaged in athletics and when social distancing is not possible.
 - a. Provide training on cloth face coverings based on CDC guidance for Use of Cloth Face Coverings.
 - b. Review the NH DHHS information about using cloth face coverings.
 - c. People wearing face coverings must not touch the eyes, nose, mouth or face, or adjust the face covering without first sanitizing hands. After touching face or adjusting face covering, hands must be sanitized.
4. Face Coverings - Spectators: Parents/guardians of minors who bring a player to the field for a session will be asked not to spectate. They will be asked to return to their cars, go for a walk or return home until the conclusion of the session. In the event this is not feasible, and it is cleared with the coaching staff they will be asked to wear cloth face coverings while around other attendees, staff, and athletes when social distancing is not possible.
5. Sanitizer: Alcohol-based hand sanitizer with at least 60% alcohol must be readily made available to coaches and athletes and always kept with team equipment. While coaches will have sanitizer for the teams, TSC will also request parents provide their athlete with it as well.

Frequent hand hygiene is required including, but not limited to, hand hygiene upon arrival, after touching a person's face or face covering, and prior to leaving the event.

6. Commonly Touched Surfaces: Commonly touched surfaces at any town field will be cleaned and disinfected according to CDC guidance at the end of each session. If during a session an athlete, coach or the team safety officer come in contact with fencing around the park this area of the fencing will be subject to the required cleaning.

If multiple sessions for the same team are scheduled for the same day, coaches will clean and disinfect at the end of the final session.

If multiple sessions for the same coach and two different teams are to occur on the same day, then commonly touched areas are required to be cleaned and disinfected prior to the start of any new session.

7. Cleaning Supplies: Cleaning supplies and disinfectants will be provided by TSC to all teams throughout the duration of the season.
8. Equipment: Coaches alone shall be permitted to touch training equipment (discs, cones, etc.). If training bibs or pinnies are needed, players must bring their own colored shirts. For example, a coach should require each player to bring or wear a dark and a light t-shirt to play. If for any reason a training bib or pinnie is used by a player, it must be immediately isolated (put into a separate laundry bag) and not used again by any other individual until it is laundered. Players must use their own soccer ball. There will be no throw-ins and no activity will include picking up a ball with your hands. Players will be discouraged from handling any soccer ball other than their own.
9. Commonly Used/Shared Equipment: Sharing of equipment among players will no longer be permitted during any one session. If a coach or team is hosting multiple sessions on the same day all team equipment that was used will be properly cleaned and disinfected according to CDC Guidance at the end of each session
Whether it be a practice, game or multiples of either within the same day Coaches will ensure no equipment, except balls, will be shared among players, coaches or team safety officers.
Shared equipment would include but not limited to....
During Phase 1: TSC made the decision to not allow any coach/team/athlete to use shared goalie equipment. Only athletes who bring personally owned goalie equipment will be allowed to use it during their sessions, and it can only be used by the athlete who owns the gear.
10. Social Distancing: Coaches, team safety officers, athletes and all other attendees will be reminded to maintain a distance of at least 6 feet from others,
11. Team Safety Officer: Each team will be required to assign a minimum of one person over the age of 18 to serve as their safety officer for each session. A session includes any form of TSC sponsored practice, clinic, or competition in which a team or athletes registered to TSC participates.
TSC requires that the safety officer be adequately trained on the state, town, NHTSA and TSC rules for engagement prior to serving. There is no requirement that this individual be the same for all sessions, only that they understand the role and rules in which they are to enforce.
If the team safety officer concludes there has been a violation of the rules the person(s) in violation will be required to disinfect as needed, be explained their infraction and reeducated on the rules of engagement. If a second infraction of these rules occurs over the course of the same day they will be asked to leave for the remainder of the day or session whichever is longer. Refusal to do so will result in cancelation of the team session(s) for the remainder of the day.

III. Employees, Volunteer and Athlete Protection

1. Education/Training: TSC will provide required education/training for all our coaches (Head and Assistant) and team safety officers. This training session must be completed before any individual may be considered to serve in any capacity for any team or TSC event.

The training will include:

- a. Providing electronic/hard copies of the NH guidance, NHSA and TSC Protocol for COVID-19
 - b. Classroom like educational session performed by TSC Safety Officer via webinar or phone call which reviews in its entirety this TSC Protocol document
 - c. By appointment in-season sessions with TSC Safety Officer for individual seeking to be added to a team in the capacity of a coach or team safety officer
2. Social Distancing: Athletes, coaches and team safety officers must always maintain at least 6 feet apart from others.
 3. Symptoms: TSC requires all athletes, coaches and team safety officers report any symptoms of COVID-19 or close contact to a person with COVID-19 to a coach. No one should attend events if they feel sick.
 4. Screening Participants: All participants (athletes/coaches/team safety officers) should be screened on arrival at each session or practice by having their temperature taken and shall be asked if they:
 - a. Have any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms).
 - b. Have had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days.
 - c. Traveled in the past 14 days either:
 - i. Internationally (outside the U.S.)
 - ii. By cruise Ship, or
 - iii. Domestically (within the U.S.) outside of NH, VT or ME on public transportation (e.g., bus, train, plane, etc.).
 5. Screening Logs: At this time we are having coaches provide their athlete's parents, assistant coaches and team safety officer with a COVID-19 Screening Form that is required to be completed and signed by the parent or staff and delivered to the coach or team safety officer prior to each session.
If the COVID-19 Screening Form is not provided prior to the session the athlete, coach or safety officer will not be allowed to participate. If the safety officer is not allowed to participate and cannot be replaced the session will be cancelled.
Currently, we are exploring alternatives that will allow us to satisfy this requirement using an electronic platform.
 6. Self Isolate/Quarantine: Person(s) with any COVID-19 symptoms, those who report close contact with someone suspected or confirmed with COVID-19, or those reporting travel risk factors are **not** allowed to participate/attend.

- a. Symptomatic persons will be asked to contact their health care provider to be tested for COVID-19 and self-isolate at home following the instructions for self-isolation.
 - b. Asymptomatic persons reporting close contact with someone suspected or confirmed with COVID-19, or who report one of the travel related risk factors will be asked to self-quarantine for 14 days from their last exposure or return from travel.
7. Suspected/Confirmed COVID-19: Person(s) with suspected or confirmed COVID-19 must stay home until symptom-based criteria are met for discontinuation of isolation:
 - a. At least 10 days have passed since symptoms first appeared
AND
 - b. At least 3 days (72 hours) have passed since recovery (recovery is defined as resolution of fever off any fever reducing medications plus improvement in any other symptoms)
8. Transportation: Coaches, team safety officers and other volunteers should not transport any athletes that are not immediate family members. In the event that this becomes necessary, all parties must wear cloth face coverings and space out seating to maintain maximal distance from each other.
9. Spectators: Parents and other spectators will be asked not to attend any sessions or remain in their car during the session. In the event this is not feasible, and it is cleared with the coaching staff they will be asked to wear cloth face coverings while around other attendees, staff, and athletes when social distancing is not possible.

Those who do not adhere to these requirements will be asked to leave the session and area. If they refuse to leave the session it will be terminated immediately.
10. Food and Water: Food will not be allowed at any session unless for those with medical concerns (i.e. diabetic). This includes items that may not be considered food such as gum.

Water and other forms of hydrations are allowed and encouraged for every session. There will be NO SHARING of water bottles or the like by any who are participating in a session. TSC will make it clear to our parents the importance of their athlete bringing an ample supply of their own hydration to each session for which they participate.

IV. Business Process Adaptations

1. Skills and Drills Only: Sessions will be limited to small group or team-based training activities. No competition sporting events or contact sports are allowed. The activities for each session will focus on skills and drills that can be developed while maintaining physical distancing.
2. Group Size: Is limited to 50 total people or less (Example: 45 athletes, 4 coaches and 1 team safety officer).

3. Larger Groups: Larger or multiple groups can practice in one large area/field if the separate groups do not mix or interact in any way (e.g. no floating of coaching or support staff, and no interaction between athletes of different training groups).
 1. For groups of greater than 50 we will permit coaches to divide their group into smaller size and host sessions in one of the following ways
 - a) Hosting multiple sessions for smaller sized groups
 - b) Hosting sessions on different areas of the field (requires more than one coach)If a coach has decided to divide teams while holding one session, we require two coaches must be present. Each coach is required to remain with the same athletes throughout the entire session. No floating of coaches is permitted.
4. Outdoors Only: All training sessions and classes must take place outdoors.
5. Social distancing: Training sessions should be planned and implemented to maintain the minimum of 6 feet of distance between all participants and coaches. In circumstances where closer contact for brief periods of time is necessary, staff and athletes must wear cloth face coverings as discussed above.
6. Home State: A 14-day self-quarantine is required if a coach, safety officer or athletes has traveled domestically outside of NH on public transportation, internationally or by cruise ship. In addition, we require parents self-report this travel to the respective coach or safety officer who will capture this information in the team log.
7. Sanitizer: Coaches will carry hand sanitizer with team equipment. Players should carry hand sanitizer in their personal equipment bag.
8. Personal Equipment: Players shall bring their own equipment and not share their personal equipment with other players.
9. Sanitization Breaks: Sanitization and water breaks will be determined by coaches and occur no less than every 45 minutes during any session. Both coaches and players will be advised to maintain supplies of sanitizer as part of their respective equipment.
10. Water Bottles: Athletes are required to bring their own water bottles. No sharing or common use water bottles or drinking stations.
11. Athletes Equipment Bags: Bags/backpacks of athletes must be placed 6 feet apart. Athletes should not touch other players' bags, equipment, or water bottle.
12. Isolation Area: An isolation area should be identified and communicated to all participants at the beginning of every training session for participants that develop symptoms during the activity.
13. Trash: Coaches shall bring a trash bag to each session to help remove all garbage following the session.
14. Waivers: TSC shall require players' parents/guardians to sign usual participation waivers outlining the additional risk due to COVOD-19 associated with the activity.

V. Additional Items Not Addressed in the Current State Guidelines

1. Duration of Sessions: Phase 1 of NH Guidelines allows for only “skills and drills” sessions. We require our coaches to limit each session to 90 minutes. If multiple sessions were to be conducted over the same day, we are requiring the coach allow adequate time between sessions for equipment to be cleaned and disinfected.
2. Restrooms: At this time, no restrooms or porta-potties will be available to our participants. In order to help prevent the need for restrooms we will be providing clear notification to our members regarding the absence of restrooms and limiting the time for each session to 90 minutes or less, This will help us manage restroom needs for those participating in the sessions. If a situation should arise where there is a significant need for a bathroom, we would ask the parent to bring their player home. Most of our athletes live within 10 minutes of the fields.