



TIMBERLANE YOUTH SOCCER LEAGUE

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Serving the Youth of Atkinson, Danville, Plaistow, and Sandown

Timberlane Youth Soccer League

Safety Protocols

I. General Overview

Timberlane Youth Soccer League (TYSL):

Club Protocols : March 23, 2021

Revision 2:

The Board of Directors of TYSL has designed the following system of protocols to offer recreational soccer during reopening amid the COVID-19 pandemic. The system of protocols we have created are intended to help ensure that our members (players, coaches, volunteers, families) are doing everything possible to remain safe and compliant while participating in soccer. To develop our protocols, we have drawn from:

- State of New Hampshire : Safer At Home COVID-19 REOPENING GUIDANCE for Amateur and Youth Sports (January 12, 2021)
<https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/2020-05/guidance-amateur-youth-sports.pdf>
- New Hampshire Soccer Association : Return to Play Protocol
https://soccernh.com/nhsa_rtp-protocol/
- TYSL Board of Directors input

We have included 100% guidance offered by the state of NH and NHTSA, 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. 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.

TYSL will:

- 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. Advise that 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: All spectators should bring to every session and wear reusable/cloth face coverings over their nose and mouth when around others and 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, TYSL 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 TYSL to all teams throughout the duration of the season.
8. Equipment: Coaches alone shall be permitted to touch training equipment (discs, cones, etc.). Pinnies will be loaned to each player, who will exclusively use that pinney over the course of the season and bring it with them to every session. Players must use their own soccer ball. Players will be discouraged from handling any soccer ball other than their own during practices. If a player does not bring a ball and borrows a team ball, the player will exclusively use that ball over the course of the practice.
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.

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, when not actively playing on the field.
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 TYSL sponsored practice, clinic, or competition in which a team or athletes registered to TYSL participates. TYSL requires that the safety officer be adequately trained on the state, town, NHSA and TYSL 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 re-educated 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: TYSL 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 TYSL event.
The training will include:
 - a. Providing electronic/hard copies of the NH guidance, NHSA and TYSL Protocol for COVID-19
 - b. Classroom-like educational session performed by TYSL safety officer via webinar or phone call which reviews in its entirety this TYSL Protocol document
 - c. By appointment in-season sessions with TYSL 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, when not actively playing on the field.
3. Symptoms: TYSL 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 10 days.
 - c. Traveled in the past 10 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.).
 - iv. NOTE: You do NOT need to quarantine for 10 days or get tested for COVID-19 if either of the following apply:
 - 1. You are fully vaccinated against COVID-19 and more than 14 days have passed since you received the second dose of your COVID-19 vaccine.
 - 2. You have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if you had a previous infection that was more than 90 days ago, you must still follow all quarantine requirements).
5. Screening Logs: Safety officers will record all player names and screening results. If no safety officer is present, the session will be cancelled.
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 10 days from their last exposure or return from travel.
 - c. NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer “no” to this question.
 - d. NOTE: You do NOT need to quarantine for 10 days or get tested for COVID-19 if either of the following apply:
 - 1. You are fully vaccinated against COVID-19 and more than 14 days have passed since you received the second dose of your COVID-19 vaccine.
 - 2. You have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if you had a previous infection that was more than 90 days ago, you must still follow all quarantine requirements).

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 24 hours have passed since last fever (off any fever-reducing medications)
AND
 - c. Symptoms have improved; or
 - d. Approved COVID-19 testing is negative, at least 24 hours have passed since their last fever (off any fever reducing medications) and symptoms have improved.
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: During practices, parents are encouraged to wait in their car. All spectators should bring to every session and wear reusable/cloth face coverings over their nose and mouth when around others and 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. TYSL 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. Practices: Sessions will be limited to a single team in one location. The activities for each session will focus on skills and drills that can be developed while maintaining physical distancing.
2. Group Size: There is no limit on group size, provided social distancing can be maintained. Games will be limited to two teams in one location.
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 groups).
 1. For larger groups, 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 sessions and meetings must take place outdoors. In the case of a rainy day, activities will not move indoors.
5. Social distancing: 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 10-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: TYSL shall require players' parents/guardians to sign usual participation waivers outlining the additional risk due to COVID-19 associated with the activity.

V. Additional Items Not Addressed in the Current State Guidelines

1. During the season, if any player tests positive on a team, all players on any team which have been recently in contact are required to follow the protocol listed under *III. Employees, Volunteer and Athlete Protection, 6. Self Isolate/Quarantine.*

2. Players under the age of 16 are required to be accompanied by a parent when checking in with the safety officer before a session.
 3. Player benches will be taped off to maintain distancing for players substituting off the field, but players are encouraged to bring their own folding camp chair to sit spaced apart.
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Document Revisions

Revision 2 – March 23, 2021

Throughout document, regarding quarantine/contact

Change From: 14-day Change To: 10-day

Reason:

State of New Hampshire January 12, 2021 revisions

III. Employees, Volunteer and Athlete Protection, 4. Screening Participants, c. Travel

Add:

iv. NOTE: You do NOT need to quarantine for 10 days or get tested for COVID-19 if either of the following apply:

1. You are fully vaccinated against COVID-19 and more than 14 days have passed since you received the second dose of your COVID-19 vaccine.
2. You have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if you had a previous infection that was more than 90 days ago, you must still follow all quarantine requirements).

Reason:

State of New Hampshire January 12, 2021 revisions

III. Employees, Volunteer and Athlete Protection, 6. Self Isolate/Quarantine

Add:

c. NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer “no” to this question.

d. NOTE (same as iv. NOTE above)

Reason:

State of New Hampshire January 12, 2021 revisions

III. Employees, Volunteer and Athlete Protection, 7. Suspected/Confirmed COVID-19

Change From: 3 days Change To: 24 hours

Add:

c. Symptoms have improved; or

d. Approved COVID-19 testing is negative, at least 24 hours have passed since their last fever (off any fever reducing medications) and symptoms have improved.

Reason:

State of New Hampshire January 12, 2021 revisions

V. Additional Items Not Addressed in the Current State Guidelines

Remove:

1. Players in U4 and U6 ages will not yet be allowed to participate, only U8-U19.

Change From:

2. Teams will be paired to limit exposure, and grouped by town when possible. Paired teams will play each other every week, in all divisions. During the season, if any player tests positive on a team, both teams are quarantined for 14 days.

Change To:

During the season, if any player tests positive on a team, all players on any team which have been recently in contact are required to follow the protocol listed under *III. Employees, Volunteer and Athlete Protection, 6. Self Isolate/Quarantine.*

Reason:

TYSL Board of Directors input

Revision 1 - September 10, 2020

II. General Guidance to Protect All Staff and Athletes, 8. Equipment:

Change From:

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. If a player does not bring a ball and borrows a team ball, the player will exclusively use that ball over the course of the practice/game.

Change To:

Players will be discouraged from handling any soccer ball other than their own during practices. If a player does not bring a ball and borrows a team ball, the player will exclusively use that ball over the course of the practice.

Reasons:

Not using hands for throw-ins (or goal-keeping) made sense in Phase 2, not Phase 3. It is impossible for each player to exclusively use their own ball during a game.