



TSC

Best Practices for Soccer 2021

Low Risk

August 19, 2021

It is critical that TSC, coaches and parents create a safe environment for players and that parents/guardians make the best decision possible for their players. TSC thus encourages all coaches, players, officials, spectators undergo a self-assessment for any symptoms. Individuals should not leave home to participate if they, or someone they live with, has or has symptoms of COVID -19. These s symptoms include: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea. Should an individual have demonstrated any such symptoms, he or she must follow the recommendations from the CDC, state, and local governments.

Games: Coaches, players, and parents/guardians should limit the time spent congregating before and after games. Meet-up times should reflect this, including arriving changed and ready to begin the warm-up and go directly to your field. Utilize the sideline space for best distances for players and parents. At coin toss, do maintain proper distance. If the coaches meet to go over the number of players on the field or any rules clarification, distance as needed. End of the game sportsmanship handshakes should be replaced with elbow bumps or entire team turns around to face the other and does a one, two, three “Good Game” shout out.

Coaches’: Inquire how the athletes are feeling, and send them home if they act or appear ill. Ensure that all athletes have their individual equipment (ball, water bottles, bag, etc).

Players’: Come ready to begin and go straight to the field. Wash hands thoroughly before and after a game, Bring and use hand sanitizer to every game, Practice distancing when possible.

Parents’/Guardians’: Ensure child is healthy and check his or her temperature before arriving for a game, keep your player art home that may be experiencing any symptoms. Limit or avoid carpooling with other players, adhere to distancing requirements based on state and local health requirements.