



Phase 2

Activities sanctioned in phase 2 can be found on Page 5 of this document

The Board and staff of the Connecticut Junior Soccer Association, like many of you, are anxious to return to normal activities. Return to play began June 20, 2020, and will continue to follow a phased-in approach as recommended by the US Soccer Federation and US Youth Soccer. **Only those activities specifically permitted for each phase will be sanctioned by CJSA**, regardless of what stage the state of Connecticut is in. Prior to entering a phase, a club must certify, using this form, to the Vice President of the District the Club operates in, that the Club has implemented and will strictly maintain the Return to Activities Minimum Requirements for that phase.

A Club may choose to move to Phase 2, which permits full team practices, after operating under the Phase 1 requirements for a minimum of two weeks. The Club must certify it will comply with all Phase 2 requirements.

CJSA has adopted this phased approach and associated requirements to help protect players, families, and coaches from increased risk of contracting COVID-19. All phases require strict adherence to safety protocols. As noted above, activities which are not permitted in a phase, are not sanctioned by CJSA, which means, for example, that CJSA insurance will not apply. **Please note, Certificate of Insurance is limited to CJSA sanctioned activities.**

These protocols are likely to change as CDC and government requirements evolve. Also, each Club must operate with state and local government requirements. It is important to check with local authorities and obtain any permits or other authorizations before beginning activities. Clubs should be prepared to revert to an earlier phase if health conditions warrant.

As we begin a return to play, it is important that you prepare to continue implementing the following, minimum, return to play requirements for Phase 2 that were implemented for Phase 1, *except that coaches may remove face coverings when actively engaged in coaching activities requiring physical exertion and controlled scrimmages as described*. Further information on best practices is provided in the resources linked below.

CLUB CERTIFICATION – COMPLIANCE WITH REQUIRED PROCEDURES



Below you will find the minimum requirements that a club must certify to implement and strictly adhere to.

No Participation if Experiencing COVID-19 Symptoms

- Any coach, player, parent, referee or spectator who is sick, has a persistent cough, is running a temperature or is displaying any symptoms suggesting that the individual may be ill, (from any contagious malady, including cold, flu, or suspected coronavirus) will be prohibited from attending training or games.
- Coaches and players (assisted by parents/guardians) must self-assess their condition and attest when arriving at the location that they are not experiencing these symptoms. A self-assessment tool is attached which you can provide for players and coaches to assess their symptoms.
<https://www.mayoclinic.org/covid-19-self-assessment-tool>
- Any adult attendee who displays any of these symptoms will be required to leave. A minor who is displaying any of these symptoms should be safely isolated until an adult responsible for the minor can remove the minor.

COVID-19 Director

- All clubs must have a COVID-19 Director. The COVID-19 Director is responsible for identifying and implementing the practices required to comply with CJSA, state, and local return to play activities requirements and is the point of contact with CJSA.

Obtain Waiver

- A signed CJSA COVID-19 Waiver must be provided by a player before engaging in any return to play activities. Waiver should have been collected prior to phase 1.

Minimize physical touching between players and coaches

- Coaches shall ensure and all players and coaches avoid “high fives,” handshakes, or other types of physical touching. We understand that this may be difficult as players enjoy celebrating with their teammates, but we need to be diligent at enforcing this protocol for the health and safety of our players and their families.

Coaches, players, and spectators to wear masks during training sessions

- Coaches are It is required that coaches wear appropriate face coverings during training sessions, except when actively engaged in coaching activities requiring physical exertion. Players must wear masks when in the playing environment and not playing. Players will also be allowed to wear masks while training, but this will be a personal choice of the player’s parent or guardian. Any other individuals attending the training session are required to wear appropriate face coverings and follow all social distancing guidelines

Hand Sanitizing

- Make hand sanitizer, disinfecting wipes, soap, and water, or similar disinfectant readily available during practice. Players should bring hand sanitizer for personal use.

CLUB CERTIFICATION – COMPLIANCE WITH REQUIRED PROCEDURES



Equipment

- Do not share equipment. Players should have their own alternate color training top or pinnie. Players should have their own ball, water bottle, towel, and hand sanitizer.
- Reduce players touching practice equipment, the handling of all training items, such as cones, flags, goals, etc. should be limited to coaches.
- Sanitize all equipment after each session, including benches and bleachers.

Increased signage throughout facilities

- Clubs should post reminder signage throughout facilities wherever possible to remind all players, coaches, and spectators to maintain social distancing.

Social Distancing Oversight

- During Phase 2, social distancing (minimum 6 feet) must be maintained by coaches, players, and spectators at all times.
- Clubs should assign people to be physically present to monitor fields and facilities to politely but firmly ask any groups of parents or players to disperse and maintain appropriate distancing and that failure to do so risks the sanctioning and protection (including insurance) for the players and the club.

Communication Requirement

- Make the CJSA Return to Soccer Activities COVID-19 Guidelines available to all your members. This can be accomplished by, Emailing, Prominently posting on Website, pointing to the most recent version on the CJSA Website.

If a team member or coach contracts COVID-19, all training sessions will be canceled for that team and any additional team associated with that coach for 14 days.

If a player or coach is sent home with symptoms, they can return when they have no fever, symptoms have improved, and they receive two negative test results in a row, at least 24 hours apart (CDC Guidelines)

Additional Resources for club planning

[Reopening Connecticut](#)

[Center for Disease Control - Coronavirus Disease 2019](#)

[CDC Considerations for Youth Sports](#)

[CDC Guide to Mass Gatherings](#)

[CDC List of people in high risk categories](#)

[COVID-19 Outdoor Recreation Facility Restroom Cleaning Best Practices](#) EPA

[Recommended Disinfectants](#)

[WHO Handwashing Video](#)

[FIFACOVID-19 Resources](#)

[US Soccer Play On](#)

[US Soccer Recognize to Recover - COVID 19 and Mental Health](#) US

[Youth Soccer Return to Activity Notice](#)

[Aspen Institute - Coronavirus and Youth Sports](#)

[COVID Safety Officer Enrollment Form](#)

CLUB CERTIFICATION – COMPLIANCE WITH REQUIRED PROCEDURES



Phase 2

Club Name: _____

The District you are part of: _____

Club Certification: On behalf of (Club) I certify that 1) The Club has received and read the guidelines shared with us. 2) The club understands the minimum requirements asked of us, and 3) I recognize that CJSA will base its sanctioning of Club activities and the provision of Certificates of Insurance on this certification

Our club has operated under the Phase 1 requirements for a minimum of two weeks, and is choosing to now move forward to phase 2, on or after 7/4/2020

Date _____

Club COVID-19 Director Name _____

Club COVID-19 Director Email _____

President Name _____

President Email _____

Please complete and return this form to

Email: CJSARTP@cjsa.org

Fax: 860 - 676 - 1161



Full Team Training / Introduction of **Intrasquad, controlled** scrimmages

- Full team training allowed
- Continue to maintain social distancing
- COVID-19 prevention and response protocols in place and followed
- No sharing of water, or equipment
- During this phase, full team training is allowed, but COVID-19 prevention and response protocols must be maintained.
- Physical contact to be minimized in training and controlled scrimmage
- Travel to out of state events is prohibited
- Practice times should be set to maximize social distancing
- Limit spectators as much as possible
- 30 minutes may be allocated to a Intrasquad scrimmage, A **Intrasquad, controlled** scrimmage is defined as;
 - An event involving two teams participating in an informal competition
 - Coaches on-field throughout the session providing instruction on position play and game situations
 - No scoreboard
 - No game clock may be used
 - No officials may be used
 - Physical contact limited
 - Play may be stopped periodically for instructional purposes.
 - Intrasquad is defined as (sports) within a team.