



COVID-19 REOPENING PLAN



PRESIDENT'S REMARKS



The Turks and Caicos Islands Football Association (TCIFA) is an organization that fully understands and appreciates the critical importance of the sport of football to the players and our many stakeholders. With that comes a strong desire to return to the field. However of more importance is our recognition that the safety and health of these same players and stakeholders are paramount. As such, there is a superseding and overriding need to phase in the re-introduction of football in a safe and healthy fashion.

This Covid-19 plan for returning to play football aims to follow the advice and guidance of the Ministry of Health. The main objective is to ensure that all the steps taken by the TCIFA reinforces mandatory hygiene practices and introduces strict processes and polices for the players, coaches and pertinent stakeholders. It is a phased approach and one where we aim to be cautious whilst being pro-active simultaneously. We anticipate that this plan may be subject to changes as conditions may dictate over time. I ask for full cooperation from all as we seek to return to the game we love in a safe and healthy atmosphere.

President
Sonia Fulford



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1. PHASE 1:

I. INDIVIDUAL AND SMALL GROUP TRAINING



Suggested Duration: 2 – 4 Weeks

Core Features:

- a. Only small group trainings with a maximum of 9 players and 1 coach allowed
- b. Social distancing maintained during training
- c. COVID-19 Prevention and response protocols in place and followed
- d. Adequate time allowed for good habits and compliance with COVID-19 protocol
- e. No competitions or tournaments
- f. Injury risk prevention strategy

II. GENERAL HYGIENE CODE OF CONDUCT

General Health

No individual with a fever (>100.4 degrees Fahrenheit) or displaying COVID-19 symptoms will be permitted to enter the



TCIFA National Academy Facilities or participate in any football related activities being conducted on the premises.

a. If an individual is sick or has symptoms of an illness, the following will be advised and observed:

- i. Stay home, regardless of what is causing the illness.
- ii. If COVID-19 is confirmed or suspected, practice self-quarantine measures and contact the Cheshire Hall Medical Center/Primary Medical Provider or the Coronavirus Hotline.
- iii. If you are not sick enough to be hospitalized, you can recover at home. Follow the Ministry of Health's instructions for how to take care of yourself at home. Do not leave home, except if advised to get medical care. Do not visit public areas.
- iv. For all the above listed, to return to Football, an individual must obtain the appropriate written clearance from their medical provider.

b. If an individual has been in close contact (within 6 feet) of someone who is suspected or confirmed to have COVID-19:

- i. Contact Cheshire Hall Medical Center/Primary Medical Provider or the Coronavirus hotline
- ii. Begin self-quarantine for 14 days
- iii. Advise the coach or the TCIFA Secretariat if any possible exposures have occurred during training or in the club environment.
- iv. Parents should communicate with the TCIFA if their child displays any illnesses or COVID-19 symptoms.

c. Physical Interaction

- i. Players, coaches, referees, and any additional persons on site (employees, volunteers, parents, fans, etc.) should avoid close contact and follow all social distancing guidelines. Maintain "physical distancing" of at least six (6) feet.



- ii. Avoid activities that involve high levels of group interactions (e.g. team huddles, scrimmages, etc.)
- iii. Avoid general physical interactions including hugging, high fives, handshakes, or passing objects by hand.

d. General Hygiene

- i. Avoid touching eyes/mouth/nose as much as possible
- ii. Wash and sanitize hands often, especially after all activities, and when leaving the TCIFA facilities:
 - 1. Use soap and water to wash hands for at least 20 seconds
 - 2. When soap and water is not available, use hand sanitizer containing a minimum of 70% alcohol content
- iii. Cover mouth and nose with bent elbow or tissue when coughing or sneezing.
 - 1. Follow with washing or sanitizing hands and arms
 - 2. Dispose of tissue in a sealed trash can
- iv. Avoid spitting
- v. Follow recommendations on wearing PPE's (Personal Protection Equipment – face masks)

e. Equipment & Training Gear

- i. Use individual equipment, where possible.
 - 1. Personal equipment or gear will not be shared (e.g. water bottles, towels, flags, training gear, etc.)
 - 2. Soccer balls may be shared, provided players and coaches only touch the ball with their feet.
- ii. All sports equipment will be sanitized as per TCI Ministry of Health Guidelines before and after each training session.
- iii. All training gear will be washed and sanitized after each training session, as per TCI Ministry of Health Guidelines.



f. Communal Areas:

- i. High trafficked areas will be cleaned and disinfected as per TCI Ministry of Health General Cleaning & Disinfecting Guidelines to prevent COVID-19.
- ii. All TCIFA Facilities staff for cleaning related tasks and for trash handling shall wear waterproof gloves, disposable gowns and masks.
- iii. Gates used to access the training field and doors used to access locker rooms shall be propped open during usage hours.
 - 1. Wash or sanitize hands following contact with door handles/gates
- iv. Department of Environmental Health Physical Sanitization Training will be provided to all TCIFA Facilities Staff.

III. PREPARING TO TRAIN

a. Medical Clearance

- i. Individuals with a pre-existing medical condition or at high risk of COVID-19 (including but is not limited to individuals age 65 years or older, chronic cardiac or respiratory conditions including hypertension, asthma or diabetes, or have an immunocompromised state) must obtain written clearance from their physician before they return to full participation in football and football related activities.
- ii. Individuals who have tested positive for COVID-19 must obtain written confirmation of COVID-19 negative status and clearance from a physician to return to full participation in football and football related activities.
- iii. Individuals who experienced COVID-19 exposure within the 14 days prior to resumption must:
 - 1. Contact Cheshire Hall Medical Center/ Primary Medical Provider or Coronavirus Hotline.



2. Self- Quarantine at home for 14 days
3. Report via call or email to the TCIFA Secretariat, the onset of any new symptoms immediately.
4. Obtain written confirmation of COVID-19 negative status by physician prior to return to full participation in football and football related activities.

b. Daily Training Medical Considerations

- i. Individuals should conduct daily temperature checks for low grade fever (>100.4 degrees Fahrenheit) at home before training.
 1. If a fever is determined, do not attend training
- ii. Do not participate in activities if displaying any of the below symptoms:
 1. COVID Exposure in the 14 days prior to the training session
 2. Sore Throat
 3. Shortness of breath/difficulty breathing
 4. Fever greater than 100.4 degrees Fahrenheit
 5. Chills
 6. Headache
 7. Sinus Congestion
 8. Cough
 9. Joint aches and soreness
 10. Vomiting or diarrhea
 11. Rash
- iii. Remotely communicate health status to coaches, team administrators, or the TCIFA Secretariat within 24 hours of the next training session.
- iv. Contact the Cheshire Hall Medical Center / Primary Medical Provider, or the Coronavirus Hotline.
- v. Follow guidelines on self-quarantine.



IV. PREPARING TO HOST A TRAINING

- a. All training will be hosted outdoors. For the immediate future, there will be no in-person classroom type training sessions.
- b. Employees are required to wear face coverings
- c. Employees are required to use soap and water for handwashing.
- d. Alcohol-based hand sanitizer stations will be provided throughout the facility.
- e. All changing rooms and bathrooms will be cleaned and disinfected as per TCI Ministry of Health Guidelines.
 - i. Use of changing rooms will be limited and signage will be provided encouraging players to change at home in advance of training
- f. During training, coaches, referees, administrators, facilities staff, and employees will be limited to allow for social distancing.
 - i. Individuals (coaches, referees, club administrators) with significant/high interactions will have direct interactions with players while playing
 1. Field usage will be structured to limit movements around the facility/environment.
 2. Same groupings will be maintained for activities to limit unwarranted exposure (e.g. coaches shall coach the same team consistently).
 - ii. Individuals (General Secretariat staff, parents, fans) with moderate interactions may interact with each other and players before or after training.
- g. A training plan is in place to organize coaches and participants, initially, into small groups as indicated above.
- h. Participants shall train in the same groups as consistently as possible:
 - i. No more than two small groups on a regulation sized field at any time.



- ii. Groups will organize on opposite sides of the field and will not train together or share equipment (including balls).
- iii. Players and coaches will maintain social distancing guidelines before, during, and after training.
- i. Extensive Signage shall be on display across the TCIFA National Academy, regarding safety precautions to prevent the spread of COVID-19.
- j. Certain equipment may be deemed as “off limits” to ensure the safety of individuals involved in the activity and to promote social distancing.
- k. Use of equipment shall be limited and activities shall be organized around this usage (e.g. only balls and cones used during training).
- l. Communication of TCIFA Health & Safety Guidelines:
 - i. Covid-19 reopening plan will be shared with all participants ahead of restarting activities to coordinate actions on site.
 - ii. Arrival Protocols will be outlined
 - iii. Processes for the beginning or end of activities will be established
 - iv. All hygiene recommendations will be disseminated
 - v. All local regulations shall be adhered to
- m. Contact Tracing
 - i. Lists will be maintained of all Facility users, players at training, attendees, coaches, referees, and TCIFA Staff to determine who may have been directly exposed to illness and advise them accordingly.
 - ii. The list shall be securely stored and not shared publicly
 - iii. Items to Include in list:
 - 1. Date
 - 2. Venue
 - 3. Name
 - 4. Phone Number
 - 5. Email Address



6. Places visited on the way to training.
7. Places visited in last 24hrs
8. Specific Training Session
 - a. Time/coach/players attending

V. GETTING READY FOR TRAINING

- a. Follow Daily Training Medical Considerations, as outlined above.
- b. Prepare and pack water bottle for training
 - i. Each player is recommended to bring at least 2 bottles of water to limit the need for refill.
 - ii. Water bottles are not to be shared.
- c. Uniforms will be provided at the facility. Get pre-dressed in shoes, socks, shin guards, and under garments at home.
- d. Players will be designated specific arrival times, so as to allow them to change into provided uniforms.
- e. Players are recommended to pack and bring their own personal sanitizing supplies that are clearly marked and are not to be shared.
- f. Players must follow PPE (face mask) procedures before and after training sessions
- g. Wash hands for at least 20 seconds, before and after training sessions

VI. TRAVEL TO TRAINING

- a. Travel with as few people as possible
- b. Carpooling or ride sharing is highly discouraged. For families or individuals who must rideshare with no other alternatives:
 - i. Rideshare with the same individuals to each training session
 - ii. Ensure that all passengers have passed both their preliminary and daily clearance requirements outlined in this section



- iii. Maintain safe distancing within the vehicle during loading, transport, and unloading
 - iv. Limit the number of stops between departure site and TCIFA.
 - v. Wear PPE (masks) in the vehicle. If gloves are worn, remove upon arrival
- c. Arrival to Training
- i. When conducting small group sessions, each group will be provided with a specific and different training time
 - ii. Areas will be assigned, to enter and exit the field to prevent crossover or bodily contact
 - iii. Arrival times will be staggered so that participants can enter the facility or field individually:
 - 1. An entrance time will be designated for each coach and player
 - 2. Players, coaches, and referees will be requested to wait in their cars until their specific time to enter the facility
 - 3. Only the individual participating in the scheduled activity must depart the vehicle
 - 4. The driver of the vehicle must either leave the training facility or remain in the vehicle and observe all social distancing guidelines.
 - iv. Participating individuals must wash hands with soap and water for at least 20 seconds or use hand sanitizer with a minimum alcohol content of 70% to sanitize hands upon arrival.
- d. Checking in at Training
- i. Clubs and Coaches will maintain an accurate attendance list for training periods
 - ii. Check-in station will be created that adheres to social distancing guidelines



1. All team members, coaches, volunteers, and other staff will have to undergo mandatory temperature checks upon arrival at the facility.
2. Upon arrival, all individuals will be asked a series of health screening questions, aligned with the TCI Ministry of Health Guidelines and the CDC “Coronavirus Self-Checker” to affirm medical clearance to participate.
3. The coach, a staff member, or a designated “Security Officer” will be responsible for administering the health-screening questionnaire.
4. Hand sanitizer will be provided at check in station
5. Only one participant may check-in at the station at a time. Should a line form, those waiting must ensure the practice of safe social distancing of 6 feet.

iii. Preparation Areas

1. Personal Prep Stations will be created:

- a. Line of cones 6 feet apart in an area to the side of the training field
- b. One cone will be assigned to each participant (player, coach, referee, administrator) as his or her personal prep station for the duration of the training session.
- c. Bags, water bottles, towels etc. will be placed next to each designated cone.

iv. Masks/Face Coverings/Personal Protective Equipment (PPE):

1. All participating individuals are required to wear new or clean PPE upon arrival, departure, and when not physically active during activities
2. PPE should cover the nose and mouth, be breathable, consist of cotton or wick-type material
3. PPE should be disposed of or thoroughly cleaned after each session.



4. Provided all screening, hygiene, and social distancing measures are followed, masks are not mandatory for players, coaches, referees, spectators, during exertional moments of training (when physically active).
 - a. As PPE may obscure vision, increase respiratory challenges, or increase other injury risk while being physically active.

2. PROCEDURES TO DEAL WITH ANYONE SUSPECTED OF BEING EXPOSED OR SHOWING SYMPTOMS OF COVID 19

- a. Individuals who during screening “admit” to potentially being exposed shall be excluded from the training session, must self-quarantine for 14 days, and submit a written medical clearance indicating a COVID-19 negative test to return.
- b. Individuals who arrive at the facility with a higher than normal temperature reading (>100.4 degrees Fahrenheit) will be allowed a 15-minute cooling down period before being retested.
 - i. If the second test maintains a higher than acceptable reading the individual will be isolated from others and requested to either contact the Cheshire Hall Medical Centre, their primary medical care physician, or the Coronavirus Hotline.
 - ii. In the case of minors, parents will be advised of the MOH or COVID-19 Hotline.
 - iii. Individuals may be requested to self-quarantine for 14 days and submit written medical clearance indicating a COVID-19 negative test.
- c. Should there be multiple suspected cases or contact with a suspected case all sessions for the group in question will be suspended until confirmation of status of the suspected cases.



3. EQUIPMENT MANAGEMENT

a. TEAM EQUIPMENT

- i. Field set-up aims to use minimal equipment to limit the transmission of the virus
 1. Players should not pick up field equipment, move goals or handle other necessary training equipment.
- ii. THE TCIFA shall provide soccer balls and training equipment, sanitized with a bleach solution or sanitizer of at least 60% ethanol or 70% isopropanol.
- iii. The use of shared soccer balls:
 1. Soccer balls may be shared during foot drills with avoidance of the use of hands
 2. Field players must not handle soccer balls with their hands unless wearing gloves
 3. A notable exception is for goalkeepers. For goalkeeper training, soccer balls should not be shared. One soccer ball per goalkeeper.
 - a. If the goalkeeper is involved in an activity with field players using his/her hands, the goalkeeper's designated ball(s) will be used.

b. INDIVIDUAL EQUIPMENT

1. All individual training gear will be cleaned and disinfected after every session by the TCIFA
2. All players should arrive in their pre-training gear (i.e. football boots, socks, shin guards and undergarments)
3. All players must clean, disinfect, and safely store all personal equipment after every session (football boots, shin guards, headbands)
4. For players who use mouthguards, once the mouthguard is placed in mouth, it should never be taken out during practice to limit the transmission of COVID-19.



- a. If the mouthguard comes into contact with hands or the floor/ground, the mouthguard should not be re-used until it has been washed properly and thoroughly.
 - b. Hands should be washed with soap and water for at least 20 seconds, after washing the mouthguard.
5. Upon arrival home, players should immediately wash hands, bathe including washing hair, and launder/clean items used.

4. TRAINING SESSION MANAGEMENT

a. TRAINING SESSION CONSIDERATIONS

- i. Players are assigned individual spaces, large enough to be respectful of social distancing protocols. The spaces will be at least 6 square feet per player.
- ii. Coaches will not be within 6 feet of any player
- iii. Progressions between each activity will be set up prior to players arriving to enable smooth transition and negate the need for players to move equipment.
- iv. Areas will be assigned for warm-up and cool down
- v. No participating individuals (coaches, players, referees, parents, spectators, etc.) shall touch each other before, during or after training.

b. PHYSICAL CONSIDERATIONS

- i. Players may not be physically prepared to return to full intensity training and as a result, are at greater risk for injury or illness should they be paced in a full intensity-training environment. As a result:
 1. Trainings will initially be no longer than 60 minutes
 2. Coaches will carefully assess players' fitness levels to best plan and manage the volume, intensity, and frequency of early return-to-play trainings.



3. Players will be gradually reintroduced to playing in a safe and progressive manner so as to reduce the risk of injury.

c. COMMUNICATION DURING TRAINING

- i. Team communication in confined spaces will be avoided as best possible.
- ii. Team talks during training sessions will take place in an open space and with all participants maintaining social distancing.
- iii. Coaches will always wear PPE when communicating with players.
- iv. Tactical discussions will be provided in digital format, if possible.

5. HYDRATION

- i. Participants should clearly label their water bottles with their own name.
- ii. Participants should not touch anyone else's water bottle.
- iii. Each participant must bring at least two (2) water bottles to training, limiting the need for refills on site.
- iv. Single use water bottles must be discarded immediately on site.
- v. Water breaks will adhere to social distancing guidelines. Participants will make their way to their personal stations and drink only from their own water bottles.
- vi. Fluid breaks may be taken every 15 minutes or may be dependent upon the duration/intensity of the training session.



6. PHASE II

Suggested Duration: 2 - 4 Weeks

All Phase I steps and procedures will be adhered to during Phase II, however, following the successful integration of Phase I, the TCIFA will progress from training small groups of a maximum nine (9) players and one (1) coach to full team training. Phase II includes increased activities and exposure risks; therefore, these full team trainings will be hosted with extreme diligence and attention to Ministry of Health Protocols for COVID-19 prevention.

a. SMALL-SIDED GAMES & SET PLAYS

- i. Players need to properly progress and rebuild their readiness to resume “normal” activity, increase intensity, and sharpen game-play skills.
 - ii. During these small-sided games and set plays, social distancing protocols will be respected as much as possible. However, players may come in to contact with one another.
 - iii. All participating individuals (players, coaches, spectators, TCIFA Staff, etc.) must be vigilant about following the General Hygiene Code of Conduct, previously outlined, to promote the safety of all those involved in the activity.
 - iv. Small sided games will progress to full intensity across Phase II, starting with three (3) minutes of play, followed by a rest & reset, repeating two more times.
 1. The number of players, time, and duration of the small-sided game will be increased as conditioning improves.
 - v. Set plays will focus on efficiency during the training exercises.
 1. Set play activities will be completed with minimal delays or standing around.
2. Technology or props will provide initial overviews or reinforcements of player locations and movements, so as to avoid extensive modelling that may bring players into extended contact with one another.



Should there be an increased risk, cluster outbreaks, updates to public health guidelines, or an inability to safely maintain COVID-19 prevention and response protocols, all training sessions will revert to Phase I, or the association will be placed into a 14-day quarantine.

