



Dear Rio Rapids Families,

Updated 9/18/20

As we plan to return to the fields, we have developed clear Guidelines for ALL of us to follow that incorporates requirements set by the Governor's office and New Mexico Youth Soccer Association ([NMYSA](#)). Our goal is to make this a safe and smooth transition back into play for our membership. It is crucial that we ALL adhere to these guidelines to ensure the safety for the Rio players, Coaches and Families

At this time, the State of NM and NMYSA are restricting participation in team activities to members who live in the local geographical area (radius of 50 miles).

We understand that some families will not feel comfortable sending their son or daughter to a session at this time. Unless you feel comfortable, there is no expectation that your child participate in these early days of returning to play.

We have designated our Rio Director, [Ray Nause](#) as Rio's COVID-19 Manager. He is responsible for responding to any COVID-19 issues or concerns. Please reach out to him with any questions you may have surrounding COVID-19.

First and foremost: Players and Coaches:

Do not participate if you, your child, household member or someone you have been in contact with has tested positive for COVID-19 or exhibited COVID-19 symptoms in the prior 14 days. Please notify Ray Nause, the Club's COVID-19 manager, within 24 hours of any such exposures or positive tests. Any player or coach testing positive for COVID-19 will need to meet the most current return to activity recommendations of the Center for Disease Control and Prevention (CDC), New Mexico Department of Health and New Mexico Youth Soccer Association.

COACHES

- Any coach or player who travels out-of-state is **required** to follow the most recent quarantine rules (<https://cv.nmhealth.org/travel-recommendations/>). Rio Rapids SC's COVID-19 manager needs to be notified of any such travel.
- The coach will notify the NM Department of Health and Rio Rapids Director [Ray Nause](#) if they or any of their players become sick with COVID-19,
- All coaches must participate in a training webinar before starting the 2020-21 season regarding the return to play guidelines, and health/safety protocols before any in-person interactions with players



- The Coaches will survey families to understand who will participate in trainings. Permissible Soccer Activity is restricted to no more than **9 players with 1 coach**
- These small group sessions may not exceed 60 minutes.
- Please allow 15 minutes between sessions to avoid player interaction between groups.
- **There must be a minimum of 15 yards between training sessions.**
- To ensure that player and staff groupings are as self-contained as possible, the same group of children will stay with the same staff during that training day. The coach will restrict mixing players between groups.
- Rio Rapids Coaches will follow all NM COVID-19 safe practices from the state of NM, NMYSA and Rio Rapids return to play guidelines.
- The Coaches will check their temperatures daily before participation in soccer activities and stay home if they have a Temp of 100.4 or greater or if any COVID-19 symptoms exist as identified by the CDC. [Symptoms of COVID-19](#) can include fever or feverishness, cough (persistent and or productive), sinus congestion, shortness of breath or difficulty breathing, chills or shaking chills, joint aches and soreness, headache, sore throat, new loss of taste or smell, rash, vomiting or diarrhea.
- Upon arrival to train, the coaches will verbally check the health of players and ask each player if they, a family member of someone they have been in close contact with are experiencing any signs or symptoms of COVID-19.
- The Coaches will remind players of their training regarding hygiene and safety protocols including proper hand washing, touching of face, covering mouth and nose when coughing/sneezing and social distancing. If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider
- There will be no physical contact between the players and the coaches. No handshakes, high fives or other physical touching before, during or after soccer activities. Observe social distancing of 6 feet at all times.
- Coaches and players are required to wear masks at all times per State of NM guidelines
- The coaches will sanitize hands and disinfect all team equipment, (balls, cones, goals, etc) before, as needed during and after soccer activity. **Coaches alone** shall be permitted to retrieve, setup, gather and store equipment. **The Players are not permitted to handle equipment.** Only items touched or shared during training needs to be disinfected between sessions.
- Ideally coaches should provide all soccer balls for training. If it is necessary for players to bring soccer balls, the coach must ensure that all balls used for training (whether coach or player provided) are disinfected prior to use.
- Once balls are disinfected, players may not touch them with their hands (see exception for GK's). Players may not head or perform throw-ins. Coaches must disinfect player provided balls before returning to them at the end of the session.
- Goalkeepers are permitted to touch soccer balls with their hands (e.g. making saves) as long as they are the only person to touch that ball(s) throughout the training



session. If multiple goalkeepers participate in the same session – soccer balls must be assigned specifically for each GK's handling.

- No spitting is allowed by soccer players, coaches or officials
- If a coach or player has had a case of documented COVID-19 infection, they need to contact Ray Nause to receive authorization to return to play based on most current CDC guidelines.
- **At risk individuals, youth or adult, are advised to stay home CDC Guidelines**
- Responding to training injuries: Any medical issue during training that would require the implementation of the Club's Emergency Action Plan should be handled in the same way as pre COVID-19 (coach should thoroughly sanitize themselves after contact with the athlete). For all other injuries that require care, the player should leave the fields to be dealt with by a parent/guardian in their vehicle or at a medical facility. The same return to training decision making process should be utilized as pre COVID-19.
- Coaches must track and log player attendance by session via a provided Google Drive spreadsheet. This information must be kept current.

PLAYERS

- The Players are required to wear masks at all times per State of NM guidelines, including during training/exercise
- Players should only bring a soccer ball to training if requested by their coach
- The Players should arrive no more than 5 min prior to the session. Arrive dressed/ready to go. Head directly to designated training space as directed by the coach. Do not walk to or from training with other players. Don't walk through other sessions. Depart promptly after session.
- Observe social distancing of **6 feet at all times** including arrival and departure
- Place bags/player equipment at least **6 feet** apart
- The Players must follow all the provided recommended hygiene and safety protocols including proper hand washing, touching of face, covering mouth and nose when coughing/sneezing and social distancing
- The Players must sanitize their hands (and GK gloves), before, (if necessary) during, and after soccer activity.
- The Players are not permitted to touch team equipment (including balls) with their hands at any time. Heading and throw-ins are prohibited. (see GK exemption under COACHES)
- No handshakes, high fives or other physical touching before, during or after soccer activities.
- No spitting is allowed by soccer players
- Don't share drinks, food, equipment or gear.
- Restrooms will not be accessible during training. If something changes in the future we will notify the coaches.



- Responding to training injuries: Any non-life threatening injuries that require some form of care should be resolved by you and/or your parent/guardian in your vehicle or at a medical facility. Return to training decisions will be made by the coach per pre COVID-19 processes.

PARENTS

- The Parents will Communicate, preferably electronically, with your child's participation concerns to your child's coach! Players/parents should not participate in Soccer activities if they are not comfortable for any reason.
- **Do not participate if you, your child, household member or someone you have been in contact with has COVID-19 or COVID-19 symptoms in the prior 14 days**
- Any coach or player who travels out-of-state is **required** to follow the most recent quarantine rules (<https://cv.nmhealth.org/travel-recommendations/>). Rio Rapids SC's COVID-19 manager needs to be notified of any such travel.
- **At risk individuals, youth or adult, are advised to stay home per CDC Guidelines**
- The Parents should check their child's temperature daily before participation in soccer activities, and keep their child home if they have a Temp of **100.4 or greater or if any COVID-19 symptoms exist as identified by CDC**. [Symptoms of COVID-19](#) can include fever or feverishness, cough (persistent and or productive), sinus congestion, shortness of breath or difficulty breathing, chills or shaking chills, joint aches and soreness, headache, sore throat, new loss of taste or smell, rash, vomiting or diarrhea.
- If your child becomes sick with COVID-19, you must notify the NM Department of Health and Rio Rapids Director [Ray Nause](#) right away.
- The Parents must review and educate their children regarding the provided hygiene and safety protocols including proper hand washing, touching of face, covering mouth and nose when coughing/sneezing and social distancing
- The Parents must ensure their child brings their own personal adequate supply of water
- The Parents must provide hand sanitizer for your child's personal use before, during and after soccer activity.
- Rio recommends limiting car pooling and shared transportation (refer to and follow guidance in NMYSA Phase I Protocols Document – Part II Preparing to Train – Travel to Training)
- Accompanying parents and guardians are encouraged to stay in their cars or are asked to depart the area while their child is training. Parents, guardians and other family members should not congregate together and should follow social distancing and mask wearing guidelines.
- The Parents must ensure player's clothing, gear and equipment is washed/sanitized before/after soccer activity.



- Restrooms will not be accessible during training. If something changes in the future we will notify the coaches.
- Responding to training injuries: Any non-life threatening injuries that require some form of care should be resolved by you and/or your child in your vehicle or at a medical facility. Return to training decisions will be made by the coach per pre COVID-19 processes.

The safety of Rio Players and families is our top priority. Please help us to make this a smooth transition by completely following all of these rules. We are excited for the opportunity to return to soccer and to re-connect with our teams.