



Dear Rio Rapids Families,

Updated 3/23/21

As we return to games, 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

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.

[Jason Moran](#) and [Chris Hurst](#) are the COVID-19 Managers. They will will make all decisions regarding the implementation of COVID-19 policies and are the point of contact for any compliance issues or implementation concerns. We have designated Rio Director, [Ray Nause](#) as Rio's COVID-19 Administrator. He is the 1st point of contact for and administrator of these policies.

Here is the link for the full NMYSA RTP document: <http://www.nmysa.net/TopNav/Coaches/riskmanagement.htm>.

Summary a few of the most important points below.

ALL coaches must get a COVID test every 30 days and submit the result to Ray Nause. From today you have 30 days to get your first test done, then every 30 days after that. *The only exemption is those who have received their full vaccination dose, proof submitted to Ray Nause.*

All players/parents must sign the code of conduct (<http://www.nmysa.net/Assets/COVID/Code+of+Conduct+22.pdf>). Copies must be kept in the team book. Players will not be allowed to participate in DCSL or state cup without these forms.

Coaches must maintain the Club's Google Drive session/game logs every week at a minimum for contact tracing purposes. They have been updated and include a section where you have to say that each players temperature was below 100.4 and whether the activity was a session or game/scrimmage.

If there is one or more COVID case within a team, all team activities will be suspended for 10 days.

Coaches must maintain social distancing at all team activities. If there is a positive COVID-19 test for the coach or one of their players, this will prevent the team/them from having to quarantine as well.



If any player or coach has COVID symptoms, or has been in contact with someone who has tested positive for/exhibited symptoms of COVID-19, they must contact Ray Nause immediately.

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/exhibited symptoms of COVID-19 within the past 10 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 New Mexico Department of Health and New Mexico Youth Soccer Association.**

## COACHES

- The coach will notify Rio Rapids COVID-19 Administrator [Ray Nause](#) if they or any of their players exhibit symptoms of/test positive for COVID-19,
- All new coaches must participate in training before starting the 2020-21 season regarding the return to play guidelines, and health/safety protocols before any in-person interactions with players
- 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](#)
- Upon arrival to train, the coaches will verbally check the health of players and ask each player for their temperature and if they, a family member of someone they have been in close contact with has felt sick or tested positive for 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 when not in play. If the athlete has any signs or symptoms of COVID-19 develop during training, they should be sent home immediately and instructed to contact their healthcare provider
- No handshakes, high fives or other physical touching before, during or after soccer activities. Observe social distancing of 6 feet at all times when not training or playing.
- Coaches and players are required to wear masks at all times per State of NM guidelines (neck gaiters and plastic face shields are not permitted)
- The coaches will sanitize hands and disinfect all team equipment, (balls, cones, goals, etc) between each session. Players are not permitted to handle team equipment other than soccer balls (goals, cones, etc.) Pinnies/training bibs may not be shared during a session. If a coach supplies a pinnie/training bib for an individual player's use during the session, they must ensure that it is properly washed before being used by another player.
- 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 NM Department of Health and NMYSA guidelines.
- At risk individuals, youth or adult, are advised to stay home per 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.
- Included at top of document

## **PLAYERS**

- The Players are required to wear masks at all times per State of NM guidelines, including during training/exercise (neck gaiters and plastic shields are not permitted). Masks must be worn to fully cover the nose and mouth.
- Observe social distancing of **6 feet when not training or playing** 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 should bring their own personal supply of hand sanitizer to each team activity and should sanitize their hands (and GK gloves), before and after soccer activity.
- 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.
- 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**

- 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 your child has been in contact with has tested positive for/exhibited symptoms of COVID-19 in the past 10 days**
- **At risk individuals, youth or adult, are advised to stay home per CDC Guidelines**



- Parents must 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](#)
- If your child becomes sick with COVID-19, you must notify the NM Department of Health and Rio Rapids COVID-19 Administrator [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 should 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 Play On protocols).
- Accompanying parents and guardians are asked to stay in their cars or 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.
- 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.**