Updated 10/14/20

COVID – 19 Return to Play Policies

AYSO United NM has developed these guidelines, incorporating the requirements set by the Governor’s office and NMYSA. We understand as these requirements change our plan will also have to change.

All of our activities are optional and there will be no repercussion for choosing not to participate. We have asked that coaches and players do not participate if you, your child, household member or someone you have been in contact with has COVID-19 or COVID-19 symptoms and self-quarantine for 14 days. If coaches or players have travelled outside to a high risk state then you are also required to self- quarantine for 14 days after returning to NM per current Public Health Order. At risk individuals, youth or adult, are advised to stay home using CDC Guidelines.

We have designated Laura Hollingsworth as our COVID-19 Manager. She will be responsible for responding to any COVID-19 issues or concerns. Please reach out to her with any questions you may have regarding COVID-19 through e-mail at COVID19@UnitedNM.org. If a coach or player has had a case of documented COVID-19 infection, they need to get re-tested and receive clearance from a medical professional before they return to in person interactions.

COACHES

  Coaches must not have traveled outside the state to a high risk state within 14 days prior to the beginning of group training.

  All coaches must get tested for COVID-19 before beginning any in person interactions with players and will submit results to Laura Hollingsworth.

  Permissible Soccer Activity is restricted to no more than 4 players with 1 coach.

  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.

  Coaches will follow all NM COVID-19 safe practices from the state of NM and NMYSA.

  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.

  Upon arrival to train, the coaches will verbally check the health of players and ask each player if they are experiencing any signs or symptoms of COVID-19. They will also collect the disclosure form from the parent and send them to the COVID-19 Coordinator at the end of practice.

  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.

  No more than two small groups on a division regulation-size field, at any time. (Groups separated by 15 yards at all times)

  Maintain social distancing of at least 6ft at all times

  The coaches will wear face masks as required, during all in person interactions
with players, staff or parents.

  The coaches will sanitize hands and disinfect all team equipment, (team balls,
cones, goals, etc) before, as needed during and after soccer activity. Coaches aloneshallbepermittedtoretrieve,setup,gatherandstoreequipment. Only items touched or shared during training (e.g. balls used to pass with) need to be disinfected between sessions.

  Players must use their own soccer balls as much as possible but passing is permissible so long as players do not touch the ball with their hands and social distancing is maintained. In passing exercises please use team balls so the coach can disinfect after the session.

  The GK’s cannot be involved with team shooting practices but can do individual activities with their personal ball and a coach (GK can be the only one to touch the ball, the coach uses his or her feet).

  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 get re-tested and receive clearance from a medical professional
before they return to in person interactions.

  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 coach to address immediately on the field 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 that have traveled outside the state of NM to a high risk state are
required to self-quarantine for 14 days once returning to NM prior to
rejoining practice.

  Coaches are responsible for adhering to all current public health orders along
with current club, league and NMYSA guidelines. There will not be any warnings and coaches/teams could be sanctioned for violating the orders or guidelines. Sanctions can be up to and include suspension of the coach/team/players for the remainder of the season without refund of fees paid.
PLAYERS

  The Players are required to wear masks or multi-layer cloth face coverings at all times per State of NM guidelines.

  Each Player must bring a uniquely identifiable ball for their personal use to every training.

  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 training in groups. Don’t walk through other sessions. Depart promptly after session.

  Observe social distancing of 6 ft. apart.

  Place bags/player equipment at least 6 ft. 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 their ball, before, (if necessary)
during, and after soccer activity.

  The Players are not permitted to touch team equipment other than their own
personal soccer ball with their hands at any time.

  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.

  Players that have traveled outside the state of NM to high risk states are
required to self-quarantine for 14 days once returning to NM prior to rejoining practice.
PARENTS

  The Parents will communicate, preferably electronically, with your child’s participation concerns to your child’s coach!

  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, shortness of breath or difficulty breathing, chills or shaking chills, muscle pain, headache, sore throat, and loss of taste or smell, stomachache or diarrhea.

  If your child becomes sick with COVID-19 please notify Laura Hollingsworth, the COVID-19 manager at COVID19@UnitedNM.org.

  If you or your family have traveled outside the state of NM to a high risk state then your player must self-quarantine for 14 days prior to the rejoining practice upon return to NM.

  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, a ball for your child’s use before, during and after soccer activity.

  The Parents are asked to remain in their vehicles when dropping off and picking up players at training. If you must leave your vehicle, wear a mask per state guidelines and observe social distancing and gathering restrictions.

  Parents are requested to remain at practice in their vehicles and not leave the park.

  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
Restrooms will not be accessible during training. If something changes in the future we will notify the coaches.