



Dear Rio Rapids Northern 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 Northern 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 participates in these early days of returning to play.

Marco Ortiz the COVID-19 Manager and Administrator. He will make all decisions regarding the implementation of COVID-19 policies and are the point of contact for any compliance issues or implementation concerns. 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 Marco Ortiz. 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 Marco Ortiz.*

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 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 distance in case there is a case with one of their teams and this will prevent 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, they must contact Marco Ortiz 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 COVID-19 or exhibited COVID-19 symptoms in the prior **10 days. Please notify Marco Ortiz, 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

- The coach will notify **the NM Department of Health** and Rio Rapids Northern Director Marco Ortiz If they or any of their players become sick with COVID-19,
- All new 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
- Rio Rapids Northern Coaches will follow all NM COVID-19 safe practices from the state of NM, NMYSA and Rio Rapids Northern 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 when not in play. If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider
- No handshakes, high fives or other physical touching before, during or after soccer activities. Always observe social distancing of 6 feet when not training or playing.
- Coaches and players are required to always wear masks 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. 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.

- 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.
- 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 Marc Ortiz 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 always wear masks per State of NM guidelines, including during training/exercise
- Players should only bring a soccer ball to training if requested by their coach
- 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 must sanitize their hands (and GK gloves), before, (if necessary) during, 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



- 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**
- **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 Northern Director Marco Ortiz 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.
- Northern 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.
- 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 Northern 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.