

COVID-SAFE PRACTICES: YOUTH CLUB SPORTS

The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel, and allowing for appropriate protective equipment.

This document provides participation guidelines for sports teams and associations to follow in accordance with the New Mexico Public Health Order and other state restrictions.

All athletes and parent/guardians must sign the COVID-19 Code of Conduct prior to participating in sports activities. The Code of Conduct can be found following the below COVID-Safe Practices.

Points of Emphasis

- Establish and continue communication with local and state authorities to determine current mitigation levels in your community. Check state and local health department notices daily about transmission in the area and adjust operations accordingly.
- New Mexico Activities Association (NMAA) COVID-19 Safe Practices must be followed during all activities.
- Administrators and coaches must emphasize the need for all participants and spectators who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission. “Vulnerable individuals” are defined by CDC as people age 65 years and older, women who are pregnant, and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy. These individuals may include not only coaches, athletes and other participants.
- Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the pandemic. The intensity and duration of training should be moderated upon return.
- The safety of coaches and athletes must be the priority. If teams experience widespread COVID-19 outbreaks, sports activities will be halted until health conditions improve.

COVID-19 Cases/Testings

- If a positive COVID-19 case is determined, teams must follow their safety plan as well as adhere to New Mexico Department of Health guidelines in determining a comprehensive plan of action.
- Teams with positive cases should contact the Department of Health and follow DOH instructions.
- COVID-19 testing is required for all coaches on a monthly basis unless individuals have completed their COVID-19 vaccination.



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- Those who have been in contact with someone who has tested positive for COVID-19 must contact DOH at (505) 827-0006 to schedule testing or visit cv.nmhealth.org for more information.
- Athletes who have contracted COVID-19 will need to complete the required 10-day quarantine as per New Mexico Department of Health.
- Students that become sick must be picked up immediately. For emergency situations, staff should call 911.

Return to Participation Facilities Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as benches, athletic pads, etc. having holes with exposed foam should be covered.
- Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- Post signs on how to stop the spread of COVID-19, properly wash hands, promote everyday protective measures, and properly wear a face covering. Intensify cleaning, disinfection, and ventilation.
- Ensure ventilation systems operate properly and increase circulation of outdoor air as much as possible by opening windows and doors, using fans, or other methods.

Entrance/Exit Strategies

- Create strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.
- Stagger arrival and drop-off times and locations.
- Establish protocols to limit direct contact with parents as much as possible.
- Athletes waiting to be picked up must maintain 6 feet social distancing.



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Spectators/Limitation on Gatherings

- Spectators – Permitted to the extent allowed by the current Public Health Order for Large Entertainment Venues. Operators of venues shall follow all COVID-Safe Practices for Entertainment Venues (p. 69).
- See NMAA sport guidelines for additional information on sport-specific limitations.
- There should be a minimum distance of 6 feet between each individual at all times other than when engaged in practice/competition.

Pre-Workout/Competition Screen

- All coaches and athletes should be screened daily for signs/symptoms of COVID-19. Coaches should also include a temperature check. Medical grade, non-contact infrared thermometers are recommended.
- Responses to screening questions for each person should be recorded and stored.
- Any person with positive symptoms, or a temperature greater than 100.4 degrees Fahrenheit, should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional to receive medical clearance before returning to workouts.
- Athletes MUST tell coaches immediately when they are not feeling well.
- Parents/Guardians should inform coaches if the participant has been exposed to someone who is known to have COVID-19.
- Any person who has been exposed to someone testing positive for COVID-19 must receive clearance from the Department of Health before returning to athletic activity.
- Vulnerable individuals should not supervise or participate in any workouts.

Travel and Quarantines

- Teams and individuals must follow all State required quarantine orders: <https://cv.nmhealth.org/public-health-orders-and-executive-orders/>

Face Coverings

- State guidelines for cloth face coverings should be strictly followed.
- Coaches, officials, screeners and all other non-participants in attendance, shall wear cloth face coverings at all times (artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle).
- Unless otherwise noted in the sport-specific guidelines, face coverings shall be required by all participants, including those actively participating. Waivers shall not be accepted.



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- ❑ Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity.
- ❑ Neck gaiters are not permitted.
- ❑ Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.

Hygiene Practices

- ❑ Have adequate cleaning supplies to support healthy hygiene behaviors, including soap, hand sanitizer with at least 60 percent alcohol (for staff and older children who can safely use hand sanitizer), tissues, and no-touch trash cans.
- ❑ Conduct trainings for students regarding hygiene and safety protocols including proper hand washing, touching of face, covering mouth and nose when coughing/sneezing and social distancing.
- ❑ Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- ❑ Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.
- ❑ Disinfect frequently used items and surfaces as much as possible.

Hydration/Food

- ❑ All athletes must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) are not recommended unless they are designed to refill bottles in a contact-free manner.
- ❑ Food concessions are prohibited.

Weight Rooms

- ❑ Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- ❑ Resistance training should be emphasized as body weight, weight machines, and free weights that require minimal use of a spotter.
- ❑ Masks shall be worn at all times and appropriate physical distancing followed when not actively engaged in physical activity.



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Physical Activity & Athletic Equipment

- Physical distancing should be followed when not actively engaged in physical activity (practice/competition).
- Prohibit congregation of players during warm-up, while at rest or hydration breaks, or when entering or leaving the practice site.
- Coaches should consider conducting workouts in “pods” of the same athletes, always training and rotating together in practice to ensure less exposure if someone develops an infection.
- There should be no sharing of personal athletic equipment (towels, clothing, shoes, etc.) between students.
- There should be limited sharing of sport-specific equipment. If shared, equipment must be disinfected between individual use.
- Athletes should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned frequently during use and prior to the next workout.



COVID-19 Code of Conduct for Athletes and Families

I will help prevent COVID-19 infections by:

- Staying home when I feel sick.
- Staying away from people who are coughing, sneezing, or sick.
- Washing my hands thoroughly and often with soap and water, before and after training, practice, or competition, or when I use the washroom.
- Covering my coughs and sneezes with a tissue, or my elbow. If I use a tissue, I will throw it in the garbage right away and wash my hands.
- Wearing a mask or multilayer cloth face covering (NO GATORS) that covers from nose to under chin.
- Always keeping at least 6 feet between myself and others.
- Not sharing food, water bottles, towels, or other personal items.
- Respecting the rules of the sport I am participating in.

I will care for the health and safety of others and I understand that:

- I will be removed from sport immediately if I do not follow the required COVID-Safe Practices.

I will care for my health and safety and I understand that:

- I have a commitment to preventing COVID-19 and will tell a coach or parent/guardian if I feel sick and will stop participating in training, practice, or competition immediately.
- If I have been exposed to an individual who has tested positive for COVID-19, I will be removed from sport and I will not be able to return to training, practice, or competition for 10 days.

I will take the time I need to recover because it is important for my health and I understand that:

- If I contract COVID-19, I will be removed from sport and I will not be able to return to training, practice, or competition until I have been cleared by a medical professional.

I understand that I have access to no-cost COVID-19 testing and that I am encouraged to engage in periodic COVID-19 testing while participating in sports activities.

By signing here, I acknowledge that I have reviewed and committed to this COVID-19 Code of Conduct.

Athlete Name: _____

Signature: _____ Date: _____

Parent/Guardian Name: _____

Signature: _____ Date: _____