

Taos Soccer Community,

The health and welfare of our community as a whole is very important to us. Therefore, all soccer activities have been placed on hold indefinitely. Under the present circumstances, it is our belief that the potential loss of a beloved family member should not take precedence over the desire to return to play.

We are aware that NMAA has given the clearance for restricted activities to begin on Monday, June 15. All activities that choose to resume are required to document and follow all Stage 1 Guidelines as set forth by the New Mexico Office of the Governor, NM Department of Health (NMDH) the National Federation of High School Sports (NFHS), New Mexico Activities Association (NMAA), and Taos Municipal Schools (TMS). Please note these guidelines are lengthy, extremely restrictive and complex. The documentation is extensive. For your convenience we have included a sampling of the Stage 1 Guidelines to give you an idea of what this entails.

We will continue to monitor the situation, as safety concerns in our community improve and restrictions become more relaxed, we will make every effort to move forward. We are hopeful that this may occur once we advance to the Stage 3 Guidelines. When we are able to return to play all participants and their parents/guardians will be required to sign a release/waiver prior to their participation.

In the meantime it is our sincere hope that everyone remains healthy and safe. Enjoy this time with your family. Stay active, get outdoors, make the most of your summer!

As always, the health and safety of our community are our first concern. Thank you for understanding our position during these unique times. If you have any questions or concerns, please feel free to contact us.

THS Staff

Phase 1 (THS Soccer Return To Play Guidelines)

General Activity Description: Individual Skill Development and Workouts, No Contact with Others, No Sharing of Equipment, No Games or Scrimmages, All non essential visitors must remain in their vehicles. Non essential visitors are not allowed to watch or interact with the participants.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- 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, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer is to be applied prior to and at the end of every training session.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- 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.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Entrance/Exit Strategies

- Separate entrance and exit strategies need to be in place to prevent groups from gathering at entrances and exits to facilities. This is to minimize crossover and contact.
- Strategies to staggering starting and ending times must also be in place and documented.

Limitations on Gatherings:

- No gathering of more than (6) people at a time, inside or outside (5:1 student to coach ratio).
- Participants must arrive individually, no carpooling
- Workouts must be conducted in “pods” of students with the same (5) participants always working out together with the same coach to limit overall exposures.
- Pods must arrive and exit at staggered times.
- Pods cannot interact with other pods.
- The coach must remain with his/her pod at all times and may not move around to work with other pods.
- The number of indoor facility “pods” may not exceed (3) at one time. Outdoor facility “pods” may not exceed (5) at one time. If safe social distancing cannot occur within your facility, pod number and/or size should be reduced.
- A minimum distance of (6) feet between each individual is required at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual.
- No more than (4) pods are allowed on the soccer field at a given time

Pre-workout Screening:

- All coaches and students should be screened daily for signs / symptoms of COVID-19 prior to a workout, including a temperature check. Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home (medical grade, non-contact infrared thermometers are recommended).
- Responses to screening questions for each person should be recorded and stored (see Sample Monitoring Form).
- Any person with positive symptoms reported, or a temperature greater than 100.3, 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.
- Individuals having flown out of state must self-quarantine for (14) days upon their return. It is recommended that individuals self-quarantine for 14 days if they cross state borders by means other than air travel.
- Vulnerable individuals should not supervise or participate in any workouts during Phase 1.

Multi-Layer Face Coverings

- State guidelines for cloth face coverings should be strictly followed.
- Students must wear face coverings upon arrival and at departure, but are not required to wear them during exercise.
- Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity.
- 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.
- Coaches and screeners should wear 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.)

Hygiene Practices

- 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.
- Strongly consider using face coverings while in public, and particularly when using mass transit

Hydration/Food

- All students 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 allowed.

Travel

- Individuals having flown out of state must self-quarantine for (14) days upon their return. It is recommended that individuals self-quarantine for (14) days if they cross state borders by means other than air travel.
- Students cannot participate in competition or camps (in-state or out) under the direction of a member-school coach.

Locker Rooms and Athletic Training Areas

- Locker rooms should not be utilized during Phase 1.
- Participants should report in appropriate attire and immediately return home to shower after participation.
- Participants must arrive fully prepared. They are not to dress or put on their equipment at the field.
- No students allowed in training area unless AT is present.

Physical Activity and Athletic Equipment

- No scrimmages, games or competition.
- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students 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 after each individual use and prior to the next workout.
- If a ball is touched by another participant it must be confiscated and disinfected before it may be returned.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- If a ball is touched by another participant it must be confiscated and disinfected before it may be returned.

Lower Infection Risk Activities

- Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.
- No Passing. No Shooting.
- Participants cannot share their ball.
- Each participant is responsible for their own ball. If a ball is touched by another participant or another participants ball, the ball(s) must be immediately collected and disinfected prior to being returned.