

New Mexico Young America Football League



COVID-19 Safe Practices

Return to Practice and Competition Protocols

To return to play and competition as safely as possible, NMYAFL strives to always follow the All Together New Mexico COVID Safe Practice and New Mexico Activities Association Guidelines. The League will communicate the risk protocols to their coaches, team managers, parents, players, cheerleaders, and other officials. NMYAFL will post and update current Return to Activities Protocols at www.NMYAFL.org.



1. GENERAL

- NMYAFL has established and will continuously communicate protocols and any additional league expectations in accordance with the directives from the Governor's office.
- All football and cheer activities will be restricted to the mass gathering limit as per the red to green framework of the public health orders. Maintain the six (6) foot physical distance among participants and between youth, team managers/coaches, and parents or spectators.
- Activities are limited to a 50-mile radius from the center of Albuquerque.
- Masks must be worn by all adults, children and athletes during all football and cheer activities.
- Report knowledge of COVID-19 cases to the State of NM Department of Health while maintaining confidentiality. Close/cancel activities to properly disinfect and consult the local health district for guidance for specific situations.
- Ensure coaches, team managers, youth participants and their families do not enter practice or game facility areas if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 10 days.
- Team managers and or coaches will check player and cheerleader temperatures daily before participation in football or cheer activities, (parents check their child's temperature and coach's check their own) and stay home if any COVID 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 new loss of taste or smell.
- Adults and Athletes who have contracted COVID-19 will need to complete the required 10-day quarantine as per New Mexico Department of Health.
- NMYAFL will conduct training meetings for adults and children regarding hygiene and Safety protocols, including proper hand washing, touching of face, covering mouth and nose when coughing/sneezing and social distancing.



2. PRACTICE AND COMPETITION

- Team managers and or coaches will check player and cheerleader temperatures daily before participation in football or cheer activities, (parents check their child's temperature and coach's check their own) and stay home if any COVID symptoms exist as identified by CDC.
- If any Athlete is feeling ill, they should be picked up immediately and the Parent and or Coach should notify NMYAFL by email.
- Minimize physical contact between participants and coaches. No handshakes, high fives, or other physical touching before, during or after football or cheer activities.
- Hand Sanitizer stations must be made available to all participants.
- Coach must verify that all participants hands have been sanitized prior to the start of any activity.
- Coach must verify that all participant uniforms have been sanitized with a spray sanitizer such as Lysol spray prior to the start of any activity.

3. COACHES

- All Coaches must complete and sign the COVID-19 Code of Conduct Online prior to the Start of the Spring Season.
- All Coaches seeking to participate in the 2021 spring season must receive a COVID-19 test no more than 72 hours before participation.
- COVID-19 testing is required for all coaches monthly unless individuals have completed their COVID-19 vaccination. If you complete your vaccination, please send a copy of the vaccination form to the NMAFL office.
- All Coaches must wear masks during all football and cheer activities. Coaches are NOT allowed to wear neck gaiters.
- Coaches must take their own temperature before each team activity. If your temperature is above 100.3 you are not allowed to participate.



- Coach must take the temperature of each participant before they take the field for any team activity. If their temperature is above 100.3 the player or cheerleader is not allowed to participate.
- Coach must keep a daily journal of all items sanitized and interview question results. Sanitized items should include participants, equipment, high touch areas and themselves.
- Report knowledge of COVID-19 cases to NMYAFL and maintaining confidentiality. Close/cancel activities to properly disinfect and consult the local health district for guidance for specific situations.
- There are NO Pep Rally's or team dinners allowed during the Spring Season. Practice facility water fountains are NOT to be used and are off limits.

4. PLAYERS AND CHEERLEADERS

- All Players and Cheerleaders must complete and sign the COVID-19 Code of Conduct Online prior to the Start of the Spring Season.
- Must wear masks during all football and cheer activities. Athletes are NOT allowed to wear neck gaiters.
- Sanitize hands, before, during (if necessary), and after all football or cheer activities.
- Refrain from handshakes, high fives, or other physical touching before, during or after football or cheer activities.
- Wash/disinfect uniform and equipment immediately after football or cheer activities.
- Do not share drinks, food or any personal equipment or gear.



5. PARENTS

- All Parents must complete and sign the COVID-19 Code of Conduct Online prior to the Start of the Spring Season.
- Communicate, preferably electronically, and participation concerns to your coach! 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 10 days. Participant/parent should not participate in football or cheer activities if they are uncomfortable for any reason. All football and cheer activities are optional.
- Provide hand sanitizer for your child's use before, during and after football activity and a mask if desired.
- Remain in your vehicle during football and cheer practice. If you leave your vehicle, wear a mask, and observe social distancing and gathering restrictions.
- Ensure participants gear and uniform is washed/sanitized before/after all activity.
- Limit carpooling to football or cheer activities.
- Athletes waiting to be picked up must maintain 6 feet social distancing.
- There are NO Pep Rally's or team dinners allowed during the Spring Season.
- Parent Tunnels After games are NOT allowed.

6. EQUIPMENT

- Sanitize hands and all training equipment (cones, etc.) before, as needed during and after all activities. Coaches alone shall be permitted to retrieve, setup, gather and store all training equipment. (Please do not ask participants to handle training equipment)
- Limit sharing of balls to within pods. Players should maintain at least 6 feet of distancing between individuals. Contact with other players is not allowed. Disinfect tackling dummies / donuts /sleds between individual use. Protective equipment such as helmets and shoulder pads are expressly prohibited.
- Disinfect balls frequently during use.



7. VENUES

- NMYAFL will have signs posted on how to stop the spread of COVID-19, properly wash hands, promote everyday protective measures, and properly wear a face covering. All venue restroom facilities will be routinely disinfected.
- Please remain in your vehicle during football and cheer practice. If you leave your vehicle, wear a mask, and observe social distancing and gathering restrictions.
- Parent Tunnels are not allowed.
- Each Venue will have a specified entrance and exit for athletes and spectators.
- Game times will be staggered on every other field to reduce the number of athletes and spectators leaving and arriving at the game venues.
- Each venue will have a staging area for each team that is about to play on each field. Teams are NOT allowed to advance from the staging area until directed by field commissioners.

8. SPECTATOR LIMITATIONS

- Please remain in your vehicle during football and cheer practice. If you leave your vehicle, wear a mask, and observe social distancing and gathering restrictions.
- There is a limit on the number of spectators per field for each game. Please limit the number of spectators per player or cheerleader to your single-family unit. Parents and siblings of the player or cheerleader. A rule of thumb is if all spectators for a child can sit on a “twin blanket” this will allow everyone to be able to watch the child participate.
- Please observe the CSP 6-foot social distance requirement. Each family unit or” Blanket” must be 6 feet from the next.