



June 26, 2020 Update

We continue to work with the Governor's officer for guidance/information/consideration as we return to activity in New Mexico. Below is the most current Q & A information from the Governor's office. Please be reminded that we can only train in small groups, (5-1 player/coach ratios), must social distance, (at least 6ft apart), COVID test with negative results before participation, (as close to 72 hours before) and wear masks, (coaches before, during and after/players before, not during, but after). Also, it is important that your groups of 5 to not intermingle with other groups of 5 during training. The 5-1 ratio is to keep players safe with minimal contact and to help with contract tracing if need be. Below are this week's updates/clarifications concerning Return to Activity, (RTA), protocols and COVID Safe Practices, (CSP). There are no changes this week to the NMYSA RTA.

June 26, 2020 Q & A – (Questions in black, Governor's office response in red)

1. Youth Sports activities, (especially outdoor field sports), are somewhat different then " Summer Youth Programs" so the applicable CSP are not necessarily relevant to the activities for outdoor youth sports and in many cases indoor youth sports. Are their plans to produce a different set of guidelines for HS or youth sports programs?

We are in the process of forming a task force to work with us on developing guidance for middle and high school sports. It would be good to get your thoughts about potential participants.

2. We have approximately 100 coach that have been COVID tested, (primarily in the Albuquerque area) in order to participate, (all negative results). We however typically have over 2400 volunteer coaches across the state that participate in our community programs. The testing requirement is of concern for many of those communities as they will not have the same access to free/testing sites. Further, there are no current guidelines on retesting so many have questioned the necessity of the test in the first place. Also, there is some information from large insurance companies indicating that they may start charging for testing of individuals that do not have symptoms/exposure. Youth state soccer organizations in the Southwest region, (TX, AZ, CO, CA, HI, NV, UT, ID, AK, WY), do not require pre-participation COVID testing. In short, the questions posed is, could consideration be given to forgo pre-participation testing going forward?

Free testing is available for all New Mexicans at Department of Health Public Health Offices located in every region of the state. You can find the contact information here <https://www.nmhealth.org/location/public>. There are not changes to the testing requirement. We agree that conducting surveillance testing is the best method for catching positives however because summer programs occur over a shorter duration of time, we just require the one test. Our plans for school re-entry will include ongoing surveillance testing as well as repaid response testing (follow up testing when there is a positive case). Our Governor has been very proactive with expanding testing which has really helped New Mexico keep our positive cases lower than most other states.



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3. The current 5-1 player/coach ratios are the lowest in the region. We know every state is different but do believe we are at a point where the training pools can be increased with little/no negative consequences. In AK, WY, ID, UT, TX, there are no restriction on playing games, (some limit or require spectators to social distancing but not players in games). In AZ groups of 50 or less, CA, groups of 12 or less, (up to 30 beginning 7/1), HI groups of 10 with plans to go to no more than 100 in July. It would be great if the number of participants could increase, (10-20) soon, and for there to be a plan for the next phase, (beyond July) so that youth sports organizations can plan for the late summer early fall games. Do you know what the intentions are for July, August and beyond? We understand that gating criteria will be the basis but if we know for example what the phases for social gathering are, i.e., no more than 100 in the next phase, we can plan accordingly.

We are currently evaluating our Phase 2 reopening which would include a possible increase in our mass gathering number. We would modify our CSPs for youth programs in accordance with this change. I would just ask that you let coaches know that any changes would be announced by the Governor in the coming weeks.

May 29, 2020 Q & A - (Question in black, Governor's office answers in red)

1. Coaches were instructed to get COVID tested within 72 hours of participating. Every coach that participated did get tested, (with negative results), but in many situations, test results were not received within 72 hrs. As such, clubs are concerned that they may not be compliant because they begin their small group trainings a few days after testing, but as soon as possible from receiving tests results. In some cases, coaches received results late last week, but due to the long weekend, did not start training until Tuesday, (outside of the 72hrs. window). It seems that the 72 hrs. timeframe is not realistic, in some cases, when put to the test. We are asking clubs to do their best to adhere to that window, but I am wondering from the State's prospective if there is some leeway?

I think your guidance that they do their best to adhere to the 72 hours is appropriate.

2. We have situations where coaches have gone to be tested but were turned away because they are considered non-essential. Are there specific testing sites where non-essential volunteers or employees can be tested for "Return to Activity"?

Coaches should contact their regional department of Health Public Health Office (PHO) regarding testing. Tests conducted by the state are billed to the individual's insurance however there aren't any out of pocket for the individuals. If they don't have insurance the test should be free. The PHO can provide additional information on this. Private entities that are conducting testing do charge.

3. We had a coach that went for testing at the Nextcare site on Menaul but was turned away because he does not have insurance. Are there test sites that have free testing for coaches without insurance?



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Directing people to the PHOs is the best way to resolve this. PHOs do not turn away people who want to be tested.

4. Groups that did begin training were able to observe social distancing with the training activities they ran, (5-1) ratios. Many coaches communicated thoughts that they could safely increase numbers, (10-1 ratio or higher) and still observe CSP and wanted this put forth for consideration by the State's committee.

As the public health order changes and allows for group sizes to increase, the group sizes could be modified accordingly.

5. Many coaches expressed concerns about players wearing masks. Not many players were able to tolerate the masks while running/training. There is growing concern that it may be more dangerous for players to wear masks during training. Can consideration be made to allow players to forego wearing mask during training only, so long as they can adhere to the 6ft or more distancing?

We have revised guidance for masks. I will send the full document once it is formatted however a brief summary is listed below. I would say that coaches should wear masks and kids should wear them when they aren't exercising.

In response to the COVID-19 pandemic, masks are required of adults in public settings and recommended for children three and older, with exceptions for eating, drinking, exercising and medical requirements. The general principle is that masks are used to limit potential harm to others by helping reduce their risk of infection (and they may have a secondary benefit to the wearer as well).

6. We have some coaches that have taken the antibody test and are asking if they can forgo the COVID test if they have tested positive to the COVID antibody test?

Research indicates that antibody tests are not reliable enough to be used for this kind of determination, especially since our prevalence of disease is still quite low in N.M.

Another question asked was answered on the State's posted Q & A. What is the definition of local geographic area? A. **Participants and staff should avoid traveling great distances to attend a program. Individuals may travel outside of their county of residence if they live within 50 miles of the program location.**

May 19, 2020 Q & A - (Questions in black, Governor's office answers in red)

The CSP indicates, "Temperatures of children and staff should be taken daily with a touches **[this should be "touchless" if done at the facility]** thermometer". It does not say who needs to take the daily temperatures though. In our draft "Return to Activity" protocols, we have parents taking kids temperatures and coaches taking their own on a daily basis before training. Is this acceptable/compliant to include in our policy? **[yes]**



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2. The CSP says, "Staff and students/campers should wear masks." Our "Return to Activity" policy says coaches must wear masks and youth players are to wear mask before and after training but not during. The Governor mentioned that it was OK not to wear a mask during exercise, so we want to make sure it is OK to publish that in our protocols? **[given the combination of kids being superspreaders and being together in a group, suggest everyone wearing masks.]**

3. We understand that for now, all coaches need to be COVID tested, (with negative results), before they can participate/begin the small group trainings, (5-1) ratio. As such, will make sure that is included in the NMYSAs protocols.

1. Another question came up concerning frequency of tests as well as how long before the activity begins should a test be taken? **[I would suggest within 72 hours and if they have ANY symptoms they should not show up.]** We have a coach that was tested May 4, 2020, with a negative result. Should they be tested again before training this week? **[Probably]**

2. Also, there was a question about coaches that have teams of 15 that would be training 5 at a time but each group back to back, is that acceptable? **[Sure. Have different groups avoid each other. Back to back suggests contact between groups, which we do not want.]** Potentially, we could have coaches with two teams, so that could be 15 on Monday in groups of 5 in three different time slots, then maybe the next team on Tuesday in groups of 5 in three different time slots. **{OK}**

The updated NMYSAs Return to Activity protocols are attached! It is imperative that Leagues/Clubs understand that **"just because you can, doesn't mean you should"**. Parents have an option whether their child participates, and leagues/clubs may have other consideration before they choose to open. Before opening, please make sure you comply with the NMYSAs protocols, CSP and CDC recommendation. trainings.