



NMAA GUIDANCE FOR RETURN TO PLAY



Objective	This document is intended to provide guidance for schools to consider return to activity protocols in accordance with state restrictions. It allows for a coordinated reopening and may also be used if conditions dictate the need for increased restrictions in the future.
Foundational Statements	<p>The NMAA believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition.</p> <p>The NMAA recognizes that, due to the variance in spread of Covid-19 across the state and decisions made by local educational leadership, New Mexico students may be unable to return to – and sustain – athletic activity at the same time across the state.</p> <p>As is stated within the NMAA Constitution, the most important single consideration in the regulation of any school activity must be the welfare and healthy development of students. During this time of uncertainty, school personnel are encouraged to collaborate with local public health officials to determine what is best for each individual community.</p> <p>The NMAA will continue to provide updated guidance to member schools based on information from the National Federation of State High School Associations, Centers for Disease Control, and State Government Officials.</p>
Points of Emphasis	<p>Expanding knowledge of COVID-19 transmission could result in significant changes to this guidance. The NMAA will disseminate information as it becomes available.</p> <p>Administrators and coaches must emphasize the need for all coaches and participants 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 and other school personnel, but students as well.</p> <p>Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during stay at home orders. The intensity and duration of training should be moderated upon return.</p> <p>With the uncertainty of recurrent outbreaks this school year, member schools must be prepared for periodic school closures and the possibility of some teams having to isolate for two or more weeks while in-season.</p> <p>Guidelines published are in accordance with State of New Mexico orders and are subject to change.</p>
Areas to Address	<p>Students/Staff who test positive for COVID-19 will be contacted and provided instructions by the Department of Health. Follow DOH instructions. Those who have been in contact with someone who has tested positive for COVID-19 may contact DOH at (505) 827-0006 to schedule testing.</p> <p>The National Athletic Equipment Reconditioners Association (NAERA) has advised the NFHS that significant equipment reconditioning capacity is currently operational. If schools have not sent out equipment for reconditioning, they should do so immediately. If schools currently have equipment being reconditioned, a school official should contact the reconditioning company to make specific delivery arrangements if their school is currently closed.</p>

Phase	Remote/Hybrid Learning
General Activity Description	Individual Skill Development and Workouts; No Contact with Others; Minimal Sharing of Equipment; No Games or Scrimmages
Facilities Cleaning	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities.</p> <p>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.).</p> <p>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.</p> <p>Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as benches, athletic pads, etc. having holes with exposed foam should be covered.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p>
Entrance/Exit Strategies	<p>Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.</p>
Limitations on Gatherings (Updated in Accordance with the Governor's Orders)	<p>Individuals may not gather in groups exceeding 5 people.</p> <p>Workouts should be conducted in "pods" of students with the same 4-5 students always working out together with the same coach to limit overall exposures.</p> <p>Coaches may supervise a maximum of 2 pods but must always be included as one of the permissible 5 people in a pod. To ensure proper contact tracing, pods shall remain separate at all times and shall not be combined or intermixed with students from other pods at any time. Additionally, equipment shall not be shared between pods.</p> <p>Indoor facility "pods" may not exceed a maximum of 4 at one time. Outdoor facility "pods" (size of a football field) may not exceed 6 at one time. If safe social distancing cannot occur within your facility, pod number and/or size should be reduced.</p> <p>There must be a minimum distance of 6 feet between each individual 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.</p> <p>Non-essential visitors should not be permitted. Volunteer coaches/staff should also be limited unless approved by the school/district.</p>
Pre-Workout Screening	<p>All coaches and students should be screened daily for signs / symptoms of COVID-19 prior to a workout, including a temperature check.</p> <p>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).</p> <p>Responses to screening questions for each person should be recorded and stored.</p> <p>Any person with positive symptoms, 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.</p> <p>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.</p> <p>Vulnerable individuals should not supervise or participate in any workouts during unless approved by the school/district.</p>

Travel & Quarantines	<p>Individuals traveling out of state must self-quarantine for 14 days upon their return. See Public Health Orders and Executive Orders for any exceptions and for further information:</p> <p>https://cv.nmhealth.org/public-health-orders-and-executive-orders/</p> <p>Students cannot participate in competition or camps (in-state or out) under the direction of a member-school coach.</p>
Face Coverings	<p>State guidelines for cloth face coverings should be strictly followed.</p> <p>Students should wear face coverings at all times.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity.</p> <p>Neck gaiters will not be allowed during football participation due to the risk of unintended injury to the person wearing the gaiter.</p> <p>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.</p> <p>Coaches and screeners should 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.)</p>
Hygiene Practices	<p>Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect frequently used items and surfaces as much as possible.</p> <p>Face coverings should be worn anytime while in public.</p>
Hydration/Food	<p>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.) should not be utilized, except for those designed to refill bottles in a contact-free manner.</p>
Locker Rooms & Athletic Training Areas	<p>Locker rooms should not be utilized. Students should report in appropriate attire and immediately return home to shower after participation. No students allowed in training area unless AT is present.</p>
Weight Rooms	<p>Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.</p> <p>Resistance training should be emphasized as body weight, weight machines, and free weights that require minimal use of a spotter.</p> <p>If spotters are necessary during free weight exercises, spotters should spot from the ends of the barbell and not directly behind or over the top of the lifter.</p> <p>Weight rooms should follow physical distancing / pod guidelines with capacity not to exceed 25%.</p>

Physical Activity & Athletic Equipment	<p>No scrimmages, games or competition.</p> <p>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</p> <p>Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.</p> <p>All athletic equipment, including balls, should be cleaned frequently during use and prior to the next workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment shall only be shared within a pod and should be cleaned frequently during use and prior to use by another pod.</p>
Fall Sports	NMAA Sports: cross country, football, soccer, volleyball
Cross Country	Runners should maintain at least 6 feet of distancing between individuals, no grouping.
Football	Individual skill development only. No live practice drills/competition. 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. Protective equipment limited to helmets and shoulder pads. No sharing of protective equipment. Disinfect equipment frequently between use (tackling dummies / donuts / sleds / balls / etc.). Disinfect protective equipment after each use.
Soccer	Individual skill development only. No live practice drills/competition. Limit sharing of balls to within pods. Players should maintain at least 6 feet of distancing between individuals. Disinfect balls and equipment frequently during use.
Volleyball	Individual skill development only. No live practice drills/competition. Limit sharing of balls to within pods. Players should maintain at least 6 feet of distancing between individuals. Disinfect balls and equipment frequently during use.
Winter Sports	NMAA Sports: basketball, cheerleading, dance, swimming & diving, wrestling
Basketball	Individual skill development only. No live practice drills/competition. Limit sharing of balls to within pods. Players should maintain at least 6 feet of distancing between individuals. Disinfect balls and equipment frequently during use.
Cheerleading	Conditioning and individual technique/choreography work. Players should maintain at least 6 feet of distancing between individuals. Students may not practice/perform partner stunts or building. Chants, jumps, dance, tumbling without contact are permissible.
Dance/Drill	Conditioning and individual technique/choreography work. Players should maintain at least 6 feet of distancing between individuals. Students may not practice/perform partner stunts or building. Chants, jumps, dance, tumbling without contact are permissible.
Swimming/Diving	Swimmers should maintain at least 6 feet of distancing between individuals with no more than 10 individuals in a pool at one time. Disinfect equipment frequently during use. No use of showers.
Wrestling	Individual skill development only. No live practice drills/competition. Conditioning, mirror drills with spacing, no contact. Wrestlers should maintain at least 6 feet of distancing between individuals. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to). Disinfect throwing / shooting dummies between individual use.

Spring Sports	NMAA Sports: baseball, golf, softball, tennis, track & field
Baseball/Softball	Individual skill development only. No live practice drills/competition. Players should not share gloves or bats. Limit sharing of balls to within pods. Players should maintain at least 6 feet of distancing between individuals. No sharing of batting helmets or catcher's equipment. Disinfect balls and all other equipment frequently during use.
Golf	Maintain appropriate physical distancing 6 feet apart.
Tennis	Limit sharing of balls to within pods. Disinfect balls and equipment frequently during use. Wipe down rackets and balls after. Maintain at least 6 feet of physical distancing.
Track & Field	Runners should maintain at least 6 feet of distancing between individuals, no grouping. Disinfect equipment frequently during use. Padded equipment should be cleaned between individual use.
NMAA Activities	NMAA sanctioned activities should follow the general guidelines presented in this document. Virtual practice/competition is permitted.
Bowling	NMAA bowling competition / practice not permitted at this time. Status will be updated in accordance with the Governor's orders.
JROTC	Students should maintain at least 6 feet of physical distancing between individuals, no grouping. Disinfect equipment frequently and between individual use. Follow pod size guidelines.
Powerlifting	Students should maintain at least 6 feet of physical distancing. Spotters should spot from the end of the barbell and not directly behind or over the top of the lifter except when failure/injury is imminent. Disinfect equipment frequently and between use. Follow pod size guidelines.
Music	Maintain appropriate physical distancing 6 feet apart. Follow pod size guidelines. Follow NMMEA Guidance .
Other	Follow all physical distancing, mask wearing and pod size guidelines.
Important Links	NMAA Resources & Information: https://www.nmact.org/news/covid-19-guidelines-resources/ NMDOH Resources & Information: https://cv.nmhealth.org/ NMPED Resources & Information: https://www.newmexico.gov/education/ NMMEA Resources & Information: https://www.nmmea.com/covid-19/