



South HB Girls Fastpitch Return to Practice Guidelines

General

- All practices will occur at the South HB fields only
- Prior to arriving at the fields, parents must check players for COVID 19 symptoms. If a player exhibits any symptoms, she is not allowed to participate in the practice
- Players shall sanitize their hands prior to entering and after exiting the fields
- All adults shall self-check for COVID 19 symptoms prior to arriving at the fields. If any symptoms exist, the adult is not allowed to enter the fields
- Players are not required to wear a mask. However, a player may wear a mask if they choose to do so
- If a player and/or family member tests positive for COVID 19, the family shall notify the league president immediately and shall abstain from further team participation until cleared to return by the league president
- There will be no repercussions for any players who do not attend team practices
- The use of the bathrooms will be limited to two persons at a time while maintaining a distance of 6 feet between one another
- Sunflower seeds are prohibited from the property

Team Practice Protocol

- With the exception of 6U and 8U, players should be dropped off and walk to their respective field. 6U and 8U families may drop their players off if they so choose
- If a younger player is being accompanied to a field, a maximum of one adult should accompany the player. If the adult stays at the facility, the adult must stay in the outfield, maintain proper social distancing and adhere to South HB's COVID 19 safety precautions. Adults are required to wear a mask while traveling through the facility and may remove the mask once they find a spot that meets social distancing requirements including maintaining a six-foot separation from others and if unable to maintain this separation, to wear a mask.
- Coaches must have a mask in their possession at all times. In the case where maintaining a distance of 6 feet is questionable, they must wear a mask
- Players are not allowed to enter the dugouts, unless the dugout is the only access point to the field. Half of the team shall place their equipment six feet apart along a fence in foul

territory. The other half shall do the same on the opposite side of the field. Players will warm up on their respective side as well

- No sharing of any equipment, water bottles or other items is allowed
- Hand sanitizer will be available for all. Hand sanitizer should be used by all players before and after use of any equipment and transition of offense and defense drills.
- Players and coaches shall maintain proper distancing during warm-ups, practice drills and batting. Coaches shall limit the size of any smaller groups to a maximum of 4 players and shall ensure that social distancing is maintained
- No physical contact is allowed (hi-fives etc.)

Field Maintenance Protocol

- Teams are required to perform field maintenance responsibilities as normal
- Field maintenance activities should be limited to two adults. Prior to touching any equipment, the adult is required to put on gloves (provided by the league). The gloves should be disposed in trash cans at the field after the equipment is returned to the bin and the adult shall sanitize their hands
- The equipment touch points should be sprayed with disinfectant before and after each use
- Proper distancing is required during this process. If unable to maintain proper distancing, a mask shall be worn
- Spray common touch points at the conclusion of each practice (responsibility of coaches)

Batting Cage Protocol

- Batting cages will be available for use by all teams.
- One adult shall be designated to open and close the gate for the cage
- Masks must be worn by the coach when 6 feet of distancing cannot be maintained
- The gate handle and lock shall be sprayed with disinfectant prior to opening and after being closed
- Teams shall stagger batting cage times by player to minimize the number of players on site at a single time
- Players shall bring a helmet and bat only to their assigned time (i.e. no bags or other gear)

Pre-Screening Criteria to be Completed for Adults and Children Before Attending Any South HB Event (OC Health Department)

If you and/or your child have any of the following signs/symptoms, DO NOT attend South HB events and seek medical attention/testing.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as they learn more about COVID-19.

If you are symptomatic, please follow the guidelines as set forth by the Orange County Health Department:

Recommendation: For persons recovered from COVID-19 illness, CDC recommends that isolation be maintained for at least 10 days after illness onset and at least 3 days (72 hours) after recovery. Illness onset is defined as the date symptoms begin. Recovery is defined as resolution of fever without the use of fever-reducing medications with progressive improvement or resolution of other symptoms. Ideally, isolation should be maintained for this full period to the extent that it is practicable under rapidly changing circumstances.

For more information, go to occovid19.ochealthinfo.com. or call (800) 564-8448.