

## Niskayuna Girls Softball League (NGSL) Return to Play Safety Plan – July 4, 2020

NGSL operates travel softball teams at the 18U, 16U, 14U, 12U, 10U and 8U levels. The following are measures we are implementing to comply with state and local recommendations to resume practices:

- All social distancing recommendations will be in place, including:
  - 6 foot distance between all players & coaches at all times, unless safety or core activity (e.g. practicing, playing) requires a shorter distance
  - Equipment for all players and coaches stored a minimum of 6' apart. Fences will be marked at appropriate distances where personal equipment may be hung
  - No use of dugouts or other shared spaces
  - No sharing of equipment or water
  - No physical contact (hugs, high fives, fist bumps)
  - No gum chewing, sunflower seeds, or spitting
- Coaches are required to bring hand sanitizer and disinfectant. Players are encouraged to bring their own hand sanitizer as well.
- Coaches are required to have facial masks/coverings on hand. Players are encouraged to bring their own as well. They are not required to be worn unless a situation requires contact closer than 6' (First Aid, Injury, etc)
- Coaches are required to organize drills and activities that keep players and coaches socially distant
- Each player/coach will sign into each practice with a questionnaire asking about (1) COVID-19 **symptoms** in past 14 days\*, (2) positive COVID-19 test in past 14 days, and/or (3) close contact with confirmed or suspected COVID-19 case in past 14 days\*\*.
  - Families must keep players home anytime they, or someone in their household, is sick or has a fever
  - Any illness or COVID-19 positive test result must be reported to coaching staff. Coaches will notify the league board of any positive COVID-19 test result immediately. The Board will then notify state and local health departments.
  - If a player or coach, or someone they live with, tests positive for COVID-19, they must report it to the coaching staff immediately. All team activities will cease for a minimum of 14 days. Board approval is required to resume activity.
  - If any player, coach, or family members are in quarantine, they must stay home from practice until the quarantine is over
- Time allotted between practice groups will be at least 15 minutes to reduce the possibility of multiple teams near the same field at the same time
- USA Softball waiver will be required to be signed by all participating families, releasing the Town and the League from responsibility due to illness
- All softballs must be sanitized before or after each practice. Coaches must maintain a cleaning log that indicates date & time of each cleaning.
- Family members who drop off/pick up players must abide by social distancing measures while in parking lots and at the practice location. Family members are not allowed on the field during practice unless they are a member of the coaching staff.
- These guidelines will be posted at each field to ensure clear communication of our policies

\* COVID symptoms include fever (100.4 degrees or higher), cough, and shortness of breath.

\*\* "Close contact" is being within 6 feet of an infected person for at least 10 minutes.

## **GAMES/SCRIMMAGES:**

- All players and coaches are to maintain 6 ft social distancing
- Coaches and players are welcome to bring their own folding chairs so as to further allow for player separation and 6 ft social distancing.
- Players are allowed to wear face coverings during their games, but it is not required
- Players & equipment will set up behind the backstop/dugout areas, 6' apart
- Each player will be allowed two spectators to attend their game; no additional guardians, friends, or siblings are allowed in the park
- Spectators must be beyond 1st/3rd base areas or around/behind the outfield areas (No spectators will be allowed behind the backstops from the outfield end of the 1st base dugout to outfield end of the 3rd base dugout.
- Pop up tents are permitted for shading players bench areas, but are not allowed for spectators.
- Pre game meetings with game officials are to include only one coach from each team and the game official, and each are to maintain 6 ft social distancing.
- There can be no handshakes, high-fives or fist bumps before or after the games. Please tip your hat or wave to the opponents after the game from your side of the field.
- Pre or post game meetings or team huddles will not be allowed without social distancing guidelines being followed.
- No coaches will be allowed on the field to disagree with or argue a call. Coaches may call the official to their team bench area for certain questions, while remaining 6 ft away. Now more than ever, for the safety of all, we will not allow aggressive arguing with any official.