



Damascus Sports Association

COVID-19 Phase 2 Practice Guidance

Effective December 3rd, 2020 @ 6PM

The following document accompanies the Maryland Interim Guidance for Limited Outdoor Youth Sports. DSA recognizes the importance of following CDC and Maryland guidelines in the recovery from the COVID-19 pandemic. The safety of our athletes, volunteers and families is our number one priority.

General Guidelines:

- Athletes and coaches must be screened prior to every practice, game, tournament day (See DSA Activity Screening Questionnaire).
- Coaches and Parents will wear masks during pre-activity screening interactions.
- Coaches must wear masks, when in close proximity to players (i.e. instruction, blocking pad drills, etc) - Parents will either drop off/pick-up or wait in their vehicles until the end of the practice activity.
- If they can be worn safely and consistently, youth athletes age 9 and older shall wear face coverings. - Social distancing of 6 feet or more between athletes should be maintained. Have athletes keep their gear separated by this distance (i.e. drinks, bags, etc).
- Practices must follow the CDC and the [Montgomery County Executive order](#) for occupancy guidelines and social distancing.
- Athletes and coaches will use hand sanitizer at the beginning/end of practice and it is recommended to be used during practice/ in-between drills as well.
- Athletes will use their own equipment: bats, gloves, helmets, catchers gear, etc.
- In the event shared team gear (i.e. catchers gear) is used, it will be limited to one person per activity and will be wiped/sprayed with disinfectant after each practice. - No team waters will be used at practices, scrimmages or games.

Practice Activities: - Baseball/Softball

acceptable activity examples:

- Tee work
- Pitchers and catchers
- Hitting practice with a live pitcher/catcher



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- Throwing / Fielding drills / Base Running / Pop ups
- Throw downs with runners
- Full Practice/Scrimmages (<50 persons including coaches)
- Football/Cheer acceptable activity examples:
 - Full teams conditioning drills (i.e. Ladder drills / sprints / warm-ups / stretching)
 - Current activities are limited to individual drills and non-contact skills development
 - Please refer to USA Football Guidelines for definitions of contact (Air/Bags/Control)
 - Full team Cheers/Dancing - Football/Cheer NOT acceptable activity examples:
 - Football scrimmaging/game play/touch contact (Montgomery County – requires Phase 3)
 - Please refer to USA Football Guidelines for definitions of contact (Thud/Live Tackling)
 - Drills combining offense and defense players in the field (Montgomery County – requires Phase 3)
- 3) • Cheer Exhibitions/Expo's
 - Cheer Stunting

Please note: practice activities not acceptable in Montgomery County, may be permissible in surrounding Counties based on local jurisdictional regulations (i.e. Frederick/Carroll Counties).

Gameplay Activities:

- Baseball and Softball, categorized as medium-risk sports, are allowed to have game play in Montgomery County. Fields at local parks are currently available, and fields at regional and recreational parks will be available starting September 1st.
- Gameplay must follow the CDC and the [Montgomery County Executive order](#) for occupancy guidelines and social distancing.
- Parents, guardians, and immediate family of players may spectate provided they maintain the appropriate social distancing of greater than 6 feet between non-family members.
- All tournaments, championships, or events are strictly prohibited, unless a Letter of Approval is issued by the County. Play and games with teams from outside of Maryland, Virginia, or the District of Columbia is prohibited.
- At this time gameplay and tournaments are not allowed in Montgomery County for football and Cheer/Poms on Montgomery County School and Montgomery County Parks and Recreation fields.
- Gameplay and Tournaments are permitted, but are required to follow the applicable county regulations/restrictions for the location that game/tournament will be played.



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The state of Maryland will change recommendations as the recovery progresses. DSA will monitor and adapt these guidelines as restrictions are relaxed or increased in accordance with Maryland/Montgomery County Phased guidance.

Coach Damascus Sports Association Volunteer	Date
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Assistant Coach Damascus Sports Association Volunteer	Date
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Assistant Coach Date Damascus Sports Association Volunteer	
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