



Damascus Sports Association COVID-19 Practice Guidance

Effective April 2, 2021

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: Player Screening/ Attestation:

- Athletes and coaches must be screened weekly. (See DSA Activity Screening Questionnaire). Parents should complete the screening questionnaire at the first practice of the week.

Face Covering Requirements:

- Players, coaches, and spectators must wear face coverings when within 6 feet of others.
- Players within DSA will not be required to wear face covering in the field unless playing in locations that have additional policies in place.
- All players should wear face masks when on the bench as well as when they are arriving and departing from games/practices.

Gathering Guidelines:

- Players may have two spectators attend games as long as the overall number of 50 spectators is not exceeded between teams. Players and coaches are excluded from the 50-person spectator count.
- 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 and the total number of individuals present does not exceed the applicable gathering size limit.
- 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).

Practice/ Equipment Guidelines:

- Practices must follow the CDC and [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.



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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, Softball, and Lacrosse are categorized as medium-risk sports, and are allowed to have game play in Montgomery County.
- Gameplay must follow the CDC and the [Montgomery County Sports Guidelines](#) for occupancy 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, Basketball, Wrestling 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.

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.



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Coach

Damascus Sports Association Volunteer

Date

Assistant Coach

Damascus Sports Association Volunteer

Date

Assistant Coach

Date

Damascus Sports Association Volunteer

Assistant Coach

Association Volunteer

Damascus

Date Sports