



Damascus Sports Association COVID-19 Phase 1 Practice Guidance

Effective June 1, 2020

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.
- 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).
- Practice group must not exceed 10 persons, including coaches.
- Athletes and coaches will use hand sanitizer at the beginning/end of practice and it is recommended to be used during practice as well.
- Athletes will use their own equipment: bats, gloves, batting helmets, 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.

Practice Activities:

- Current activities are limited to individual drills and skills development
- Coaches may be closer than 6 feet for instruction if necessary
- Baseball/Softball/Football acceptable activity examples
 - Tee work
 - Pitchers and catchers
 - Hitting practice
 - Hitting practice with a live pitcher
 - Fielding drills
 - Base running
 - Pop ups
 - Conditioning
 - Throwing drills
- Baseball/Softball/Football NOT acceptable activity examples
 - Scrimmaging/game play/touch contact
 - Drills combining offense and defense players in the field
 - Throw downs with runners
 - Hitter practice with a live pitcher AND catcher



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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

Assistant Coach

Damascus Sports Association Volunteer

Date

Assistant Coach

Damascus Sports Association Volunteer

Date

Assistant Coach

Damascus Sports Association Volunteer

Date