



## **PGSL 2021 COVID SAFETY PROTOCOLS (updated March 11, 2021)**

Pacifica Girls Softball League (PGSL) is excited to welcome players back for the 2021 season. Softball is a sport well-suited to the safety demands of COVID-19. Played outdoors, with naturally spaced positions and minimal contact, the softball experience can be delivered safely, provided we all work together. To this end, the PGSL Board has established a set of safety protocols informed by guidance from [USA Softball](#), [State of California guidelines](#), [Pacifica School District](#), [California Department of Public Health \(CDPH\)](#), the [Center for Disease Control \(CDC\)](#). The [CDPH](#) and [CDC](#) has provided the illustrations on aspects of youth sports that are advantageous in these times which indicate softball to be a lower risk sport.

Our goals for this season are simple:

1. Create the safest and best possible experience for the PGSL Community
2. Establish new PGSL protocols for a COVID-19 world for this year and beyond
3. Focus on getting back to normal player development and teaching good sportsmanship
4. Create a balanced schedule between games and practices

### **What safety measures are in place?**

PGSL will be implementing the following expectations and procedures to encourage a safe and fun season. Here are a few highlights:

- We will generally follow the [CDPH's Outdoor and Indoor Youth and Recreational Adult Sports Guide](#), the [CDC's Consideration for Youth Sports Administrators](#), USA Softball's [Back to the Ballpark Guides \(National\)](#), and its [Back to the Ballpark Guides \(NorCal\)](#).
- We will have specific protocols for before, during, and after field activities for parents, players, coaches, and umpires to follow (see DAY OF PRACTICE/GAMES below).
- Parents will be asked to sign a waiver from the Pacifica School District and PGSL. Further, all parents must do a self-assessment at home, demonstrating symptom free status, before players will be permitted to attend PGSL activities.
- Wearing cloth face coverings is an effective way to reduce the spread of COVID-19 through respiratory droplets. This can be extra important at sporting events, where it's common for coaches, players, officials and spectators to raise their voices shouting, singing or chanting. Athletes must wear a face mask at all times and practice physical distancing. Coaches, officials and volunteers must wear cloth face coverings. Spectators must wear cloth face coverings and follow local rules for physical distancing
- Teams should practice significant social distancing when arriving, switching, and departing. Spectators from different households should also be spaced apart.
- Players should clean their hands before and after practices, games, and sharing equipment. Players should have their own hand sanitizer.

- High fives, fist bumps, and other physical contact celebratory gestures will be discouraged. A verbal 'great hit' can be just as powerful.
- No sunflower seeds, food, or sharing of liquids in the dugout or at the field
- We ask that you equip your child with any wipes or hand sanitizers as you see fit.
- Players are encouraged to use the restroom prior to arrival. However, if players must use the onsite porta-potty, they must do so one at a time with face masks and maintain social distancing. The player must supply and use their own sanitizing wipes and / or hand sanitizer prior to returning to practice.
- PGSL reserves the right to remove players, coaches, spectators from practices/games should these precautions be ignored.

### **Who is our primary contact for COVID concerns?**

Although we all share responsibility in reducing our personal and community risks from COVID, our Safety Officer, Sarah Lotti, will be responsible for responding to COVID-19 concerns on behalf of the PGSL Community. Our Chief Safety Officer has the full support of the PGSL Board and can be reached via email at [safetyofficer@thePGSL.com](mailto:safetyofficer@thePGSL.com). All coaches, staff, officials, and families should contact our Chief Safety Officer if they observe COVID protocols not being followed.

### **What about participation in other youth sports activities?**

We recognize and appreciate that the PGSL Community is enrolling their children in local activities and youth sports training that follow the similar COVID guidelines we are implementing. PGSL wants our kids being active in a effort to improve physical and emotional well-being during this trying time.

However, once you extend beyond our local community the approach in COVID protocols in other counties and states vary dramatically. If you plan on travelling outside the Bay Area for anything like youth travel sports tournaments or scrimmages (practices are OK), please do not enroll in PGSL's Spring Season. The PGSL Board fully realizes that this may preclude certain kids who are hoping to play on travel teams, but execution of a safe experience is our highest priority.

### **What happens in the event of a positive case?**

Given the virulent spread of COVID, we have specific protocols in the event of a player, coach, or family member contracting COVID.

- In the [case of symptoms](#), the individual should seek medical assistance, self-isolate and have a test. Results should be communicated to the PGSL safety officer via email at [safetyofficer@thePGSL.com](mailto:safetyofficer@thePGSL.com).
- In the case of a positive test, that individual should not return until they have met CDC's criteria to discontinue home isolation for 14 days or until a negative test is taken.
- We ask that any COVID related issue be communicated to any affected PGSL Community members expediently to prevent further spread. PGSL will inform the team of exposure, and the following protocol will be enacted, consistent with CDC guidelines.

The California Department of Public Health (CDPH) recommends a symptom-based strategy to determine the duration of isolation for people with COVID-19 who are symptomatic, meaning they have symptoms. Persons with COVID-19 who have symptoms and were instructed to care for themselves at home may discontinue isolation under the following conditions:

- At least 10 days have passed since symptom onset; AND
- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; AND
- Other symptoms have improved

For persons with COVID-19 who are asymptomatic, meaning that they have NOT had any symptoms, CDPH recommends that these individuals be instructed to care for themselves at home. They may discontinue isolation under the following conditions: At least 10 days have passed since the date of the first positive COVID-19 diagnostic (federally approved Emergency Use Authorized molecular assay) test. If they develop symptoms, then the strategies for discontinuing isolation for symptomatic persons (see above) should be used.

For individuals who have had close contact (less than 6 feet for at least an aggregate of 15 minutes) with a person who is COVID-19 positive, CDPH recommends the exposed person be quarantined and stay home for a period of 14 days from the day of exposure. Household members COVID-19 positive persons should also be quarantined for this period, as well as anyone who has had unprotected contact with an infected person's body fluids and/or secretions, such as being coughed or sneezed on, sharing utensils or saliva, or providing care without wearing appropriate protective equipment, such as a facemask and gloves.

## **ARRIVAL AT DISTRICT FIELD**

### **How does this work?**

- If players have any COVID-19 symptoms (fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell) they should NOT attend the session.
- Each player must bring their own gear, there will be no shared equipment besides softballs.
  - Softball glove, bat, batting helmet, cleats, and catchers gear (if desired)
  - Personal hand sanitizer
  - Water bottle
  - Two Face masks
- All players need to wear a face mask once out of their car, and it should stay on throughout the check in process. Face mask/covering must be carried with the athlete at all times, whether in the athlete's pocket or around their neck.
- At the start of each practice or game, a PGSL coach will take player temperatures with a touchless thermometer. The athlete's temperature must be below 100.4. Once they are cleared, the athlete will sanitize their hands and the coach will log players into the team attendance form.
- Parents/Guardians are required to wear a face mask and may walk up to the field to drop athletes off and watch from a safe socially distant space at least 25 feet from any area of the check-in, practice, or game areas. We are trying to reduce density on the field.
- Maintain social distancing throughout the check in process as well as the whole practice.
- A team manager, acting manager, or league official, has discretion to remove from activity, separate, and request parental pick up for any player showing any of the symptoms listed above or who, despite reminders, is not following these health and safety guidelines.

## **DAY OF PRACTICE**

### **What happens before practice?**

- On field participation will be limited to the coaches & players of the group. Coaches will set up and break down all equipment before and after practice
- Dugouts will not be used to prevent unnecessary contact & crowding. Gear will be placed down the foul lines, 6 feet apart.
- Players and coaches must wear their face mask/covering at all times and maintain 6 ft social distance as often as possible.

- No contact by any players throughout the practice – minimum 6ft apart at all times. Zero tolerance for players who can't abide by the social distancing rules!
- 30-minute cushion time in between each training session to ensure the first teams have exited the field and no overlap of teams

### **What rules will we follow during practice?**

- Each coaching staff will be provided with a contactless thermometer, first aid kit, hand sanitizer and ice packs. When attending to any injury, coaches and players must wear a mask.
- To the greatest extent possible, teams (or groups of 12) will be broken up into stations during practices to maximize social distancing.
- Teams will maintain 6 feet social distancing at all times. No team huddles, no high fives, fist bumping, or horseplay allowed.
- Players will separate into smaller teams & participate in station-based training.
- No shared equipment will be allowed (bats, helmets, etc.), with the exception of softballs & tees. Every player has to pick up their own equipment.
- Face mask/covering must be worn at all times.
- Players are encouraged to use the restroom at home before arrival. However, if players must use the onsite porta-potty, they must do so one at a time with face masks and maintain social distancing. The player must supply and use their own sanitizing wipes and / or hand sanitizer prior to returning to practice.

### **What happens before or after practice?**

- Perform normal field maintenance - water, drag the field if needed.
- Coaches will sanitize common equipment softballs, batting cage balls, tees, catchers gear and common areas used after each practice.
- Players must maintain physical distancing when gathering their bags and equipment.
- Players are to meet their families in the parking lot. Players should maintain 6 feet physical distancing when walking to the parking lot.
- Families are encouraged to wipe down all personal equipment at home, wash hands with soap and water for 20 seconds and wash face mask/covering when needed.

## **DAY OF GAME**

### **Team**

- Should not enter dugout until the other team exits and coaches have sanitized it.
- Prohibited from pre-game & post-game handshakes/high fives. Teams may line up on their respective foul lines and wave.

### **Athletes**

- Every player's temperature will be checked as they arrive to the field for practices and games. Those players with a fever above 100.4 degrees will be asked to go home.
- Must provide their own water.
- Must provide their own hand sanitizer.
- Must wear face mask at all times.
- Must wear masks in between games.
- No huddles. Player that gather at the circle should stay outside the circle maintaining social distancing.
- No sharing of equipment (bat, helmet, etc.)

## **Coaches**

- Must wear face masks at all times.
- Coaches should stay outside the width of the batter's box at the Homeplate conference.
- Only one coach allowed during the conference.
- If coaches visit the pitcher, all other players should stay outside the pitching circle at a minimum of six (6) feet apart from each other and the coach.

## **Coaches meeting**

- One coach from each team and must stay 6 feet apart. Suggested to be the top outside corner of each batter's box when available.
- Umpire will not collect line up cards but can ask questions as necessary.
- No athletes allowed.
- Recommended for lineup cards exchanged team to team and teams to scorekeeper
- Multiple softballs will be in use during games and should be switched out every inning for sanitizing.
- Game balls should be new and supplied still in wrappers.
- If used balls are to be used as a backup, a wipe down before going into game play is required.
- Spectators must keep a 6' distance between family groups. Only family groups of the players are allowed as spectators

## **Warm-up Recommendations**

- Warm-ups should only take place in the outfield while the field crew is preparing the field for play.

## **Dugout Recommendations**

- Teams should not enter dugout until the other team exits.
- The number of participants in the dugout is dependent on the size of dugout but must maintain 6 feet social distance.
- When possible and practical, allow for players to be out of the dugout in order to maintain social distance.
  - Any player who is outside of the dugout must be protected behind a fence and still maintain 6' distance from spectators and other players.

## **Off-Field Recommendations**

- Concessions will not be available for the 2021 PGSL season
- All persons in attendance are required to wear masks at all times and encouraged to follow 6 feet social distancing guidelines.

## **Spectators**

- Must wear masks at all times.
- Encouraged to follow 6 feet social distancing guidelines.
- Recommended to bring and use hand sanitizer upon entering the facility.
- Encouraged to bring their own sanitizing wipes for restroom/personal cleanliness.
- Should only be members of the players' household, no additional guests.

## **Parents:**

- Proactively monitor their own and anyone in their household's health status. If anyone is not feeling well in family or has a temperature exceeding 100.4, they should reconsider attending the event.
- While spectators will only be those from the household of the players, parents should consider limiting the number of household members who attend an event, when possible.
- Responsible for water/sports drinks for their athletes in bottled format and making sure they are clearly marked/identified.
- Maintain 6 feet social distancing measures when entering, during games and leaving the venue.
- Recommend that all parents bring sanitizing wipes, sanitizer, and face masks.

## **Athletes/Coaches**

- Must wear masks at all times.
- Encouraged to follow 6 feet social distancing guidelines.

## **Umpires**

- Should be allowed to wear gloves if they wish.
- Required to wear a mask.
- Recommended to provide their own hand sanitizer.

## **During the Game**

- Use of verbal exchange from safe distance when making lineup changes from the Coach to scorer and opposing team.
- Umpire will maintain 6 feet from any player as a starting position when rotated and/or counter rotated.
- Umpires do not handle equipment on the field during play.
- Umpire to umpire and coach to umpire interaction must be 6 feet apart.
- Make sure catcher is 6 feet from the plate when needing to dust off the plate.
- Huddles off the field with Coaches and players need to maintain 6 feet social distancing.

## **What happens before or after games?**

- Perform normal field maintenance - water, drag the field if needed.
- Coaches will be sanitizing common equipment softballs, batting cage balls, tees, catchers gear and common areas before and after each practice.
- Players must maintain physical distancing when gathering their bags and equipment.
- Players are to meet their families in the parking lot. Players should maintain 6 feet physical distancing when walking to the parking lot.
- Families are encouraged to wipe down all personal equipment at home, wash hands with soap and water for 20 seconds and wash face mask/covering when needed.

**DISCLAIMER: Participants, parents, family, and spectators engaging in softball and activities related to softball do so with knowledge of the risk and potential exposure involved and agree to accept any and all inherent risks to their personal health.**