



Pocket Girls Softball 2021 COVID-19 Protocols, Guidelines, and Modifications

The following guidelines, protocols, and modifications are created to allow for a safe return to the softball field, and shall be followed at all times according to state public health orders. The following guidelines follow recommendations from the California Department of Public Health, as well as County and City recommendations and in collaboration with our national governing body, USA Softball. This document is subject to change as CDPH guidance is updated.

General Guidance and Screening:

All Participants and spectators should conduct daily self-assessment checklist (see attached) prior to attendance. Parents must keep their child home if they are sick with any symptoms. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home and may not attend practices or games and should consult their physician for testing and guidance and notify the coach.

If a child becomes ill while at a practice or game, that player shall be isolated from the rest of the team immediately and sent home as soon as transportation is available. Parents should contact their physician as above.

Face Coverings and Social Distancing:

- Face coverings are currently not mandated while outdoors, therefore is optional
- Participants should avoid direct contact with other participants, and facilitate physical distance to maximum extent possible.

Spectators:

- Family members may observe practices and games but must maintain physical distance from non-household members.

Hygiene and Equipment:

- All participants should wash their hands or use hand sanitizer prior to and after practices and games.
- High touch surfaces should be disinfected between practices and games.
- No shared equipment of bats, gloves and helmets.
- Catchers equipment, or other equipment that must be shared should be sanitized prior to use by another player.
- No sunflower seeds or spitting.
- Players will bring own water bottle, no sharing.

Revised 8/4/21

COVID-19 Self-Assessment Screening Checklist

Players and coaches need to complete self-assessment checklist prior to arrival and participation in any league activity. Players or coaches must stay at home and should contact their healthcare provider for medical advice if they develop symptoms, and for guidance on returning to sports. If you or your child answer Yes to the following questions, your child is not allowed to participate in conditioning.

1. Do you or your child have current or recent COVID Symptoms: If Yes, your child may not participate.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

2. Potential or known exposure to someone diagnosed with COVID-19

3. Travel outside of local city/county area, especially to areas with higher rates of disease transmission