



CLGSA Sunday Softball COVID-19 Guidelines

If You Are Sick, STAY HOME!

Failure by any player, coach or league official to follow these prescribed guidelines will result in the person being banned for the remainder of the 2020 season. A refund of player fees in this case will not be made.

This is without exception!

Any player, coach or league official who has symptoms for COVID-19 will be required to maintain a period of 14 days symptom free before they are allowed to return to the field of play. If they choose, they will be refunded all fees paid at the time of the diagnosis in a prorated fashion for the remainder of the season.

Players or Coaches who leave their positions to argue with umpires, come within six feet of an umpire or opposing player or coach for the purpose of argument or engage in altercations on the field are subject to immediate ejection and discipline, including suspension or expulsion from the league.

ARRIVAL TO FIELDS

- All participants, spectators, and employees must adhere to six-foot physical distancing while at the fields.
- Must wear face coverings while not in the field of play*. (No exceptions)
- Coaches must wear face coverings at all times while not actively participating** in the field of play*. (No exceptions)
- Must complete COVID-19 Self-Assessment Screening EACH week of play or they cannot play (See Below).
- No team water coolers or shared drinking stations. No exceptions.
- Individual game balls must be designated to each team for use while that team is playing defense. The pitcher of each team is responsible for keeping track of said game ball.
- Face coverings are mandatory for any spectators. (No exceptions)
- These requirements must be shared prior to the event with all players, coaches, spectators, and officials prior to their arrival at the fields.
- Lineups should be entered online or by spoken word and recorded by officials/umpires without exchanging any physical documents with coaches or players.
- Athletes are strongly recommended to travel to the venue alone or with a member of their immediate household.
- The CLGSA will provide each dugout with sanitizer spray for the use on equipment as well a hard surface cleaner. The coaches are then responsible for the use of such products during their time at their diamond.

Per the CDC, symptoms include cough, shortness of breath, difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat, and new loss of taste or smell.



TEAM PRACTICE

- Coaches and players must adhere to physical six-foot distancing except when the ball is in play.
- Coaches must wear face coverings at all times while not actively participating** in the field of play*. (No exceptions)
- Must wear face coverings while not in the field of play*. (No exceptions)
- Must conduct daily symptom assessments by coaches and players (self-evaluation (See Below)). Anyone experiencing symptoms must stay home.
- No team water coolers or shared drinking stations. (No exceptions)
- Face coverings are mandatory for any spectators. (No exceptions)
- For each practice session, it is recommended that coaches divide players into groups and establish rotating shifts when possible.
- Virtual meetings should be considered when possible.
- Athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household, if possible. Face coverings are strongly recommended for individuals traveling to and from the venue.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.
- No touch rule – players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.
- No spitting or eating seeds, gum, other similar products.
- Hand washing or hand sanitizing, in the absence of soap and water, are strongly recommended for athletes during the games.

ATHLETES

- Must adhere to six-foot social distancing practices off the field of play.
- Must wear face coverings at all times while not in the field of play*. (No exceptions)
- Must complete COVID-19 Self-Assessment Screening EACH week of play or they cannot play (See Below).
- Must not share water or equipment. Belongings should be used only by the individual owner or operator including, but not limited to water bottles, gloves, bats, hats, and other on- and off-field gear. If equipment must be shared, proper sanitation should be administered between users.
- No touch rule – players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.

Per the CDC, symptoms include cough, shortness of breath, difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat, and new loss of taste or smell.



ATHLETES Continued

- No spitting or eating seeds, gum, other similar products.
- Athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household, if possible. Face coverings are strongly recommended for individuals traveling to and from the venue.
- Hand washing or hand sanitizing, in the absence of soap and water, are strongly recommended for athletes during the games.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

COACHES

- Coaches and players must adhere to physical six-foot distancing except when the ball is in play.
- Coaches actively participating must adhere to the Athletes rules of play section above.
- Must wear face coverings at all times when not actively participating** in the field of play. (No exceptions)
- Must complete COVID-19 Self-Assessment Screening EACH week of play or they cannot play (See Below).
- No spitting or eating seeds, gum, or other similar products.
- No touch rule – coaches should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.
- Must ensure that players are following COVID-19 related prevention measures as prescribed by these guidelines and the CDC.
- Coaches should ensure the players are adhering to social distancing in dugouts and other seating areas and wearing face coverings while not actively participating on the field of play, including spectators.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

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LEAVING THE FIELDS

- Individuals should not congregate in common areas or parking lot following the event or practice
- Umpires should adhere to social distancing practices when interacting with players, coaches, and spectators off the field of play.
- Individuals should not exchange items.
- Team meetings should occur virtually or over the phone rather than in a team huddle.
- Athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household, if possible. Face coverings are strongly recommended for individuals traveling to and from the venue.
- Team meals should only occur in compliance with the guidelines issued.

Confirmed Cases

- Immediately isolate the individual and seek medical care for any person who develops symptoms. Utilize CLGSA Covid-19 protocols
- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.

Screening Procedure

- Before arrival for the game/practice please follow these questions and report to your coach***.

Please indicate if any of the following statements are true:

1. Do you have any of the following conditions: Fever (>100 degrees), new or worsening cough, sore throat – different than seasonal allergies, new loss of smell/taste, diarrhea, or vomiting?

2. Do you have a household member or other close contact that has been diagnosed with Covid-19 in the past 14 days?

3. Are you currently under an order to self-isolate by a health care provider or governmental health agency?

- ***If any of the above statements are true you may not participate in today's games/events.***

4. None of the previous statements apply to me. *You can participate in today's games/events.*

Per the CDC, symptoms include cough, shortness of breath, difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat, and new loss of taste or smell.



Face Coverings

An acceptable face covering is any kind that covers the mouth and nose. This includes cloth masks, non-medical grade surgical masks and other types of face coverings. Acceptable, reusable face covering options for CLGSA Sunday Softball include:

- Any medical grade face mask
- Homemade masks
- Bandana
- Neck gaiter
- Scarf
- Tightly woven fabric, such as cotton t-shirts and some types of towels

PLASTIC FACE SHIELDS ARE NOT AN ACCEPTABLE FACE COVERING PER THE CDC.

<https://www.columbus.gov/publichealth/>

<https://www.cdc.gov/>

<https://coronavirus.ohio.gov/static/responsible/Baseball-Softball.pdf>

*** Field of play means on the field playing defense, being up to bat or being the on deck batter.**

**** Actively participating means you are on the field playing defense, up to bat or the on deck batter.**

***** If anyone indicates that any of statements 1-3 are true that person must leave the facility. The person will not be allowed back to play until they have documentation that they have tested negative for Covid-19 or a note from a healthcare provider that they do not need to be tested.**

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