

## SMGSL Fall 2020 Safety Guidelines

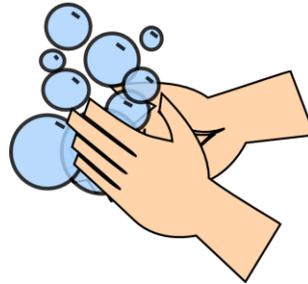
### Organizing, Playing, and Watching Games

As our league prepares to return for our Fall 2020 Season we have guide lines that we encourage all of our players, volunteers, coaches, umpires, league officials, and SMGSL families to adhere to. These guidelines were put forth by our respective state, local government, and health official and have been compiled from resources and direct guidance from the U.S. Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO), The Aspen Institute, among others.

#### General Guidance

##### **Wash Your Hands Often:**

- Wash your hands often with soap and water for at least 20 seconds, or about the time it takes to sing Happy Birthday twice, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Players are encouraged to bring their own hand sanitizer for personal use.



##### **Cover Your Mouth and Nose with a Cloth Face Covering When Around Others:**

- You could spread COVID-19 to others even if you do not feel sick.
- Face masks are encouraged when you have to go out in public, for example, in public areas around softball fields and parks.
- The cloth face covering is meant to protect other people in case you are infected.
- Continue to keep six feet between yourself and others. The cloth face covering is not a substitute for social distancing. Cover Coughs and Sneezes:
  - If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.
  - Throw used tissues in the trash immediately.
  - Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### **Social Distancing:**

- All players, coaches, volunteers, umpires, and spectators should practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas. For situations when players are engaging in the sports activity, see On-Field Guidance below for more information.
- Avoid close contact with people who are sick.

### **Self-monitoring and Quarantine:**

- All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each SMGSL activity. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend any activity until cleared by a medical professional (CDC Resource: If You Are Sick or Caring For Someone).
- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should only attend SMGSL activities with permission from a medical professional.

## **On-Field Guidance**

### **Face Coverings Are Encouraged But Not Required**



### **Healthy Practices:**

- All players and coaches should practice good general health habits, including maintenance of adequate hydration, consumption of a varied, vitamin-rich diet with sufficient vegetables and fruits, and getting adequate sleep.

### **No Handshakes/Personal Contact Celebrations:**

- Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. SMGSL suggests lining up outside the dugout and air five the opposing team as a sign of good sportsmanship after a game.
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game, ideally within 20 minutes.

### **On-Field Guidance Drinks and Snacks:**

- Athletes, managers/coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name.
- Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.
- There should be no use of shared or team beverages.
- Team snacks and drinks should be individually wrapped. Players can bring individual, pre-packaged food, if needed.

**Personal Protective Equipment (PPE):**

- All managers/coaches, volunteers, umpires, etc., should wear PPE whenever applicable and possible, such as cloth face covering.
- Players are encouraged to wear cloth face coverings when in close contact areas and in places where recommended social distancing is challenging or not feasible, such as in dugouts.
- Players, especially at younger divisions, are not required to wear a cloth face covering while on the field during game play.
- If players would like they may wear a cloth face covering on the field during game play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian/caretaker.

**Dugouts:**

- Managers/coaches and players should practice social distancing to the best of their ability in the dugout.
- Players and managers/coaches are encouraged to wear a cloth face covering while in the dugout.

**Player Equipment:**

- Player equipment should be spaced accordingly to social distancing in dugout to prevent direct contact.
- Players should have their own individual batter's helmet, glove, bat, and catcher's equipment.
- Measures should be enacted to avoid, or minimize, equipment sharing when feasible.
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent/ guardian/caretaker, where applicable. Parents are encouraged to bring personal sanitizing products such as sanitizer, Lysol spray, Clorox wipes etc.
- Players should not share towels, clothing, or other items that they may use to wipe their face or hands

**Softballs:**

- Softballs should be rotated through on a regular basis, at least every two innings, to limit individual contact.
- Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
- Balls used in infield/outfield warm-up should be isolated from a shared ball container.
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball.

**Spitting, Sunflower Seeds, Gum, etc.:**

- No Sunflower seeds, gum, etc., should not be allowed in dugouts or on the playing field.

## **Game Operations and Umpire Guidance**

### **Pre-Game Plate Meetings:**

- If possible, plate meetings should be eliminated.
- Social distancing of six feet between individuals should be implemented during all pre-game plate meetings between teams and umpires.
- Plate meetings should only consist of one coach from each team, and game umpires.
- All participants are encouraged to wear a cloth face covering.

### **Umpire Placement:**

- Umpires are encouraged to keep a safe distance from players as much as possible.
- If physically able, umpires are encouraged to wear cloth face coverings while umpiring.

## **Facility, Fan, and Administrative Guidance**

### **Clean and Disinfect Shared Equipment and Surfaces:**

- SMGSL Facility will Clean AND disinfect frequently touched surfaces daily and in between all facility uses, including practices and games. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, facility equipment, dugouts, toilets, faucets, and sinks.
- If surfaces are visibly soiled or dirty, please report to a SMGSL Board Member immediately so they can be cleaned and disinfected properly.

### **Spread Out Scheduling of Practices and Games:**

- League administrators have created a schedule with sufficient time between practices and games to facilitate the complete evacuation of individuals from a previous practice or game from the premises before the next group enters.
- Players/families/spectators are instructed not to show up to fields more than 40 minutes before game time.
- If there is a game or practice prior to your event, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
- On-field warm-up should be limited as much as is reasonably possible.
- Time will be allotted between practices and games for cleaning and disinfecting.

**Limiting Spectator Attendance:**

•All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; wear a cloth face covering at all times; avoid direct hand or other contact with players/managers/coaches during play. •Local Leagues may choose to minimize the exposure risk to spectators by limiting attendance to only essential volunteers and limited family members.

• **We Encourage Spectators to bring your own seating or portable chairs when possible.**

•A spectator with any of the following conditions should not attend a practice or game until evaluated by a medical provider and given clearance to do so:

- Active COVID-19 infection
- Known direct contact with an individual testing positive for COVID-19
- Fever
- Cough
- Those at higher risk for severe disease should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing.
  - Such groups include: Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease. Those currently residing in a nursing home or long-term care facility, and Those over 65

**Public Restrooms:**

- Access to public restrooms should be limited if possible.
- A “two-in-two-out” policy, where only two individual is permitted within the restroom at one time, is being implemented to ensure adequate distancing in the confined restroom space.
- Prior to and after any league activity, restrooms are thoroughly cleaned and disinfected. Restrooms are disinfected on a regular basis throughout the week as well.
- Public water fountains are not available for use, and are turned off to discourage use.

**Concession Stands:**

- Social Distancing is required while waiting in line for concessions.

Please follow these guidelines for your safety and for the safety of others attending our league activities. Thank you for your cooperation in making this a safe and successful Fall 2020 Season!

## **SMGSL Fall 2020 Covid-19 Protocol**

### **The following protocol will be in place for any Covid-19 related illness:**

- Coaches, parents, or staff should be watching for any of the following symptoms of Covid-19, but not limited to: Temperature greater than 100 degrees, Loss of taste or smell, cough, difficulty breathing, shortness of breath, headache, chills, sore throat, shaking or shivering, body aches, diarrhea
- Any player, coach, umpire, staff member, and spectators who either have a confirmed positive case of Covid-19, or experiencing any of the above mentioned systems must self-quarantine, and will not be allowed to attend any SMGSL or team functions until they meet the return guidelines (stated below)
- Any player, coach, umpire, staff member, and spectators who have had close contact with any individual who has been lab confirmed positive for Covid-19 as defined by our local health agency, and by CDC guidelines will not be allowed to attend any SMGSL or team functions until they meet all return guidelines (stated below)
- Per CDC guidelines: Close contact is considered to be directly exposed to infectious secretions such as being coughed on while not wearing a mask or face shield, or being within 6 feet for a cumulative duration of 15 minutes while NOT wearing a mask or face shield
- In the event of ANY player, coach, or anyone with direct contact to the affected team has a lab confirmed positive test for Covid-19 the event must be reported to the head coach, please advise when the symptoms first began. The head coach must then inform the division director and safety officer via email of the situation. The head coach will then contact the team and inform them of the positive result, if any close contact as described above has occurred, the team must follow the quarantine information stated above
- In the event of 2 or more players, coaches, or anyone with close contact with the team having symptoms, or a lab confirmed positive case within a 7 day period, that team will not be allowed to attend any SMGSL or team functions for a period of 10 days. During this time we ask that players report self-evaluation conditions to the head coach

**RETURNING TO PLAY:**

(guidelines can be found at youth sports operators guide

information: <https://open.texas.gov/uploads/files/organization/opentexas/OpenTexas-Checklist-Youth-Sports-Operators.pdf>)

- Any player, coach, umpire, staff or spectators may return to SMGSL and team activities at a time when all three of the following conditions are met:
  1. At least 72 hours have passed since the recovery of Covid-19 or related symptoms, fever gone without any medical reducing agents.
  2. All symptoms have cleared up
  3. 10 days have passed since symptoms first appeared
  
- Any player, coach, umpire, staff or spectators may return to SMGSL or team related activities if they provide either of the following:
  1. Provide a medical professional's note clearing that individual for return based on another diagnosis (NOT COVID-19)
  2. Provide documentation of at least 2 lab confirmed negative Covid-19 tests at least 24 hours apart. The acute infection tests needed can be found at <https://tdem.texas.gov/covid-19/>

SMGSL RESERVES THE RIGHT TO MODIFY. ALL MATERIAL IS SUBJECT TO CHANGE BASED ON NEW OR UPDATED INFORMATION RELEASED BY OUR LOCAL HEALTH DEPARTMENTS, AGENCIES, OR THE CDC.