



ARLINGTON GIRLS SOFTBALL ASSOCIATION

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AGSA COVID-19 PRACTICE SAFETY RULES

REQUIRED UNTIL FURTHER NOTICE- *Ratified and Adopted June 2, 2020*

While we continue to face a public health situation, **attendance at team practices is completely optional**. No player must participate, nor will anyone be encouraged to participate against their judgment. Please let your coaches know if you have any questions/concerns about the following set of rules, which will be strictly enforced for everyone's safety. If you plan not to attend, please let us know in advance.

Teams must designate a parent or coach at each practice to be the social distancing monitor. This parent will remain outside the field, however will be vigilant in assisting the coaches to oversee that the players maintain proper distancing during practices.

Players must at all times listen to the coaching staff, managers and social distancing monitor regarding compliance with all rules -- as these are both for team and public safety and health, the rules are **not** optional and must be followed exactly. Failure to follow these rules can result in removal from practice. Parents will go over these rules with their daughter prior to arrival. Coaches will also go over them again at the beginning of practice.

AGSA safety rules are the minimum for operating **practices**, however individual coaches may enact additional restrictions. These rules are intended to only address practice situations. Game play rules will be addressed in a separate document.

General:

- Do not attend practices or games if the player or a family member exhibits Covid-19 or flu-like symptoms (fever, cough, sore throat, etc)
- Current public safety guidelines dictate groups of 10 or less. Teams shall divide practices into two groups until these guidelines have been revised by Virginia state and local authorities.
- No physical contact of any kind with other players/coaches will be allowed. No handshakes, fist-bumps, high-fives, hugs, horseplay, etc.
- Dugouts at the fields shall not be used by players, except when strict 6 ft social distancing can be maintained.
- Each player will have a designated equipment area that will be six feet from other players. Each player must keep all of their equipment, bags, clothing, water bottles, etc. in their designated area.
- Each player must have personal water, clearly labeled. No sharing of water with any non-family member under any circumstances.
- Each player must have personal hand sanitizer with them -- either spray, wipes, gel or both. Players will sanitize hands when possible during breaks in practice.
- Everyone must keep six feet from everyone else at all times, from arrival to departure, unless during gameplay drills that require players to cross paths with each other momentarily. Drills shall limit the need for such interactions.
- No sunflower seeds or chewing gum will be allowed. Please remove these from equipment bags prior to arrival.

- Spitting is not allowed.
- No sharing of food, water, sunscreen or softball equipment. Every player must use their own glove, batting glove, helmet, bat, sunglasses, sunscreen, etc.
- If a player must share a bat, then they must wear a batting glove on each hand.
- Coaches must disinfect pitching machine balls before beginning use of pitching machines and after use. (also disinfect the lock and lock it back up. thanks!

Facemasks:

- Use of face covering over mouth and nose is required when players are near other players or coaches. This includes during throwing warm-ups, during any team conversations, and in waiting areas
- This is a required piece of equipment that all players must either have around their necks, attached to their apparel or otherwise on their person to allow for quick access and use.
- So long as players are at least six feet from each other while in the field, they do not need to have their masks donned at those times.
- Use of facemasks when actually engaged in strenuous activity, especially on hot, humid days is not required, as the potential risk of incurring deleterious effects on individuals respiration may far outweigh the risk of being exposed to the Coronavirus.
- Players without face masks available, will not be allowed to practice.

Transportation:

- No carpooling of players to or from the practice location is allowed, unless with prior specific approval from head coaches and each player's parent/guardian.

Waiver Forms:

- All players must have their guardian sign an approved AGSA Waiver prior to engaging in any official team practice, game or event.
- In addition to the AGSA Waiver form, all Travel and All-Star Team players must also have their guardian sign the USSSA Return to Play Waiver prior to engaging in any official game or event.

Summer Rules:

- Each player must have personal sunscreen with them and have it applied before they arrive. Coaches and managers cannot provide sunscreen to players or help apply sunscreen to players.

Team Options:

- A parent or guardian for each player must remain present near the practice location for the duration of practice and must be immediately reachable -- a nearby parked car, a nearby park area, etc. -- in case of emergency.
- No parents or other spectators will be allowed within the practice area during practices, because we have to **keep numbers at 10 or below to follow local laws** and regulations at this time. Only team coaches, managers and professional instructors may be on the field of play during practice. We ask that parents and guardians remain at least 100 feet away from the practice area during practice times -- and parents must socially distance from each other.
- Players may be assigned a throwing/warmup partner to help limit ball contact between groups.

Disinfectants:

There are literally hundreds of products approved by CDC and EPA for use in disinfecting porous and non-porous surfaces. Just some of these include high concentrations of bleach(>20%) or iso-propyl alcohol (>70%). Others include solutions that contain chemicals such as Quaternary Ammonium and Hydrogen Peroxide.

A complete list may be found here: https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2#filter_col1