



FAIR OAKS

SOFTBALL

**2021 ADULT SOFTBALL
RETURN TO PLAY HANDBOOK**

**COVID-19 HEALTH GUIDELINES &
GAME MODIFICATIONS**



FAIR OAKS
RECREATION & PARK DISTRICT

www.forpd.org
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2021 Fair Oaks Adult Softball Return to Play Handbook



FOUNDATIONAL STATEMENT

The Fair Oaks Recreation & Park District (FORPD) values your health and well-being. The following guidelines were created to allow for safe participation during the COVID-19 Pandemic. These guidelines follow recommendations from the California Department of Public Health (CDPH). This guidance is not inclusive of all guidelines issued by the State and is subject to change as the CDPH guidance is updated. For the latest guidance, visit:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

All participants should conduct daily self-evaluation assessment prior to attendance. Anybody experiencing symptoms, in isolation or quarantine for COVID-19, or living with somebody experiencing symptoms must stay home.

GENERAL GUIDANCE

Social Contact & Personal Hygiene

A no-contact, no-handshake policy should be observed, including:

- Umpire, player introductions.
- Post-game handshakes.
- Staff, players and coaches should verbally “good game” without shaking hands, high-fiving or fist-bumping.
- Players are expected to maintain physical distancing before and after the game and during the game when possible.
- No spectators at this time, only immediate family members of players.
- Maintain at least six feet of distance between participants to the maximum extent, including when on the sidelines/in the dugout.
- When equipment is shared, participants must perform hand hygiene (wash hands with soap & water, or use an alcohol-based hand sanitizer) before play, during breaks and at the conclusion of the game.
- Cover your mouth and nose with your sleeve or tissue if possible and properly discard in trash.

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GAMEPLAY MODIFICATIONS

Team Dugout Rules

- Face coverings must be worn in dugouts/bleacher area.
 - Teams are required to maintain physical distancing.
 - The adjacent bleachers should be used to provide additional space for teams to practice physical distancing.
 - When a team leaves the bench, the next team may not enter until all players have exited and FORPD staff sanitize the team bench.
 - The team leaving the bench is responsible for their area and must dispose of trash or other items left behind.
 - No sharing of drink bottles and other personal equipment (if possible).
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Gameplay

- Coaches (including First and Third Base Coaches), Staff & Umpires must wear face coverings at all times.
- Field players are strongly encouraged to wear face coverings, but it is not mandatory. Catchers **MUST** wear a face covering.
- Each defensive team will be assigned their own game ball(s). Only the defensive team may handle their game ball.
- If the game ball is touched by someone other than the defensive team, that ball will be removed from play.
- At the conclusion of the game, game balls will be returned to FORPD staff.
- Softballs will be sanitized, stored and not be used for league play for any remaining games played that day.
- The on-deck batter, or a player assigned by the offensive team, is responsible for picking up the bat after use. The defensive team should not touch the bat.
- Only one competition per team, per day (no double headers allowed).
- Replace handshakes after the game with a social distant acknowledgement of the opposing team.
- Upon completion of game, teams must immediately exit the field and conduct any post-game meeting outside the immediate perimeter of the field.