

COVID Guidelines for adult softball & adult soccer - taken from CDC

What you need to know:

- Stay home if sick
- Players should bring their own equipment, like gloves and bats, if possible
- Reduce physical closeness and keep 6 feet of space between players when possible
- Wear a mask if possible
- Players should clean their hands before & after practices, games and sharing equipment
- Tell a coach or staff member if you don't feel well

Prepare before you participate in sports

- Bring supplies to help you and others stay healthy - bring extra masks, hand sanitizer and drinking water
- If you are at increased risk for severe illness or have existing health conditions, take extra precautions and preventive actions during the activity or choose individual/at home activities

Take steps to protect yourself and others

- Stay home if sick
 - If the participant has symptoms of Covid 19, has been diagnosed with Covid-19, is waiting for Covid-19 test results, or may have been exposed to someone with Covid-19, they should stay home and not participate in any sports.
- Have smaller team sizes
 - Sports with a large number of players on a team may increase the likelihood of spread
 - Limit your team to a core group of participants, by restricting non-team players from joining when your team is short players and not adding new members during the season
- Reduce physical closeness between players when possible
 - Maintain at least 6 feet between yourself and your teammates, other competitors and officials while actively participating in the sport
 - Avoid high fives, handshakes, fist bumps or hugs
 - Keep space between players on the sidelines, dugout and bench
 - Avoid congregating in the parking lot or near the field before or after games
- Wear a mask if possible
 - Wear a mask if feasible, especially when it is difficult to stay less than 6 feet apart
- Minimize sharing of equipment or gear
 - Encourage players to bring their own equipment if possible, like gloves, balls and helmets
 - Players should bring their own water
 - Clean and disinfect shared items between use
 - Don't share towels, clothing or any items used to wipe face or hands
- Wash Hands

- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer with 60% alcohol
 - Before & after play
 - Before adjusting your mask

Checklist for coaches

- Remind players to stay home if sick or if they have been around someone who is sick
- Wear a mask and encourage players and fans to wear one during their time at the field
- Provide hand sanitizer and WIPES for your teams shared equipment
- Ensure players clothing is properly cleaned after games