



Covid-19
SPORT SPECIFIC LEAGUE GUIDELINES

ADULT SOFTBALL

General Program Information

1. Hours of Operation
 - a. Please refer to the City of Monroe Parks and Recreation website or program guide for specific dates and times for sports camps.
2. Equipment and personal items should not be shared. Belongings should only be used by the individual owner. Examples include water bottles, gloves, and hats/helmets.
 - a. Players are highly encouraged to bring his/her own equipment labeled with his/her name.
3. Players are not allowed to handle training equipment (bags, cones, ladders, pennies etc.).
4. Any alterations to group sizes will be governed by revised restrictions for mass gathering capacities.
5. Sanitation and equipment cleanings will follow guidelines and recommendations set by CDC and the NCDHH.
6. Registration numbers will be governed by restrictions on mass gathering capacities.
7. Coaches, officials, participants and administrators should modify communication and avoid up close face to face communication.
8. Coaches, officials, participants and administrators should practice social distancing to the extent possible.

Limitation of Sports Activities

The Department of Health and Human Services recommends limiting sports activities to those in which participants can maintain social distancing, or close contact is limited and brief. Examples of activities where social distancing CAN be achieved include golf, baseball, softball, cycling, swimming, diving, dance, tennis, disc golf, horseback riding, track and field, running and pickleball.

The Department of Health and Human Services DOES NOT recommend sports activities for which participants cannot maintain social distancing and close contact is frequent and/or prolonged. For these sports, it is recommended that activities are limited to athletic conditioning, drills and practices in which dummy players, sleds, punching bags and similar equipment are used but athletes are not playing the actual sport, itself. These activities can allow athletes to condition and prepare for sports if and when they are played in the future. Examples include football, competitive cheer, lacrosse, basketball, soccer, wrestling, rugby, and hockey.

Facility Set-Up

1. No more than 50 players per field and no more than 50 spectators allowed at any field.
 1. **No more than 15 players allowed per team.**
2. Limit sharing of equipment and assign individual equipment (batting gloves, catcher's equipment, etc) to avoid sharing between participants.
3. Restroom doors prop open for use.
4. Spectators must adhere to 6-foot social distancing practices. This includes in and around bleachers for anyone not within the same household.
 1. **Spectators will be required to bring his/her own chair.**
 2. **Spectator area will be along baselines and outfield fence and are not allowed between dugout and backstop.**
 3. **Spectators must adhere to social distancing guidelines and recommendations set by CDC and NCDHH.**
5. Spectators are NOT allowed to enter player areas (on the field of play or bench areas).
6. Before and after each camp/clinic/program or activity, any equipment provided by the City of Monroe will be cleaned and disinfected (including balls).
7. Individuals must provide their own water bottles. Water fountains will not be available.
8. All activities during practices and/or games must be adapted to provide appropriate social distancing.

Personal Hygiene Protocols

PPE Requirements

1. It is required that all individuals ages 5 years and older wear a cloth face covering when NOT actively engaged in physical activity or when they may be near (within 6') other people.
2. Cloth face coverings should not be put on babies and children under the age of 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
3. Gloves should be worn when sanitizing and/or cleaning equipment. Gloves should be removed and properly disposed of after each usage.
4. Hands should be cleaned with soap and water or by hand sanitizer before and after escorting participant to and from the facility during drop off and pick up.
5. Participants must bring and utilize their own equipment.

Handwashing Guidelines

Hand washing is the first line of defense to avoid the spread of germs. However, hand sanitizer will be made available to staff.

1. Participants must utilize restrooms to wash hands prior to and after any participation in any activity.
2. Players must have hand sanitizer in their bags at all times. They should apply before and after every inning and if possible, during any breaks.
3. Staff will provide hand sanitizer on site.
4. Players will not be permitted to shake hands, high five, etc.

General Sanitation

A sanitizing solution as recommended by CDC will be mixed and provided by for sanitation.

1. Door handles, light switches, player benches, and other often touched areas and items will be sanitized with an approved sanitizing solution per CDC guidelines and recommendations.
2. If more than one group is utilizing a restroom, that group will be designated their own unisex restroom if feasible or available. If not available, groups will stagger restroom visits to allow for sanitation between groups.
3. Any other items not listed should be sanitized appropriately and based on need.
4. Sharing of equipment is strongly discouraged. Usage of individual equipment is preferred.
5. Encourage the usage of individual water bottles.

Monitoring for Symptoms

1. Signs will be posted requesting that people who have been symptomatic with fever and/or cough not enter.
2. If a coach, staff, or participant has been diagnosed with COVID-19 or is presumed positive by a medical professional due to symptoms, they should be excluded from the sports program or activities until:
 1. No fever for at least 72 hours since recovery without fever reducing medicine AND
 2. Other symptoms have improved (coughing, shortness of breath) AND
 3. At least 10 days have passed since first symptoms.
3. If an athlete, coach, staff or participant has been diagnosed with COVID-19 but does not have symptoms, they should remain out of sports activity until 10 days have passed since the date of their first positive COVID-19 diagnostic test, assuming they have not subsequently developed symptoms since the last test.

I have read, understand, and agree to follow Community Center Meeting Room Rental Usage Guidelines and Recommended Guidelines of Community Room Usage.

Signature of Dept. Representative/Date

Printed Name of Participant

Signature of Participant/Date