



Revised September 2020

**Return to Play Procedures, Guidelines and Requirements**  
**Youth Sports – Including Soccer, Softball, Baseball**

**August 2020**

Consistent with the July 20, 2020 announcement of the California Interscholastic Federation, this document provides guidance for all youth sports programs who plan to play in the City of San Bruno, including school-based, club, and recreational programs. The goal is to support a safe environment for players, coaches, families, spectators, facility managers, workers, and volunteers. At this time, practice and conditioning only is allowed. Scrimmages and games are not authorized.

The City of San Bruno requires all youth sports teams to abide by the following return to play procedures, guidelines and requirements. These will be strictly enforced by the coaching staff as it is their responsibility to ensure the health, safety and wellbeing of each athlete, coach and all family members in their league. The guidelines are modeled to mirror the new safety guidelines, protocol and procedures required at the State and County level. Please note that these procedures and requirements are subject to change at any time based on updated county and state guidelines.

Failure to adhere to these written guidelines will result in the loss of use of City facilities.

**Return to Play Procedures**

**Screening Prior to In Person Practice:**

Each player must complete a COVID-19 Screening Form. It is up to the individual league to create a screening form prior to practice. Form must include the following information:

- Athlete's name
- Athlete's temperature
  - Each organization must have touchless thermometer at facility
- If athlete is experiencing any symptoms
  - If any answers are "YES", the athlete will not be allowed to participate in practice for that day and not return until symptoms have subsided.

**Arrival at Facility:**

- All activities must take place outdoors, as indoor activities are not allowed.
- Face mask/covering must be worn before exiting car and walking from parking lot to field.

- Maintain 6' foot social distance when walking from parking lot to field.
- Check in upon arrival and complete screening at designated location. Maintain 6' foot social distance while waiting in the check-in line.
- Designate a location where equipment bags can be stored during practice that is a safe distance from other equipment bags.
- Designate a common area of the field where coaches will meet with athletes at the start of practice to go over the plan for the day. Athletes and coaches must wear their face mask/covering when meeting with the team and maintain 6' social distances while in common area.

#### **During Practice:**

- Coaches will set up and break down all equipment before and after practice.
- Shared equipment should be at a minimum. Players are allowed to use shared equipment such as balls. Any shared equipment must be sanitized prior to use and after use. In addition, players must sanitize hands prior to sharing any equipment and after sharing any equipment. **(Updated September 2020)**
- Team will be divided into predetermined small groups. These groups will be maintained for the entirety of practice and will rotate from coach to coach in the social distance setting.
- Groups will maintain 6' social distancing at all times. No team huddles.
- A sanitizing break should be taken when a group rotation occurs. Coaches will disinfect equipment during rotation of each group.
- No physical contact, high five, fist bumping or horse play is allowed.
- Face mask/covering does not need to be worn on the field during play, but can be if you prefer. Face mask/covering must be carried with the athlete at all times, whether in the athlete's pocket or around their neck.
- Players must use the restroom one at a time and maintain social distancing. Face mask/covering must be worn when using the restroom.

#### **After Practice:**

- When athletes and coaches meet in the common area, face mask/covering must be worn.
- Athletes must maintain social distancing when gathering all personal equipment. Once personal equipment is packed, athletes are to meet their families in the parking lot. Athletes should maintain 6' foot social distancing when walking to parking lot.
- Suggested after practice procedures:
  - Wipe down and sanitize all personal equipment and items at park or at home
  - Wash hands with soap and water for 20 seconds as soon as possible
  - Wash face mask/covering when needed

**Other Guidelines and Consideration:**

- All athletes are required to have their own bottle of hand sanitizer, a face mask/covering, and water if desired at every practice. Sharing of any of these items is prohibited.
- No sunflower seeds, chewing gum or spitting is allowed.
- All athletes must use their own equipment. There will be no sharing of any equipment.
- Members of the coaching staff will regularly sanitize any equipment throughout the practice to mitigate risk for our athletes, coaches and their families.

**Parents and Spectators:**

- It is the parent's responsibility to ensure each athlete properly understands the guidelines required.
- Parents or guardians must stay in the car at drop off. The parents should not accompany the athlete to the player check-in area.
- If parent must get out of the car at drop off, they must maintain 6' foot distance when walking from parking lot to field.
- If parent stays at practice, they must watch from a 6' social distance from the players and other parents.