

MGS 2020 Back to the Fields

Dear Parents and players,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this year's athletic season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume league team activities while following CDC considerations to protect players, families, and our community.

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. We are:

- Intensifying cleaning and disinfection within our facilities and premises by cleaning and disinfecting frequently touched surfaces at the fields at least daily or between use as feasible, cleaning and disinfecting shared objects and equipment between use, and ensuring safe and correct use and storage of disinfectants
- Reducing physical closeness or contact between players when possible by allowing players to focus on building individual skills, keeping children in smaller groups, and staggering arrival and drop off times, putting signs and tape on floors or playing fields to ensure that coaches and players stay 6 feet apart, discouraging unnecessary physical contact, such as high-fives, handshakes, fist bumps, and hugs
- Postponing travel outside of our community by competing against teams in our local area (e.g. neighborhood, town or community) only
- Promoting healthy hygiene practices such as providing hand sanitizer before, during and after practices and games, encouraging children to cover coughs and sneezes with a tissue or to use the inside of their elbow, and reminding them to not spit or share foods, snacks, beverages, or equipment
- Requesting that coaches, officials, parents, and spectators wear a cloth face covering during practices and games. Players may opt to wear a cloth face covering on the sidelines and the dugouts, and during play if feasible. As a reminder, cloth face coverings should not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.
- Limiting the sharing of equipment by providing extra equipment (e.g. bats, catchers gear) to minimize the need to share or encouraging players to bring their own equipment

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever,

cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

If you have a specific question about this plan or COVID-19, please contact Munster Girls Softball at mgssoftball@yahoo.com for more information. You can also find more information about COVID-19 at www.cdc.gov.

We look forward to seeing you. Now, let's play! Thank you and stay healthy!

Munster Girls Softball

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| Required | Review CDC, State and Local Government recommendations on Covid-19/Infectious Diseases. Managers to review with players |
| Required | Follow ALL CDC, State and Local Government mandates, including social distancing and facility capacity limits |
| Required | <p>All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending any League activity</p> <p>Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend any activity until cleared by a medical professional</p> <p>Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should only attend League activities with permission from a medical professional</p> |
| Required | <p>Maintain safe behavioral practices:</p> <ul style="list-style-type: none"> • Social distancing • Frequently washing hands or using alcohol-based hand sanitizers • Frequently touched surfaces will be wiped with disinfectant before every game |
| Required | There will be NO pre or post game huddles on or off the field |
| Required | No high-fives, handshakes, hugs or similar between players and coaches |
| Required | Teams are expected to bring their own supplies and equipment, including helmets, bats, catchers equipment, first aid kits, ice packs, hand sanitizers, disinfecting wipes |
| Required | Teams are required to clean dugouts of ALL items, especially any trash, after every game |
| Required | No food or drinks will be allowed in the dugouts; please, no |

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| | seeds, gum, candy, spitting, etc.; ALL players are to bring their own water bottles/drinks in personally labeled containers; NO sharing of snacks or drinks |
| Required | Dugouts: No more than 4 players in a dugout at a time, following social distancing |
| Required | Base coaches and on-deck batter will be allowed on the field |
| Required | Bleachers: are reserved for teams/player use only. Spectators are prohibited from using bleachers |
| Required | Player equipment bags: player bags are to be hung in the bullpens or along the outfield fence to promote social distancing. NO player or team equipment bags are allowed in the dugouts |
| Highly Recommended | ANYONE over the age of 65 or anyone with underlying health issues should follow CDC/Government guidelines for attending group events |
| Highly Recommended | Team equipment: No sharing of equipment if at all possible. Any items requiring sharing are to be disinfected between users |
| Highly Recommended | Gloves: Protective gloves (except for pitching) may be worn at the players' discretion |
| Highly Recommended | Balls: Balls will be wiped with disinfectant every half inning |
| Highly Recommended | Dugouts: <ul style="list-style-type: none"> • Prior to first game, teams should disinfect commonly touched surfaces • Gates will remain open to avoid frequent touching |
| Highly Recommended | Spectators: <ul style="list-style-type: none"> • May be limited due to group size restrictions • Should bring their own chairs & maintain social distancing • Should not use bleachers |
| Highly Recommended | Spectators: Are strongly encouraged to utilize the outfield areas |
| Highly Recommended | Teams should designate a volunteer/parent to assist with and oversee cleaning and hygiene measures |
| Highly Recommended | Parents should provide hand sanitizers and wipes for their players |
| Highly Recommended | Coaches and Parents: Remind players no sharing of drinks, food, gum, candy, etc. that can spread germs from person to person |
| Highly Recommended | Coaches: Use Sportsengine app to communicate and update players/parents; teams should avoid holding group meetings of entire teams and parents |
| Highly Recommended | Practices: <ul style="list-style-type: none"> • At hitting stations, coaches will be the only ones allowed to pick up balls after each player finishes their assigned hitting drills • Players will be encouraged to wash their hands after every |

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| | <p>practice</p> <ul style="list-style-type: none"> All players to wear protective masks for the duration of the practice when social distancing guidelines cannot be adhered to, i.e. batters/catchers, runners on the base path/fielders |
| Highly Recommended | Adhere to CDC guidelines by not touching your face (after handling ball or any equipment); covering your nose/mouth when coughing or sneezing |
| Highly Recommended | Parents/players will be encouraged to thoroughly wash towels, clothes, water bottles and any other items used or touched by players |
| Highly Recommended | Coaches and spectators should wear PPE per CDC guidelines (until Phase 5) |
| Highly Recommended | <p>Batting cages:</p> <ul style="list-style-type: none"> Only 1 coach and 1 player will be allowed within the cage(s) at a time Coaches, not players, will pickup balls between players Players waiting for their turn in the batting cage shall practice social distancing |
| Highly Recommended | <p>Umpires will:</p> <ul style="list-style-type: none"> Position themselves behind the pitcher Discourage meetings at the plate between coaches/managers Rotate balls into play regularly |
| Highly Recommended | <p>Gametimes:</p> <ul style="list-style-type: none"> Will be staggered to reduce congestion of players and spectators in high-traffic areas at the same time Games should be limited to 75 minutes |
| Highly Recommended | <p>Practices:</p> <ul style="list-style-type: none"> Coaches will split players into groups of 10 or less Coaches should emphasize individual skills and drills Practice durations should be limited to 60 minutes |