

ABGSL Covid-19 Safety Guidelines

GENERAL REQUIREMENTS

- Although Alameda County has moved into the red tier and competitive play is allowed, ABGSL will initially limit the first session to **practices and scrimmages within teams**.
- We will put kids into **fixed Squads**. Those assignments are set for the five-week period. Coaches cannot help out with other squads and kids cannot go to another squad's practice. .
- Players and coaches will maintain a minimum **distance of 6 feet at all times**.
- Players and coaches will wear **face masks at all times**, even during heavy exertion as tolerated.
- Players and coaches will take their temperatures before practice and **agree not to attend practice** if they have a fever (over 100.4) or any other symptom of Covid-19 (cough, sore throat, sneezing, body aches, loss of sense of smell, difficulty breathing, or fatigue).
- Players and coaches **will notify the league** if they are exposed to anyone who tests positive for Covid-19 or if they are positive for Covid-19. Any squad in this situation will cease practicing for two-weeks.
- Parents/guardians **will not be allowed to remain** at the field during practice at spectators, and if parents/guardians come to the field, they must be wearing **face masks at all times**.
- Associated **indoor activities** for the team (e.g., dinners, film study, practice) **are prohibited**.

EQUIPMENT GUIDELINES

- Players must bring their **own water bottles**. Absolutely no sharing of water bottles at any time.
- Coaches will bring **hand sanitizer** (large spray bottle supplied) and **wipes** (supplied) to each practice.
- Players and coaches should **perform hand hygiene** (wash hands with soap and water or use an alcohol-based hand sanitizer) before after the conclusion of the activity.
 - Balls and bats or equipment can be touched by multiple players during practice and play if the above hand hygiene practices are followed.
- Players must have a **personal set of equipment** - glove and helmet for every age, and for older kids a fielder's face mask (recommended for pitcher, 1st and 3rd base).
 - **Please avoid sharing things that touch faces** like helmets and fielder's masks.
 - Upon request, ABGSL will provide equipment to anyone who wants (bat, helmet, fielder's mask) and players will then be responsible for bringing that gear to the entire session.
- For **Catcher's Mask**, players can use their own **batting helmet instead** or you will need to be very **diligent in wiping down the catcher's mask** between players.
- If you have more kids who need helmets, fielder's masks or bats, coaches/managers can go to the Fielding Field shed any time and grab more. Contact Bob (rbgunier@yahoo.com) and he will give you the code to the lock.

FIELD SPECIFIC INFORMATION

- **Cougar Field**: if another team is practicing use key to open gate and start on the grass behind the left field fence. When they finish, enter through the grass and let them exit through the dugout and concrete path.
- **Fielding Field**: if another team is practicing start in right field. When they finish, enter down the 1st base line and let them exit through centerfield.
- **Gilman Field**: if another team is practicing wait outside the field on the 1st base side. Allow the other team to exit before entering the field and maintain distance.

FULL CALIFORNIA COVID-19 YOUTH SPORTS GUIDELINES

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