



Return to Play Safety Plan: **Physical Distancing and COVID-19 Prevention**

The following plan has been established to resume activities associated with the West Seattle Girls Softball league while ensuring the safety and protection of our players, volunteers, and other participants. We will practice social distancing, hand hygiene, use of face masks and limit large gatherings to minimize risks of COVID-19. We will continue to follow guidelines required by national, state, county and local officials and will revise this plan as necessary. Further, WSGS reserves the right to cease any/all league activities should a case of COVID-19 be traced to any of those activities.

- A copy of this plan will be provided to all volunteers, players and their families/caretakers
- A copy of this plan will be posted at westseattlegirlssoftball.com

General measures

- To align with phase 2 guidelines to limit outdoor gatherings to 15 people, rosters will be capped at 12
- Should any participant, volunteer or their family members determine that they are uncomfortable participating for any reason, the registration fees will be refunded
- All measures of the WA State Social Distancing and Sanitation Protocol must be in place, including:
 - Facial coverings required for all coaches, volunteers, athletes and spectators at all times
 - Total number of people at any field shall not exceed 75, including spectators
 - Members of different households are to remain physically distant as much possible
- Any violation of the rules and guidelines outlined in this document will result in suspension for the duration of the season

Health Protocols

- League officials and volunteers will be trained on appropriate cleaning/disinfection, hand hygiene and respiratory etiquette per CDC guidelines as described in this document: [https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Reopening America Guidance.pdf](https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Reopening%20America%20Guidance.pdf)
- Anyone with the following symptoms will be asked to leave immediately:
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills or repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - Loss of taste or smell
 - Diarrhea
 - Feeling feverish or a measured temperature > 100.0 degrees Fahrenheit



- Known close contact with a person who is lab confirmed to have COVID-19
- Participants will be allowed to return to activities if they have a negative COVID test
- In the event of a diagnosis of COVID-19, participants will be able to return when all three of the following criteria are met:
 - Three days (72 hours) have passed since recovery, including resolution of fever without the use of fever-reducing medications
 - Improvement in symptoms
 - At least 10 days have passed since symptoms first appeared

Contact Tracing

- Coaches/volunteers will create a participant list for each league-sponsored activity, including, but not limited to, practice sessions and games. These lists will be kept on file for 28 days following the activity

Hygiene

- Disinfectant wipes will be provided to each team for sanitizing equipment and regularly touched surfaces
- Hand washing or use of hand sanitizer will be required before any practice or game by all players, coaches and team volunteers
- Parents are encouraged to provide personal hand sanitizer for their player in their bag

Drop off, Pick up and League Events

- Social distancing will be enforced by the league and team administrators
- Field scheduling for practices and games will allow for sufficient gaps to comply with social distancing guidelines
- Players and spectators cannot enter the field until the designated practice or pre-game warm-up time
 - If there is a game or practice prior to your event, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces
 - On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes
- During games and practices spectators shall stay in designated spectator areas and practice the 6 feet social distancing rules All players will be spaced at least 6 feet apart during practice drills.
- Players, officials, and spectators shall depart the field area within 5 minutes of practice and/or games ending

On-field guidance

- Everyone must wear masks for the entirety of all events, including practices and games. This includes off the field of play, on the field of play, and during arrival and departure of players.
- No handshakes or personal contact celebrations



- This means no handshakes, no fist pumps, no chest bumps, no high-fives, etc. This will be eliminated completely.
- Players, managers/coaches, and umpires will bring their own personal drinks to all practices and games. Drinks should be labeled with the person's name and there will be no sharing.
- Dugouts may not be sufficient to house 12 players, a manager, & coaches at social distance. We will use the bleachers in order to keep all players 6 feet apart and behind the fence. Each player will be assigned a designated spot and will maintain that space the entirety of the practice or game.
 - Players are to stay at their assigned spot when on the bench or bleachers or while waiting their turn to bat.

Player Equipment

- Players will handle and care for their own equipment
- All equipment will be sanitized before and after each team activity by player's families
- Only the minimum equipment necessary will be used for practices and games
- All equipment bags and equipment needed for practice or the game shall be placed under each individual player's spot, whether in the dugout or the bleachers.
- There will be no sharing of equipment, including catcher's equipment.
 - WSGS will provide each teams with 2 sets of catcher's gear
 - Coaches will select 2 players to be the team catchers for the season and they will be given a set of catcher's equipment for the season. Players may use their own equipment.
 - 8U will not have a designated player catcher.
- Players should have their own individual batter's helmet, glove, and bat.
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each game/practice

Softballs

- "Game balls" will be disinfected before being put back in use; this will be done every inning to limit risk.
- Each team on defense will use their own "game balls" to minimize contact use.
- Any foul balls landing outside the field of play should be retrieved by players, coaches, or umpires. No spectators should retrieve foul balls. In the event that a spectator does touch a ball, it shall be disinfected before being used.

Pregame Plate Meetings

- All plate meetings, including umpire meetings required during the game, shall be held with at least six feet of distance between individuals. Face masks are required.
- Plate meetings should only include one manager or coach from each team, and game umpires.