

Fullerton Hills Girls Softball Return to Practice Guidelines

Due to concerns surrounding the novel coronavirus (COVID-19) and in accordance with guidance from the Centers for Disease Control and Prevention, the World Health Organization, and other health authorities, FHS is implementing some new, mandatory health and safety procedures as part of a proactive approach to preventing the spread of germs.

Throughout the FHS organization, we are adopting these new measures effective immediately. We cannot stress enough how vital it is that all FHS participants adhere to these guidelines.

“No-Contact/No-Handshake” Policy

FHS is immediately instituting a precautionary “no-contact, no-handshake policy” to be observed at every level of the organization until further notice. This includes all physical contact and extends to customary game-related activities, such as pre-game coaches’ handshakes, umpire-coach introductions, and post-game handshakes between members of opposing teams. Instead, staff, players and coaches should use verbal queues, such as saying “good game,” without shaking hands, high-fiving or any other physical interactions.

Maintain Good Hygiene Practices

All FHS volunteers, membership, and participants in any FHS events should be aware of the coronavirus risk and take the necessary precautions to avoid exposure to germs. This includes maintaining good hygiene practices. We strongly recommend the following:

- Use an alcohol-based hand sanitizer that contains at least 60% alcohol; this is suggested after any physical contact with another person or with a shared surface.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your mouth and nose – with a tissue, if possible – when coughing or sneezing, then properly discard the tissue in the trash.
- Avoid close contact with anyone else who is coughing or sneezing or who is otherwise sick.
- Clean or disinfect frequently touched objects and surfaces
- If anyone in a player's household has a temperature exceeding 100.4, the player and other family members from that household should stay home.
- If at any time you or your player are symptomatic or in anyway not feeling well, STAY HOME

We will provide updates related to these new measures or let you know about any additional precautions to take if and when they become necessary and will advise as limitations are removed or eased up on. We appreciate your cooperation in following these new procedures as we work together to maintain the highest health and safety standards as an organization.

We understand that this new form of softball is very different and there are many new rules to follow, we hope you will work with us and cooperate so we can get all players out on the field doing what they love sooner than later!

Fullerton Hills Girls Softball

POST COVID-19 Return-to-Play Guidelines and Procedures

Drafted 5/13/2020, latest update 9/21/20

Version 1.7

Inside this manual are best practices for our sport, as developed by our FHS POST COVID-19 Task Force. These best practices are designed to help members with ideas and plans for operating post COVID-19, specifically relating to field practice. They do not replace or supersede any protocols or restrictions outlined by state or local authorities. All membership must continue to follow those local or state guidelines.

FHS Field Practice Adopted Practices:

1. Follow all local and state guidelines for facilities and events.
2. Player groups (cohorts) of no larger than 14 are permitted. Teams may be split into multiple groups on one field, provided proper distancing is upheld. No more than one team may practice on one field at a time. The maximum team size on a field will be no more than 14 players with up to 3 adult coaches.
3. Teams will practice in group or circuit style setting as often as possible. Girls should remain in the groups they start in throughout the practice and will move from coach to coach to work on various needed skill improvement. Players should stay a minimum of 6 feet apart during practices. Drills may include:
 - Fielding drills where players will be spread out at least 6 feet apart and work on their defensive skills.
 - This could include receiving a batted ground ball and throwing it to a player at least 6 feet away.
 - It could include being hit a ball in the air (a “fly ball”), catching the ball
 - It could include footwork, speed, and agility drills where players will maintain at least 6 feet of separation
 - This could include simulated infield drills where players are positioned in normal softball defensive positions (at least 6 feet apart) and balls are hit to them
 - This could include relay drills where an outfielder is hit a ball and must throw the ball in to their cutoff
 - Hitting drills where players work on various aspects of hitting while spread out at least 6 feet apart
 - This could include hitting off a tee into a net (ball placed on tee by the player herself)
 - This could include hitting a weighted ball soft tossed by a person at least 6 feet away
 - This could include hitting wiffle balls tossed by a person at least 6 feet away
 - This could include bunting a ball tossed by a person at least 6 feet away
4. Practices are limited to one team per field. Multiple teams will not split/share times. Dugouts are not to be used during practices. Player equipment must be spread out with at least 6 feet between different players equipment.
5. Parents are to supply their players with antibacterial wipes and/or hand sanitizer for cleaning hands between activities. All players and coaches will be required to sanitize their hands between groups. Coaches, volunteers, and players are required to bring their own hand sanitizing products. The league will provide each manager with an emergency supply of sanitizer.
6. The CDC recommendations for players wearing face coverings will be in effect, as long as the items do not compromise the safety of any and all participants. FHS recommends that players wear masks when not physically exerting themselves, such as during a post practice team meeting. It is required that any

face coverings worn by players or coaches may not be decorated with glitter, sequins or any other shiny material. Face coverings shall not have optic green/optic yellow as a primary color.

7. Teams to clean the field of trash and other items after each practice, and to wipe down (clean) any hard surfaces used, as necessary.

8. Upon arriving at a field for the first time, teams are to disinfect any hard surface areas that will be used (benches, bat racks, etc.) as deemed necessary. Procedures #7 and #8 here will comply with the CDC recommendation of a two-step process for cleaning and disinfecting.

9. Practice schedules will be adjusted to increase the amount of time between allocated field times, to minimize overlap and traffic flow where needed. A minimum of 10 minutes between practices is required.

10. Entering and exiting the field is to occur in the following way. An arriving team will enter through the first base side of the field, only after the preceding team has left. A team leaving practice will exit the field via the third base side of the field.

11. The use of sunflower seeds and any food in or near the dugouts/player areas/field of play is banned

12. FHS will cap the total number of teams that can enter the fields to stay within potential gathering limitations.

13. Spectators must practice social distancing during practices, and wear a mask that covers the nose and the mouth. Adults must remain beyond the fences (outside the playing area) or in the parking lots during practice. Adults observing practice must stay at least 6 feet behind the fences/field boundary, and practice proper social distancing at all times. Adults remaining in the parking lot are encouraged to remain in their vehicles. Proper social distancing must be observed in the parking lots at all times, and masks must be worn.

14. Parents and players of practices just ending will leave the premises immediately. The next team to practice will not enter the field until the entire team concluded their practice has exited and sanitizing is complete.

15. All adult on-field staff (coaches, team parents, helpers, etc) must wear masks at all times.

16. All staff, players, umpires and spectators are encouraged to wear a mask or other face covering until CDC, state and local authorities declare that masks are no longer recommended. Players are permitted to go without a mask during periods of physical exertion at practice, provided proper social distancing is employed.

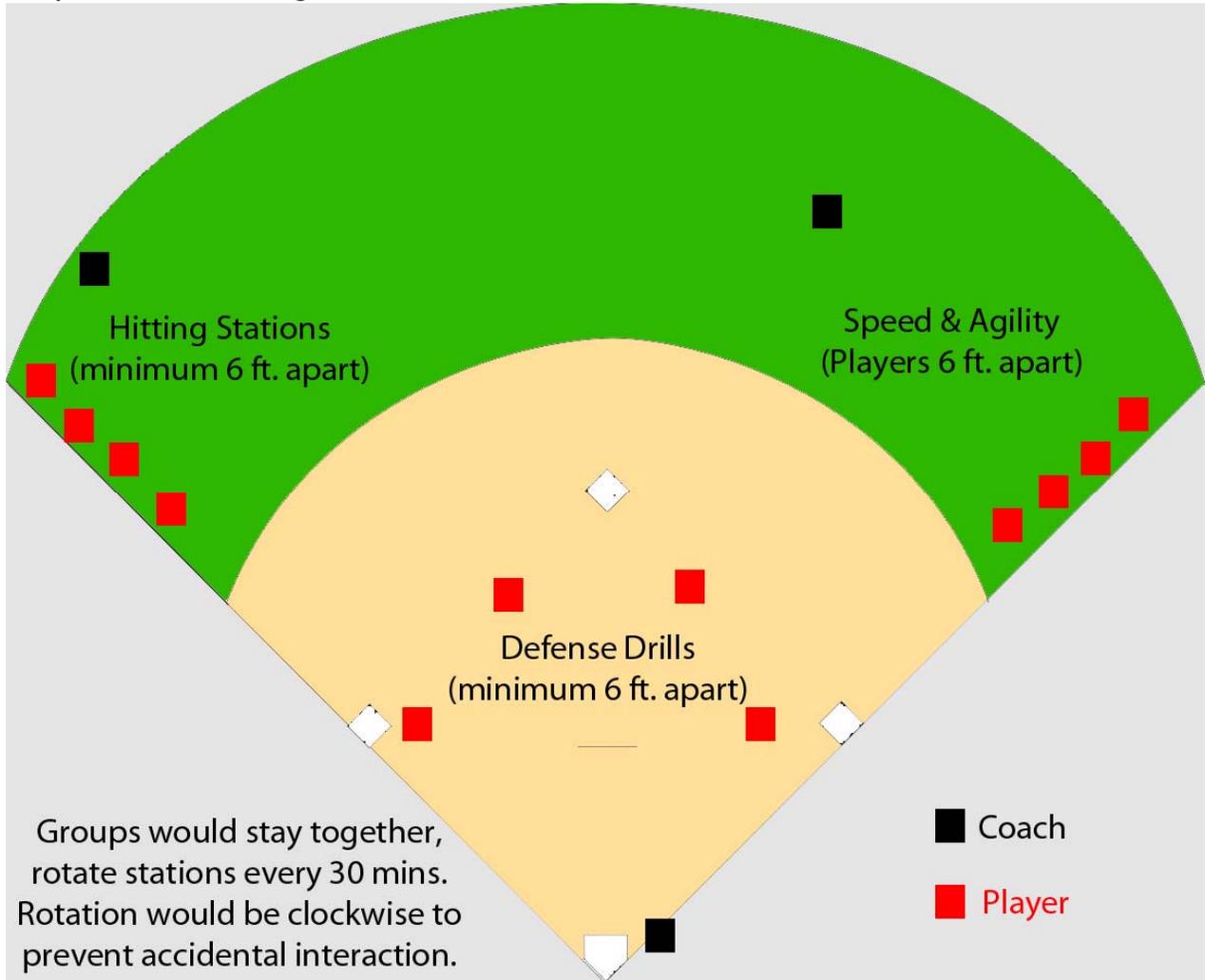
17. All players are to use their own equipment while participating. This includes gloves, bats, helmets and catching gear. Sharing equipment is not permitted.

18. Coolers and EZ Up style canopies (unless set up for player use) are prohibited to help prevent gatherings of people. Players should plan on bringing an individual water bottle.

19. Anyone using the restrooms do so at their own risk. It is encouraged that all players/coaches/umpires/visitors bring their own disinfectants and sanitizing products. Every team manager will have a supply of hand sanitizer and cleaning supplies available at each practice.

20. This information must be distributed to all participants prior starting up the season, to ensure the safety of all attending.

Sample Practice Field Diagram



POST COVID-19 Protocol for Changes to This Document

Due to the uncertain aspects in return to play, this document is expected to change based on new procedures and feedback. You should always follow your local and state guidelines.

In the event of any conflict in language between any printed version of the POST COVID-19 Return to Play Guidelines AND Procedures and the version posted online at the FHS website (www.fullertonhillsoftball.org), the online version shall be used and considered most recent and up to date.