



USA Softball of Sacramento

Back to the Ballpark Guidelines

COVID GUIDANCE FOR RETURN TO PLAY

FOUNDATIONAL STATEMENT

- The following guidelines and game modifications were created to allow for the safe participation of all participants during the COVID-19 Pandemic. The following guidelines follow recommendations from the California Department of Public Health. This document not inclusive of all the guidelines issued by the State and is subject to change as the CDPH guidance is updated. [See full CDPH Guidelines here.](#)

GENERAL GUIDANCE

- All participants and spectators should conduct daily self-evaluation assessment prior to attendance. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home..

FACE COVERINGS & SOCIAL DISTANCING

- Face coverings to be worn when not participating in the activity (ie. In the dugouts/bleacher area).
- Face coverings to be worn by coaches, support staff and observers at all times, and in compliance with the [CDPH Guidance for the Use of Face Coverings](#).
- Participants in youth and adult sports should maintain at least six feet of distance from others to the maximum extent possible, including when on the sidelines.
- Participants should avoid direct contact with other participants, and facilitate physical distancing to the maximum extent possible .
- If the dugout area is not large enough to provide for social distance requirements, participants may move outside the immediate dugout area to practice social distancing.

PRE-GAME & POST-GAME

- Limit attendees to one coach and umpires only.
- Replace handshakes after the game with a social distant acknowledgement of the opposing team.

SPECTATORS

- For youth sports (age 18 years and under), immediate household members may observe practices and games as needed for age-appropriate supervision, but observers should be limited to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits.
- For adult sports, spectators are not permitted at this time.
- Observers must stay at least 6 feet from non-household members and wear face coverings.

HYGIENE & EQUIPMENT SANITATION

- All participants should wash their hands or use hand sanitizer immediately prior to and after the game.
- Teams must pick up all garbage upon exiting the dugout and leave the area tidy.
- High touch surfaces such as dugouts should be disinfected between games.

GAME CONSIDERATIONS

- Competition is limited to one competition, per team, per day.
- No sunflower seeds, spitting or chewing gum.
- Informed consent is recommended (covid waiver).