



Eagan Fastpitch Softball Practice Guidelines

COVID-19 Safe At Home - Phase II

Eagan Fastpitch, in accordance with MDH guidelines for youth sports, has put together the following guidelines as we return to practice. These guidelines were created with the intention of being used during the current Phase II of the Safe At Home plan posted by the Governor. These guidelines are for return to practice only with the expectation that these could and most likely change during Phase III when game play is allowed.

All players and parents will be required to understand these guidelines as well as read and sign both the player waiver and code of conduct before being allowed to take part in any team activities.

- Players and Coaches must complete a self-evaluation symptom assessment before coming to practice and anyone showing signs of symptoms must stay home and notify your head coach, so they are able to track timing for return to play outlined below
 - o **Symptoms consistent with COVID-19 include:**
 - New onset or worsening cough **OR**
 - Shortness of breath **OR**
 - At least two of the following symptoms: fever (100.4F or higher); chills; muscle pain; headache; sore throat; new loss of taste or smell
 - o The MDH has published a decision tree for anyone showing symptoms on return that can be found here ([Covid-19 Exclusion Guidance](#)). The main two paths are listed here but please refer to the link to the Exclusion Guidance document for additional details
 - If Tested for COVID-19; you will need 2 negative tests in a row at least 24 hours apart
 - If not Tested for COVID-19; you must be symptom free without aid of medicine for at least 3 days **AND** at least 10 days have passed since your symptoms first appeared
 - o Siblings and household members of anyone with symptoms should also stay home for 14 days unless the person showing symptoms is cleared using the COVID test process as explained above
- Full team practices are allowed however within those team “**pods**” of 10 or less people including players and coaches should be created. These pods should be kept consistent and with no physical intermixing between pods.
- Parents are asked to drop-off and pick-up players for practice in the parking lot and ensure they are there at the designated time to help limit any congregating in this area to allow a smooth transition between teams. If a parent does need to be at practice it is required that he/she stays socially distanced from all players and coaches.
- While face masks are not required on the field of play, it is suggested that players and coaches follow CDC recommendations regarding masks when entering and exiting fields and common areas. Players that desire to wear a mask during play are welcome to do so.
- Everyone should ensure safe social distancing of 6’ or greater when entering and exiting the field as well as on the field and bench areas during practice.
- Player equipment will be kept separated by 6’ from each other with any shared equipment being sanitized between uses. Baseballs should be sprayed with sanitizer before and after each practice.
- Players should use hand sanitizer before and after each practice and this should be available during practice when needed.
- No spitting or eating seeds, gum, or other similar products will be allowed to be used on the field.
- No use of team water bottles or cooler; each player is required to bring their own water to practices.