

# RCGSL Spring 2021 Season COVID-19 Guidelines: V2.0 March 11 2021

Adapted from CA DPH Memo '[Outdoor and Indoor Youth and recreational Adult Sports](#)' dated 2/19/2021

Adapted from SMC Office of Education:

[https://www.smcoe.org/assets/files/Alert\\_FIL/Case.%20Close%20Contact,%20Indirect%20Contact.pdf](https://www.smcoe.org/assets/files/Alert_FIL/Case.%20Close%20Contact,%20Indirect%20Contact.pdf)

Adapted from SMC Health:

[https://www.smchealth.org/sites/main/files/file-attachments/covid-19\\_recommendations\\_checklist\\_for\\_schools\\_9.8.20.20.pdf?1599762939](https://www.smchealth.org/sites/main/files/file-attachments/covid-19_recommendations_checklist_for_schools_9.8.20.20.pdf?1599762939)

## General Guidance:

### Players:

Cannot attend when sick or exhibiting symptoms of COVID-19 or if Health Screening Questions does not allow.

Face coverings worn to and from practice and while not participating in the activity. Face coverings are encouraged during practice especially when 6 feet social distancing is not possible. Coaches will have extra masks on hand.

No sharing of drink bottles and other personal items

Maintain 6-ft distance from players and coaches as possible

### Coaches:

Cannot attend when sick or exhibiting symptoms of COVID-19 or if Health Screening Questions does not allow.

Masks to be worn at all times

Maintain 6-ft distance from coaches or other players

### Parents/Guardians/Families/Observers:

Cannot attend when sick or exhibiting symptoms of COVID-19 or if Health Screening Questions does not allow.

Masks to be worn at all times

Limit practice attendance of family for age appropriate supervision only from immediate household members

Maintain 6ft distance from other observers and from players and coaches

Responsible to notify league administrator if player is under quarantine or has a COVID diagnosis (covid19@rcgsl.org)

### League:

League will have a designated COVID-19 Point Person (covid19@rcgsl.org)

Designee may notify SMC Public Health of any positive COVID-19 case and may notify staff and families of the affected team of the positive COVID-19 case while maintaining confidentiality.

## **Coaches Practice Guidelines:**

### **Beginning of Practice:**

- Parent/guardian dropping off a player should attest there are no risks for COVID exposure or infection for their player (can be done verbally, or through an app depending on team preference). See Health Screening Questions below.
- Temperature check must be performed on all players before parent/guardian leaves and player should be eligible for playing (Temperature should be below 100.5)
- Players should place their equipment 6 ft away from other players at designated spots if available.
- Coaches should take attendance and keep accounting of which players attend practices (this is critical for contact tracing should an exposure be noted)
- Players should sanitize hands prior to beginning practice

### **During Practice:**

- Players should conduct drills encouraging 6-ft social distancing where possible
- Players may touch the same softball during practice, but should sanitize hands before and after any breaks
- Players are encouraged to not share bats but may if proper hand hygiene is followed. Bats can be wiped down between player use.
- Players should not share helmets [helmets will be loaned for the season for players needing one]
- Players who feel ill/sick need to inform coaches, will be moved away from other players, and parents will be called for player pick up

### **End of Practice:**

- Players should maintain 6-ft social distancing and wear masks at the end of practice
- Players should sanitize hands at the end of practice
- Coaches should sanitize any shared equipment at the end of practice

## Game Guidance:

Updated guidance can be found [here](#) regarding school sports activity from San Mateo County released 9 March 2021

In addition to the above guidance, RCGSL is asking families to abide by the County guidance. Adherence to these guidelines gives the league the best chance to maintain operation throughout the season. Because of limitations of attendance at games, we encourage teams to use apps such as Gamechanger to allow those not attending to stay updated on games.

Families:

1. Observers are limited to two adult family or household members in addition to any siblings per participating athlete
2. Household members must sit together as a group.
3. Each household group must maintain at least six feet of distance between other household groups, athletes, coaches, and others while at the event and while entering and exiting the facility
4. All observers must wear face coverings at all times and in compliance with the CDPH Guidance for the Use of Face Coverings.
5. Observers may clap, but should avoid yelling, singing, or other behaviors that are known to cause further spread of the COVID-19 virus.

## COVID-19 Health Screening Questionnaire:

A person who answers “Yes” to any one of the following questions **cannot** enter the softball field or practice site.

**1. Within the last 10 days have you been diagnosed with COVID-19 or had a test confirming you have the virus?**

Yes – STAY HOME and seek medical care as needed.

**2. Within the past 14 days did you live in the same household as, or did you have close contact with, someone who tested positive for COVID-19 and/or someone who has been in isolation for COVID-19? Close contact is less than 6 feet for 15 minutes or more regardless of whether masks were worn or not.**

Yes – STAY HOME and consult with your medical provider as needed.

**3. Have you had any new or unexplained symptoms since the last symptom check?**

In the absence of a more likely diagnosis:

**At least 1** of the following:

- Fever (temperature 100.4° F /38° C or subjective fever)
- Vomiting
- Diarrhea
- Conjunctivitis or “pink eye”
- Rash
- New loss of taste or smell (i.e., new olfactory or taste disorder)
- Painful purple or red lesions on the feet or swelling of the toes (“COVID Toes”)

**OR At least 2** of the following:

- Chills
- Repeated shaking with chills (rigors)
- Cough (new or change in baseline)
- Shortness of breath or difficulty breathing (new or change in baseline)
- Chest pain with deep breathing
- Sore throat
- Hoarseness
- Muscle pain (myalgias)
- Malaise or severe fatigue
- Abdominal pain
- Loss of appetite
- Nausea
- Headache

Yes – STAY HOME and seek medical care/testing.

## FAQs:

### **If I travel more than 120 miles from San Mateo County, will my child need to quarantine upon returning?**

State and local guidance currently states that travel more than 120 miles from home requires a 10-day self-quarantine (<https://www.smcgov.org/press-release/covid-19-and-travel-helping-you-do-right-thing>) with limited exceptions. If one of these exceptions are not met, the player will need to fulfill a 10-day quarantine

### **I've had an exposure or a diagnosis of COVID-19. What should I do?**

We recommend informing the league of a possible exposure or COVID-19 diagnosis. Upon notice, the league will inform the team of a possible exposure if an individual was infectious during a team practice or game while maintaining anonymity to begin a quarantine period for that team.

### **What will happen to games if we move back to the purple tier?**

According to state guidelines, a move to purple tier will result in games being cancelled and practices being limited to training only without scrimmage. RCGSL piloted such a practice league in the fall and will roll out these procedures if required. Games will not be made up due to the shortened season.

### **Why did we not get softball pants this year?**

Due to the uncertainty of the season, the RCGSL board opted to take a minimum fee for the season and planned for the essential team materials only. The inclusion of softball pants would have resulted in a higher fee for the year, potentially reducing turnout for the season

For other scenarios we will follow general guidance developed by SMC Office of Education found at: [https://www.smcoe.org/assets/files/Alert\\_FIL/Case,%20Close%20Contact,%20Indirect%20Contact.pdf](https://www.smcoe.org/assets/files/Alert_FIL/Case,%20Close%20Contact,%20Indirect%20Contact.pdf)