

THE FACTORY FASTPITCH CLUB
PHYSICAL DISTANCING & SAFETY PROTOCOL
ACKNOWLEDGEMENT

Our family has read and we understand and agree with the guidelines set forth by The County of San Diego and the State of California that are being implemented by The Factory Fastpitch Club for social distancing and safety measures put in place to help prevent the spread of COVID-19. We understand that these guidelines may be amended and those updates will be added or modified to this policy.

Player Name (Please Print):

Team

Parent or Legal Guardian Name (Please Print)

Parent/Guardian Signature

Date Signed



PHYSICAL DISTANCING & SAFETY PROTOCOL

May 29, 2020

All measures of the San Diego County Social Distancing Plan are in Place

This checklist represents additional requirements that are needed to maintain standards at our outdoor facility located at 8990 Miramar Road.

Measures to Protect Coaches and Players

- Coaches are instructed to welcome and greet players from a minimum distance of six feet. There will be no physical touching permitted including handshakes and high-fives and all players and staff will maintain six feet of social distancing throughout the practice.
- Coaches are trained in regards to protocols established by the CDC and health experts. We have provided all coaches with the Requirements of **How to Protect Yourself and Others**. CDC Download has been given to each coaching staff.
- All coaches and players will follow the County of San Diego and their city's requirements for face coverings and other personal protective equipment.
- All coaches have been trained to recognize Symptoms of Coronavirus and know how to act responsibly if they detect or exhibit symptoms according to the CDC – CDC Download has been given to each coaching staff.
- Coaches will have the ability to check the temperature of each player entering the facility. Any player with a temperature of over 100.3 degrees will not be allowed to attend practice.
- Any coach or player that is feeling sick should not attend practice.

- We encourage all coaches and players to thoroughly wash their hands before attending practice, throughout practice and at the end of practice.
- Hand washing stations and hand sanitizer will be provided at our facility. Teams will need to supply hand sanitizer for field practices and games
- All players will use hand sanitizer at the beginning of practice and at the end of practice.

Facility and Practice Plan Measures

We recommend that coaches will wear gloves throughout practice.

We will limit the amount of equipment touches by the players and coaches.

Players will use the designated equipment throughout practice

Softballs will be disinfected after each session

Players will not be allowed to share bats, gloves or any other equipment

Players will have their own bucket of balls for stations at our facility and will disinfect the balls in their bucket at the end of practice or the end of their rotation.

Physical Distancing guidelines will be designated by the use of yellow tape or cones that will indicate the positioning of players in the proper areas.

Player's equipment bags will be stored in a staging area with appropriate distancing. We will have these locations marked and the areas will be sanitized after use.

High use areas will be sanitized between groups and the entire turf area will be sanitized daily. We are using an approved turf disinfectant that is listed on the approved list from the CDC. We will also use Clorox spray bottles and fresh hand towels to wipe down softballs.

A sample practice plan is attached and shows the rotation of players, cleaning stations and protocols that we have in place for our practices.

Additional Safety Measures

During field practices, we will limit the use of dugouts so that we can keep social distancing in place. In the event that dugouts need to be used, we recommend wiping down the dugout with disinfectant before entering and when leaving.

Players will be required to wear their masks while in the dugout area until further notice.

We will maintain small groups of players in numbers of 6 to 12 to maximize our practice session. This number will increase as the county allows for larger groups.

Players will remain in their group only to allow us easy tracing in the event that a player becomes sick. Any group that has a sickness reported will be asked to follow the County's plan for tracing.

Parents will not be allowed to enter our facility during practice so that we can reduce the number of people at the facility. Parents will be allowed to wait in their cars in the parking lot. We anticipate some fields and events having similar policies and we will follow the guidelines for each field / event.

We are asking each family to keep to the stay at home orders as much as possible and to respect their teammates.

The safety measures we have created meet the criteria that have been established by the County and State Health Department. Our coaches, players and parents are learning to adjust to a new normal with responsibilities to their teammates, families and community. We can do this together.

We will plan for changes and adapt as new information is given to us. Updates will be posted to our website www.factoryfastpitch.com/safety

Thank you,

A.J. Robinson
Club President

**SAN DIEGO COUNTY YOUTH SPORTS
PHYSICAL DISTANCING & SAFETY PLAN**

PRACTICE AND DRILLS

PROGRAM NAME: *The Factory Softball Club*

ADDRESS: *10531 45 Commins Dr. #516 San Diego 92127*

All measures of the San Diego County's Social Distancing and Sanitation Protocol must be in place.

A copy of this plan will be provided to all staff, volunteers, parents and guardians, and youth participants. A copy of this plan must be posted at each facility entrance.

All parents and guardians, and youth participants will be required to sign a commitment to abide by the plan requirements prior to being allowed to participate or enter a facility. This form will also outline the common symptoms of COVID-19:

https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/Coronaviruses%20Fact%20Sheet_ENGLISH.pdf

Sports Organizations will acknowledge and support decisions to not participate among youth, parents, and adult leaders who are uncomfortable participating for any reason.

Sports Organizations will divide participants into smaller "stable sports groups" limiting group participation to 12 (not including coaches). These groups should be consistent and rostered as such.

HEALTH PROTOCOLS FOR EMPLOYEES AND VOLUNTEERS:

Train all employees and volunteers on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette per CDC guidelines:

https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Reopening_America_Guidance.pdf

Screen employees and volunteers before entering any facility or field:

Send home any employee or volunteer who has any of the following new or worsening signs or symptoms of possible COVID-19: Cough - Shortness of breath or difficulty breathing - Chills - Repeated shaking with chills - Muscle pain - Headache - Sore throat - Loss of taste or smell - Diarrhea - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit - Known close contact with a person who is lab confirmed to have COVID-19.

Do not allow employees or volunteers with new or worsening signs or symptoms listed above to return until: In the case of an individual who was diagnosed with COVID-19, all three of the following criteria are met: at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed since symptoms

first appeared; or in the case of an employee or volunteer who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until they have completed the same three-step criteria listed above; or if the individual has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

HEALTH PROTOCOLS FOR FACILITIES:

- Frequently clean and disinfect any regularly touched surfaces, such as equipment, doorknobs, tables, chairs, and restrooms per CDC guidelines.
- Each Facility/Organization shall identify how the organization will provide for disinfection of practice and drill spaces and regular cleaning of high-touch surfaces.
- Frequently disinfect any items that come into contact with participants per CDC guidelines.
- Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available. Place readily visible signage to remind everyone of best hygiene practices.
- Restrooms: The facility will post hand washing flyers from CDC on doors and in bathrooms that include symptoms of COVID-19.

DROP OFF AND PICK UP:

- Parents should ideally drop off kids and pick them up from practice. If parents choose to stay and observe the practice, they may do so from pre-designated areas, while keeping proper distancing from athletes and other parents.
- The facility will develop a specific plan for drop off and pick up that adheres to social distancing guidelines including not allowing carpooling for unrelated participants from different households, designation of lanes or direction to enter and exit for drop off and pick up.
- Staff will create clear pathways into and out of the facility or field so the stable youth sports groups are not coming into contact with other stable youth sports groups upon entering or exiting the facility.
- All organized youth sports program activities are to focus on individual fitness and skills trainings for the stable youth sports groups in a socially distant environment when feasible.
- Instruct participants and staff that all sports recognition protocols involving physical contact such as hugs, high-fives, etc. are not allowed. Facility shall encourage the use of non-contact recognition during practice and drills that meet social distancing guidelines of six feet or greater.
- Require all participants to wash or sanitize their hands before entering the facility. Hand sanitizer shall be available for each stable youth sports group throughout the facility.

- Credit card or charge account payments only, no cash payments will be accepted at the facility. Payment for programs will not require credit card signature.
- Participants will handle and care for their own equipment. Staff or volunteers will not be allowed to handle.
- All facilities and equipment will be washed and pre-sanitized before and after each use.
- All participant and staff personal items such as bags, cell phones, personal reusable water flasks/bottles and backpacks will only be allowed in the facility or on the field if proper space is maintained between all items.
- All unnecessary equipment will not be available to participants or removed from the facility such as chairs, tables, etc.
- Practice or drill times will be monitored to regulate the number of youth participants at the facility at one time to ensure social distancing between stable groups.
- Participants within a stable sports group may not arrive at the facility until the previous group has completely left.
- All food service access, vending machines, or snack areas will be closed.
- Self-serve water dispensers will be temporarily closed.
- No seating will be available in the facility and all gathering areas will be closed.
- At no time will the stable youth groups or the staff assigned to that group be allowed to intermingle or move between groups.
- Limit the number of participants in the facility at any one time that allows for participants and employees to maintain at least six-foot distance from one another at all times.
- Where appropriate, prop open doors to the facility and restrooms.
- Limit the number of participants in the restrooms and locker rooms to allow for users to easily maintain at least six feet of distance from one another at all times.
- To assist with physical distancing, lines must be installed with six foot markers for staff and participants to maintain safe social distances to enter or exit the facility.
- All staff must be instructed to maintain six feet of distance from participants and from other employees whenever feasible.
- Sports equipment must be designated and marked for each stabilized youth sports group. This equipment must not be allowed to be used by any other stabilized youth sports group.
Softballs will be sanitized after each group.

- Sanitize all sports equipment necessary for practice and drills for each stabilized youth sports group after they are collected and before they are returned to circulation. The minimum equipment necessary must be used for practices and drills.
- Each facility will require hand washing or use hand sanitizer before allowing participation, directly after participation, and breaks will include hand washing or use hand sanitizer during the practice/drill. Breaks will be organized so that designated stable groups will not intermingle and social distancing of six feet or greater can be achieved.
- Maximum of 12 participants in a stable sports youth group. Participants cannot be added to this roster.
- Designated and separated practice areas and equipment for each stable sports youth group will be pre-positioned to maintain safe social distancing.
- All equipment will be placed so that it can be retrieved without touching anything but the equipment.
- Trash cans should be touchless. Remove lids if present.
- Facility staff will monitor participant compliance of this safety plan while they are on the property.
- Participants will be required to dispose of their own trash into garbage cans.
- Participants will be required to wash their hands immediately after drills or practice are completed.
- Only participants and staff will be allowed to attend the practices and drills. Stable sports youth groups will not be allowed to mingle or leave the designated area for that group.
- Physical distancing will be enforced by staff.
- Any additional sport specific or facility specific measures not included here should be listed on separate pages, which the facility should attach to this document.

Attached

FACILITY CONTACT INFORMATION

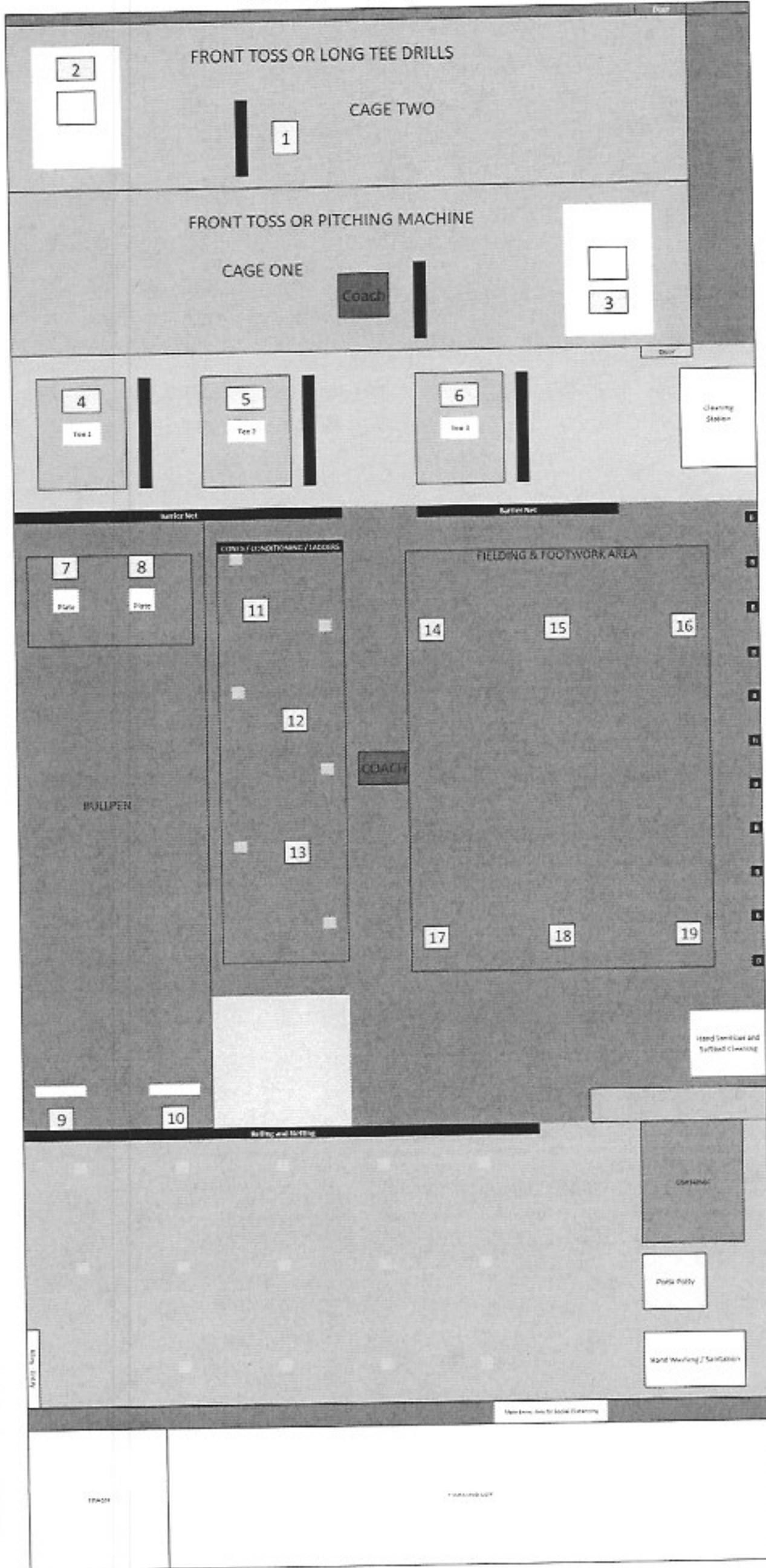
The Factory Softball Club

President: A.J. Robinson

Phone: 858-449-3438

Date: June 2, 2020

The Factory Facility Layout COVID-19



FACILITY PRACTICE PLAN

WELCOME & WARM-UP 15 MINUTES

PLAYERS ARRIVE IN RAMP AREA WITH SOCIAL DISTANCING

Review Safety Protocol and have players take equipment bags to designated area

All players will sanitize their hands

PLAYERS START DYNAMIC WARM-UP 2 Players Per Station - 6' Distance

- Station 19
- Station 18
- Station 17
- Station 13
- Station 10
- Station 9

Dynamic Warm-Up

- 10 Yard Jog x 2
- 10 Yard High Knees Walk x 2
- 10 Yard Spiderman Crawl
- 10 Yard Butt Kicker x 2
- 10 Yard Side Shuffle x 2
- 10 Yard High Knee Skip
- 10 Yard One Foot Hop Change at 5 Yards
- Arm Circles - smaller to bigger forward then backwards
- Over and Under Scap Stretches
- Above Shoulder Flaps

Short Toss Throwing and Receiving

ROTATION TWO 30 MINUTES

HITTING GROUPS

TIME	STATION	PLAYER NAME	DESCRIPTION
5 MINUTES	Station 1		FRONT TOSS & PICK UP BALLS
5 MINUTES	Station 2		HIT OFF FRONT TOSS
5 MINUTES	Station 3		HIT OFF MACHINE / FRONT TOSS
5 MINUTES	Station 4		TEE WORK - OUTSIDE IMPACT
5 MINUTES	Station 5		TEE WORK - LOW PITCH FINISH HIGH
5 MINUTES	Station 6		TEE WORK - HANDS INSIDE OF BALL

FIELDING GROUP

TIME	STATION	PLAYER NAME	DESCRIPTION
30 MINUTES	Station 14		
30 MINUTES	Station 17		
30 MINUTES	Station 16		
30 MINUTES	Station 19		See Attached Daily Drills

PITCHING & CATCHING GROUP

TIME	STATION	PLAYER NAME	DESCRIPTION
30 MINUTES	Station 1		
30 MINUTES	Station 2		
30 MINUTES	Station 3		
30 MINUTES	Station 4		Full Warm-Up and Work Pitches / Locations

FOOTWORK GROUP

TIME	STATION	PLAYER NAME	DESCRIPTION
30 MINUTES	Station 1		
30 MINUTES	Station 2		
30 MINUTES	Station 3		
30 MINUTES	Station 4		See Attached Daily Footwork Drills

OPTIONAL - IF NEEDED FOR MORE STATIONS DURING GROUP 1 & 2

ROTATION ONE 30 MINUTES

HITTING GROUPS

TIME	STATION	PLAYER NAME	DESCRIPTION
5 MINUTES	Station 1		FRONT TOSS & PICK UP BALLS
5 MINUTES	Station 2		HIT OFF FRONT TOSS
5 MINUTES	Station 3		HIT OFF MACHINE / FRONT TOSS
5 MINUTES	Station 4		TEE WORK - OUTSIDE IMPACT
5 MINUTES	Station 5		TEE WORK - LOW PITCH FINISH HIGH
5 MINUTES	Station 6		TEE WORK - HANDS INSIDE OF BALL

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TIME	STATION	PLAYER NAME	DESCRIPTION
30 MINUTES	Station 1		
30 MINUTES	Station 2		
30 MINUTES	Station 3		
30 MINUTES	Station 4		See Attached Daily Footwork Drills

ROTATION THREE 15 MINUTES

CONDITIONING AND FOOTWORK

TIME	STATION	PLAYERS NAME	DESCRIPTION
30 SECONDS	STATION 19		10 x 30
30 SECONDS	STATION 18		PRO SHUTTLE
30 SECONDS	STATION 17		BROAD JUMPS
30 SECONDS	STATION 13		FIRST MOVE FOOTWORK 10 YARD
30 SECONDS	STATION 10		LADDER 1 IN, 2 OUT
30 SECONDS	STATION 9		LADDER ICKY SHUFFLE

ROTATE AFTER YOUR 30 SECOND REP TO THE NEXT STATION
ROTATION WILL BE 19, 18, 17, 13, 10, 9 and back to 19

ALL PLAYERS WILL SANITIZE THEIR HANDS BEFORE AND AFTER PRACTICE

SOFTBALLS WILL BE SANITIZED BETWEEN ROUND ONE AND TWO AND AFTER ROUND TWO

COACHES WILL SPRAY HIGH IMPACT AREAS BETWEEN GROUPS - CAGE ENTRY DOORS

ALL BUCKET HANDLES WILL BE SANITIZED

PLAYERS WILL NOT SHARE EQUIPMENT

MASK WILL BE WITH PLAYERS AT ALL TIMES

ALL PLAYERS WILL BRING THEIR OWN WATER BOTTLES

ANYONE SHOWING SIGNS OF SICKNESS SHOULD NOT ATTEND

OUR SAFETY PROTOCOL IS AVAILABLE FOR EVERYONE TO SEE ALONG WITH CDC GUIDELINES

FIELDING & FOOTWORK DRILLS

FIELDING

Description	Reps
Barehands Press	20
Barehands Funnel	20
Glove Press	20
Glove Funnel	20
One Hand Lane Press	20
One Hand Lane Funnel	20
Backhand Open	20
Backhand Closed	20
Heel to Toe Roll	20
One Lane Over Footwork into Fielding - 2 Hand Lane	10
Read Balls to Your Right for 2 Hand or Rake Through	10
One Hand Lane Read w Equator Pivot	10

Outfielders incorporate Safety Catch and Do or Die Footwork

FOOTWORK

Description	Reps
PRE PITCH SPLIT STEP LANDING AT CONTACT	20
FIRST MOVE RIGHT AND LEFT	20
FIRST MOVE DROP STEP	20
PRO SHUTTLE 5-10-5 YARD	5
BROAD JUMPS 10 YARD	2
SIDE SHUFFLES 10 YARD	4