

COVID-19 SAFETY GUIDELINES – SOFTBALL



Player/Parent Symptom Evaluation

- Participants must stay home if he/she or anyone in his/her family is experiencing any symptoms.
- If coaches witness symptoms including persistent coughing, sneezing, runny nose, excessive fatigue player will be asked to go home.
- Coaches will take each player's temperature with a noncontact infrared thermometer before each game. A player with a temperature above 100.4 degrees will not be allowed to participate.



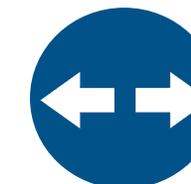
Equipment Sanitation

- All softballs to be sanitized before, during and after every game.
- Players must bring their own bat and glove to the game. Players must also bring their own helmet if they want to wear one while batting.
 - If you do not own and cannot buy this equipment, contact us and we will provide it!



Physical Distancing

- No use of dugouts and bleachers.
- Players will be asked to sit with their parents along right field, or left field lines until their time to bat.
- Field markers will be used to designate areas where fielders can be.
- No shared water station. Players are asked to bring a water bottle to every game.
- No handshake lines or snacks following the game.



Game Rules

- Each player gets unlimited pitches during the first inning, and each player per team gets to bat.
- Pitches limited to 5 strikes during second inning, and 3 strikes during third inning.
- When ball is hit in play, players must throw directly back to pitcher.
- Coaches will do all pitching and catching.
- Empower Sports will provide masks and players are strongly encouraged to wear them throughout the game.



COVID-19 SAFETY GUIDELINES – BASKETBALL



Player/Parent Symptom Evaluation

- Participants must stay home if he/she or anyone in his/her family is experiencing any symptoms.
- If coaches witness symptoms including persistent coughing, sneezing, runny nose, excessive fatigue player will be asked to go home.
- Coaches will take each player's temperature with a noncontact infrared thermometer before each game. A player with a temperature above 100.4 degrees will not be allowed to participate.



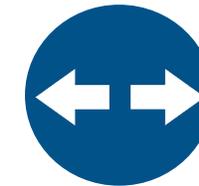
Equipment Sanitation

- All basketballs, cones and other equipment to be sanitized before, during and after every session.
- Mats and other high traffic and touch areas to be sanitized before and after each session.



Physical Distancing

- Players to remain 6-feet+ apart as frequently as possible
- Cones used on the court to designate where players can stand during intro and stretching
- No use of group areas, including water fountains at the facility. Players asked to bring their own water bottles.



Game Rules

- Each player will be given their own ball to use for all drills/competitions.
- Players asked to keep distance throughout session.
- No high fives, hugs, or postgame handshakes.
- No 5-on-5 games. We will organize individual skill competitions and drills.
- Each session will offer two hours and we will open ten spots per hour.
- Empower Sports will provide masks and players are strongly encouraged to wear throughout the session.

