

# COVID-19

## RULES FOR ADULT & YOUTH SPORTS PRACTICES & GAMES

- Players, coaches, and staff showing signs/symptoms of COVID-19 (fever over 100.4F, sudden onset of cough or sudden onset of shortness of breath) shall not participate.
- Dugout and bench use is allowed. While in the dugout, Coaches and Players are required to wear masks. Players should have designated spots to place their personal items.
- Participants and staff shall not congregate and should follow social/physical distancing guidelines. Participants should wear face masks when not competing.
- All staff and event personnel, including officials, should consider face coverings when feasible and when six (6) foot separation is not able to be maintained.
- Players should use their own protective equipment including gloves, helmets, and bats as much as possible. Coaches must disinfect shared equipment before and after each practice or game. When protective equipment is needed to be shared, it should be disinfected between players use. Coaches are encouraged to rotate equipment when possible.
- Players should wash their hands (or use sanitizer) before and after each practice or game, especially for sports that contact between players or players handling/touching the same object(s) like a ball, mat, bats, etc.
- Coaches are responsible for ensuring social/physical distancing is maintained between players as much as possible. This means additional spacing between players while playing catch, during drills, game, or while waiting to participate. It is encouraged to use drills that do not require contact between players or players handling/touching the same object(s) like a ball, mat, bats, etc., as much as possible.
- Players must bring their own water/beverage to consume during and after practice or games. No shared drinking fountains or coolers.
- Players must bring their own snacks to consume during and after practice or games. No shared/communal snacks. The use of sunflower seeds, tobacco products, and spitting while practicing or playing is discouraged.
- Teams to play next must be provided designated areas for player warm-ups that provide for necessary physical distancing.
- Post-game handshakes between teams are discouraged.
- When games end, the leaving team must sanitize the dugout or bench area. Fans and players should leave the playing area as soon as possible after the game.
- The team to play next should remain in their designated warm up area until the prior team has finished disinfecting and is completely out of the dugout or off of the field.
- Fans for upcoming games should remain in their cars during player warm-ups. They will be permitted to come to the field/court once the team they are there to watch enters the playing area.