



Phase 2 Practice Guidelines and Health/Safety Protocols

The Diamonds Organization is taking an abundance of precaution to limit the risks of returning to play. While we are anxious and excited to return to playing softball, this must be done with caution. These guideline and protocols have been developed after reviewing Commonwealth of Virginia Phase 2 Guidelines for Recreational Sports, Centers for Disease Control and Prevention Considerations for Youth Sports, and USA Softball's Back to the Ballpark Recommendations. These have been developed to protect the safety of everyone involved by taking reasonable protective measures to limit risk. This document is subject to change as new information is available and additional recommendations provided by health and public policy experts.

During Phase 2, returning to practice is optional and a family decision. No player will be required to attend practice during this phase. No player will be penalized for exercising this option. Health, safety, and well-being of each player is paramount concern. Parents and guardians must make a decision to participate that is free of any team consequences or opportunities to play.

Parents

- Must sign waiver to acknowledge risk of player, parent, and other family member participation
- Will be responsible for checking temperature of player prior to practice. Player will not be allowed at practice if temperature exceeds 100°F.
- Will be responsible for providing player with face mask and personal hand sanitizer
- Maintain 10 feet from others outside of your family including players and coaches
- Will not be allowed to handle any team equipment including nets, tees, and balls

Players

- Must have personal water bottle and not share with other players
- Must use personal equipment. Sharing equipment including helmets, gloves, batting gloves, bats, catchers gear, and training devices is not allowable.
- Will not be allowed to have seeds or any other food that is spit out
- Will refrain from personal contact with other players and coaches including hugs, high fives, and fist bumps

Coaches and volunteers

- Must sign waiver to acknowledge risk of participation
- Must wear face mask when directly interacting with players, coaches, and parents.
- Regularly use hand sanitizer during practice
- Must maintain log of symptoms check for each player at each practice

Practice arrival

- Wear mask (optional to wear during practice)
- Immediately report to designated coach to complete symptoms check*
- Hang gear on designated fence at least 10 feet from other player gear
- Use hand sanitizer prior to start of practice
- Remain with gear until a coach begins practice

Practice

- Practices will be for skill development and will not involve close contact competition
- Team huddles are allowable but social distancing must be enforced. Players and coaches must wear face mask.
- Social distancing must be maintained during all breaks.
- No players will be allowed in the dugout
- All team equipment including nets, tees, and balls will be disinfected before and after practice.

Exposure Protocol

If a player, a member of the player's household, or someone they have been in close contact with tests positive for COVID-19 the following protocols will be followed. Given the fluidity of the situation, public health responses, and medical treatment; the following is subject to change.

1. The potentially exposed household will contact the team manager
2. Team events will be temporarily suspended
3. The impacted household will contact with New River Health Districts (NRHD) COVID-19 hotline at (540) 267-8240 to seek guidance
4. The impacted household will follow the guidance of the NRHD which may include getting tested and quarantining for an advised period of time
5. The impacted household will inform the team manager of the guidance provided by NRHD and their plans to follow that guidance.
6. The team manager will contact the hotline to assess exposure risk for the team
7. The affected team will follow the guidance of the NRHD which may include suspending team activities for a period of time to limit the potential spread of COVID-19.
8. Team activities will resume when the NRHD guidance deems it safe to do so

*Symptom screening will include:

Players will be asked if they are currently experiencing fever (100°F or higher) or a sense of having a fever, a new cough that cannot be attributed to another health condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health condition, or new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise).