



## **Spirit of Morgan Hill Practice Protocol Under Santa Clara County Shelter in Place Guidelines**

- Spirit of Morgan Hill has developed a Social Distancing Protocol which has been distributed to all families and coaches and can be found online at [www.spiritofmorganhill.org](http://www.spiritofmorganhill.org). In addition at least one coach at each practice will have a copy of the Social Distancing Protocol available to County and city officials or anyone else upon request.
- Practice groups, (teams), are stable groups of no more than 12 players. A stable group requires that the same players remain together, do not switch between groups, and do not belong to more than one group. Additionally, players must not have participated in any other group practices or summer camps for the two weeks prior to starting with Spirit of Morgan Hill's practice, and for the duration of participating in Spirit of Morgan Hill's practice group. In other words, players who are in a Spirit of Morgan Hill practice group may not attend summer camp or participate in any other group activity, even for one day, while a part of Spirit's practice group. This includes participating with any other teams or sports. Coaches must also only participate with one team.
- There will not be more than one team on the field at any time. If teams are scheduled for the same field consecutively, the incoming group will remain away from the field, in their family car until the team on the field has packed up, wiped down shared areas or high touch areas with sanitizer (i.e. gate openings if they cannot be left open, dugout benches, etc). If a player cannot stay in the car, they will need to wear a face covering and wait with their own equipment, 6 feet away from anyone else. Parents and family members should also wear face coverings when picking up and dropping off their children.
- Carpools are not permitted other than by members of the same family living in the same household. All players must arrive by parent or guardian.
- No parents, grandparents, siblings, spectators, fans, or other people besides the team's rostered players and coaches may be in attendance at any practice. Others may not leave their cars.
- At least one designated coach should arrive early to set up and ensure that all protocols are followed and should not leave until all players are picked up.
- All players and coaches will be instructed to stay home if they have any symptoms of illness including, but not limited to: temperature, cough, sore throat, sneezing, body aches, loss of sense of smell or taste, difficulty breathing, nausea, vomiting, diarrhea, or fatigue.

- All players and coaches must take their temperature before leaving for any practice. If a player has a temperature of 100.4 degrees or higher they are not allowed to attend practice. Temperature will also be checked before entering the field, players will be screened by being asked about the symptoms above, and signed in. A designated coach will keep the practice attendance/screening log.
- Coaches and players may not attend practice if they have COVID-19 symptoms and must go home immediately if they develop any COVID-19 symptoms during a practice session. Coaches should direct the child's parent or caregiver to the County's "[If You Think You Are Sick](#)" webpage for further instructions.
- If any player is not able to attend for any reason, they should notify the head coach prior to the start of practice.
- Once the player has been signed in, they will use hand sanitizer and take their equipment to a marked spot which will be at least 6 feet away from the next spot. They will stay there, with their mask on until it is time to begin practice. They will set up their water bottle next to their own sanitizer as this is the place they will go for a water break and to sanitize their hands between activities. Once it is time to begin physical activity, they can take off their face coverings.
- If a player does not have sanitizer, it will be provided by the coaches.
- Players must wear face coverings when arriving to and departing from practice and at any other time when reasonably possible, (ex: pre/post team meeting). Adults will wear masks throughout practice.
- Players will be responsible for bringing their own equipment. Gloves, face masks, bats, helmets, and catcher's gear. Any shared equipment (primarily the ball) will be sanitized by a coach between drills or activities. Coaches will set up and take down any nets or other equipment. During hitting stations, coaches will be the only person touching the ball.
- During drills, players will stay 6 feet apart. Whenever possible, cones or other markings will be used to help with the visualization of the 6 foot distance.
- No handshakes, fist bumps, elbow bumps, or contact of any kind is allowed at any time.
- Players will be kept 6 feet apart, including in dugouts, whenever reasonably possible. Dugouts may not be used by entire teams. Players should not gather or huddle.
- There will be no use of the snack shack at this time (specific for Spirit fields)
- Non-softball gatherings at the fields are strictly prohibited. There are no snacks after practice, gatherings, or celebrations of any kind. No food should be brought to practice (unless medically necessary) and players should not share water bottles or other drinks at any time.
- All players and coaches shall be instructed to shower and change their clothes immediately after returning home from practice.