

USA Softball of Sacramento

Back to the Ballpark Guidelines



of Sacramento

***ALL PARTICIPANTS MUST FOLLOW THE DIRECTION OF LOCAL CITY, COUNTY AND STATE HEALTH OFFICIALS AND ANY GUIDELINES SET FORTH BY THE INDIVIDUAL PARKS, (IE. ENTRY/EXIT PROCEDURES, SNACK BAR RESTRICTIONS, CROWD CONTROL, ETC.) THESE GUIDELINES ARE INTENDED TO BE AS GENERAL AS POSSIBLE DUE TO OUR MEMBERSHIP BEING SPREAD OUT OVER 8 COUNTIES AND NUMEROUS CITIES. IT IS THE RESPONSIBILITY OF THE INDIVIDUAL ORGANIZATION TO ENSURE THEY UNDERSTAND THE MANDATES APPLICABLE TO WEAR THEY ARE PLAYING.**

ONCE THE STATE OF CALIFORNIA COMES OUT WITH THEIR INDUSTRY GUIDELINES FOR YOUTH SPORTS, THIS DOCUMENT IS SUBJECT TO CHANGE.

June 18, 2020



USA Softball of Sacramento

Back to the Ballpark Guidelines

FASTPITCH TOURNAMENTS

***All participants must follow the direction of Local City, County and State Health Officials AND any guidelines set forth by the individual parks, (ie. Entry/Exit Procedures, snack bar restrictions, crowd control, etc.) THIS DOCUMENT IS SUBJECT TO CHANGE BASED ON NEW GUIDELINES THAT MIGHT BE PUBLISHED.**

Complex / Park Staff

- Instruct any staff exhibiting symptoms to stay home.
- Drinking fountains should be inoperable or closed.
- Use local guidelines for frequency of bathroom cleaning.
- Provide easy access to handwashing stations or hand sanitizer throughout the ballpark.
- Caution tape bleachers so they are used only for players. The bleachers should be used as an extension of the dugout.
- Bleachers should only be used to accommodate player social distancing as an extension of the dugout.
- Recommended to wear mask and gloves when in contact with spectators, coaches or participants.
- Post COVID-19 signage recommendations throughout complex.
- Staff should work with TD and teams to sanitize dugouts in between each team turnover.
- Staff should sanitize all high traffic areas on a regular basis throughout the day.

Coaches

- Conduct daily self-evaluation assessments. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Ensure that players, coaches and team's spectators are following COVID 19 prevention measures.
- Encouraged to wear masks. Not required. Must be neutral and non-distracting if worn during games.
- Recommended to bring and frequently use hand sanitizer.
- Coach to umpire or player interaction must be at least 6 feet apart.
- Players and coaches must refrain from celebratory physical contact with each other or opponents on and off the field of play. This includes no post-game handshakes.
- Responsible for ensuring the dugout is cleaned and sanitized upon arrival and exit from the dugout.
- Upon completion of game, teams must immediately exit the park and conduct any post-game meeting outside the perimeter of the park, unless playing back-to-back.

Tournament Director

- Be aware of local restrictions of out of town teams.
- Communicate with all coaches leading up to event on COVID-19 and the preventative measures being taken for the event.
- Instruct that if they are exhibiting symptoms or if they have a fever, they need to stay home.
- Work with the complex staff to ensure all safety measures are in place or come up with an alternate way to meet the guidelines.
- Work with complex staff and teams to sanitize dugouts in between each team turnover.
- Instruct spectators to bring their own chairs and sit along the out-of-play lines or outfield. No spectators in bleachers.
- Recommended to wear mask and gloves when in contact with spectators, coaches or participants.
- Game schedules will be modified to minimize the amount of time spent in the park.

Players

- Conduct daily self-evaluation assessments. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Encouraged to wear masks between games. Not required. Must be neutral and non-distracting if worn during games.
- While in dugout, any participant must maintain 6 feet social distancing or wear a mask.
- Recommended to bring and frequently use hand sanitizer.
- Coach to player interaction must be at least 6 feet apart.
- Equipment bags should be hung up or placed on the ground at least 6 feet apart.
- No sharing of equipment including bats, helmets, training tools, etc. Balls are ok.
- Do not share water bottles or coolers.
- Players are encouraged to refrain from any sort of congratulatory touching including hugs, high fives, etc.

Umpire

- Conduct daily self-evaluation assessments. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Follow the direction of the COVID rule and mechanic procedures handed out from the assignor or UIC.
- Use verbal exchange of lineup changes from safe distance from coach and to opposing team.
- No players should be allowed to participate in pre-game meeting. Only umpires and one coach per team.
- Maintain 6 feet from any player as a starting position.
- Should not handle equipment on the field during a play.
- Umpire to coach interaction must be at least 6 feet apart.
- Instruct the catcher to move away from the plate 6 feet while brushing off the plate.

Spectators

- Conduct daily self-evaluation assessments. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Parents and spectators should be kept as minimal as possible and must maintain social distancing of 6 feet from any non-household member.
- There will be no bleacher seating. Spectators are asked to bring their own chairs and sit along outfield and foul lines.
- Encouraged to wear masks. Not required.
- Spectators should wait for their team's games to begin before entering the park and should immediately exit upon conclusion.



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FASTPITCH LEAGUES

***All participants must follow the direction of Local City, County and State Health Officials AND any guidelines set forth by the individual parks, (ie. Entry/Exit Procedures, snack bar restrictions, crowd control, etc.) THIS DOCUMENT IS SUBJECT TO CHANGE BASED ON NEW GUIDELINES THAT MIGHT BE PUBLISHED.**

League Officials

- Instruct any participants exhibiting symptoms to stay home.
- Drinking fountains should be inoperable or closed.
- Use local guidelines for frequency of bathroom cleaning.
- Provide easy access to handwashing stations or hand sanitizer throughout the ballpark.
- Caution tape bleachers so they are used only for players. The bleachers should be used as an extension of the dugout.
- Bleachers should only be used to accommodate player social distancing as an extension of the dugout.
- Recommended to wear mask and gloves when in contact with spectators, coaches or participants.
- Post COVID-19 signage recommendations throughout complex.
- League Officials should work with teams to sanitize dugouts in between each team turnover.
- League Officials should sanitize all high traffic areas on a regular basis throughout the day.
- Be aware of local restrictions of out of town teams.
- Communicate with all participants leading up to event on COVID-19 and the preventative measures being taken for the event.
- Instruct spectators to bring their own chairs and sit along the out-of-play lines or outfield. No spectators in bleachers or behind the backstop.
- Game schedules will be modified to minimize the amount of time spent in the park.
- Work with city officials to ensure that the league is meeting any and all standards as specified by the city, county and state officials.

Umpire

- Conduct daily self-evaluation assessments. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Follow the direction of the COVID rule and mechanic procedures handed out from the assignor or UIC.
- Use verbal exchange of lineup changes from safe distance from coach and to opposing team.
- No players should be allowed to participate in pre-game meeting. Only umpires and one coach per team.
- Maintain 6 feet from any player as a starting position.
- Should not handle equipment on the field during a play.
- Umpire to coach interaction must be at least 6 feet apart.
- Instruct the catcher to move away from the plate 6 feet while brushing off the plate.

Coaches

- Conduct daily self-evaluation assessments. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Ensure that players, coaches and team's spectators are following COVID 19 prevention measures.
- Encouraged to wear masks. Not required. Must be neutral and non-distracting if worn during games.
- Recommended to bring and frequently use hand sanitizer.
- Coach to umpire or player interaction must be at least 6 feet apart.
- Players and coaches must refrain from celebratory physical contact with each other or opponents on and off the field of play. This includes no post-game handshakes.
- Responsible for ensuring the dugout is cleaned and sanitized upon arrival and exit from the dugout.
- Upon completion of game, teams must immediately exit the park and conduct any post-game meeting outside the perimeter of the park, unless playing back-to-back.

Players

- Conduct daily self-evaluation assessments. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Encouraged to wear masks between games. Not required. Must be neutral and non-distracting if worn during games.
- While in dugout, any participant must maintain 6 feet social distancing or wear a mask.
- Recommended to bring and frequently use hand sanitizer.
- Coach to player interaction must be at least 6 feet apart.
- Equipment bags should be hung up or placed on the ground at least 6 feet apart.
- No sharing of equipment including bats, helmets, training tools, etc. Balls are ok.
- Do not share water bottles or coolers.
- Players are encouraged to refrain from any sort of congratulatory touching including hugs, high fives, etc.

Spectators

- Conduct daily self-evaluation assessments. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Parents and spectators should be kept as minimal as possible and must maintain social distancing of 6 feet from any non-household member.
- Spectators to bring their own chairs and sit along the out-of-play lines or outfield. No spectators in bleachers or behind the backstop. Encouraged to wear masks. Not required.
- Spectators should wait for their team's games to begin before entering the park and should immediately exit upon conclusion.



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FASTPITCH PRACTICE PLAN

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Prior to Practice

- Follow the direction of City, County and State Health Officials.
- Have players conduct daily self-evaluation assessments prior to attending practice.
- Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Communicate with all team members leading up to event on COVID-19 preventative measures.
- Sanitize dugout benches, common area, and any equipment being used during practice (bownets, buckets).
- Coaches should sanitize their hands after wiping down all surfaces.

During Practice

- Follow the direction of City, County and State Health Officials.
- Upon arrival, players should sanitize their hands.
- Upon arrival, parents or spectators should sanitize their hands.
- Parents and spectators should be kept as minimal as possible and must maintain social distancing of 6 feet from any non-household member or wear a mask.
- Equipment bags should be hung up or placed on the ground at least 6 feet apart.
- No sharing of equipment including bats, helmets, training tools, etc. Balls are ok.
- Do not share water bottles or coolers.
- Players should maintain social distancing of 6 feet whenever possible.
- Players should refrain from any sort of congratulatory touching including hugs, high fives, etc.

After Practice

- Follow the direction of County and State Health Officials.
- Players should sanitize their hands.
- Parents or spectators should sanitize their hands.
- Coaches should sanitize their hands.
- Sanitize dugout benches, common area, and any equipment used during practice (bownets, buckets etc).



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SLOWPITCH TOURNAMENTS / LEAGUES

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Complex / Park Staff

- Instruct any staff exhibiting symptoms to stay home.
- Drinking fountains should be inoperable or closed.
- Use local guidelines for frequency of bathroom cleaning.
- Provide easy access to handwashing stations or hand sanitizer throughout the ballpark.
- Caution tape bleachers so they are used only for players. The bleachers should be used as an extension of the dugout.
- Bleachers should only be used to accommodate player social distancing as an extension of the dugout.
- Recommended to wear mask and gloves when in contact with spectators, coaches or participants.
- Post COVID-19 signage recommendations throughout complex.
- Staff should work with TD and teams to sanitize dugouts in between each team turnover.
- Staff should sanitize all high traffic areas on a regular basis throughout the day.

Tournament Director

- Be aware of local restrictions of out of town teams.
- Communicate with all coaches leading up to event on COVID-19 and the preventative measures being taken for the event.
- Instruct that if they are exhibiting symptoms or if they have a fever, they need to stay home.
- Work with the complex staff to ensure all safety measures are in place or come up with an alternate way to meet the guidelines.
- Work with complex staff and teams to sanitize dugouts in between each team turnover.
- Instruct spectators to bring their own chairs and sit at foul lines or outfield. No spectators in bleachers or behind the backstop.
- Recommended to wear mask and gloves when in contact with spectators, coaches or participants.
- Game schedules will be modified to minimize the amount of time spent in the park.

Umpire

- Conduct daily self-evaluation assessments. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Follow the direction of the COVID rule and mechanic procedures handed out from the assignor or UIC.
- Use verbal exchange of lineup changes from safe distance from coach and to opposing team.
- No players should be allowed to participate in pre-game meeting. Only umpires and one coach per team.
- Maintain 6 feet from any player as a starting position.
- Should not handle equipment on the field during a play.
- Umpire to coach interaction must be at least 6 feet apart.
- Instruct the catcher to move away from the plate 6 feet while brushing off the plate.

Teams

- Conduct daily self-evaluation assessments. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Ensure that players, coaches and team's spectators are following COVID 19 prevention measures.
- Encouraged to wear masks. Not required. Must be neutral and non-distracting if worn during games.
- Recommended to bring and frequently use hand sanitizer.
- Coach to umpire or player interaction must be at least 6 feet apart.
- Players and coaches must refrain from celebratory physical contact with each other or opponents on and off the field of play. This includes no post-game handshakes.
- Responsible for ensuring the dugout is cleaned and sanitized upon arrival and exit from the dugout.
- Upon completion of game, teams must immediately exit the park and conduct any post-game meeting outside the perimeter of the park, unless playing back-to-back.

Players

- Conduct daily self-evaluation assessments. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Encouraged to wear masks between games. Not required. Must be neutral and non-distracting if worn during games.
- While in dugout, any participant must maintain 6 feet social distancing or wear a mask.
- Recommended to bring and frequently use hand sanitizer.
- Coach to player interaction must be at least 6 feet apart.
- Equipment bags should be hung up or placed on the ground at least 6 feet apart.
- No sharing of equipment including bats, helmets, training tools, etc. Balls are ok.
- Do not share water bottles or coolers.
- Players are encouraged to refrain from any sort of congratulatory touching including hugs, high fives, etc.

Spectators

- Conduct daily self-evaluation assessments. Anybody experiencing symptoms or living with somebody experiencing symptoms must stay home.
- Parents and spectators should be kept as minimal as possible and must maintain social distancing of 6 feet from any non-household member.
- There will be no bleacher seating. Spectators are asked to bring their own chairs and sit along outfield and foul lines.
- Encouraged to wear masks. Not required.
- Spectators should wait for their team's games to begin before entering the park and should immediately exit upon conclusion.



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Self-Evaluation Health Assessment

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- Have you been within 6 feet of a person with a lab-confirmed case of COVID-19 for at least 5 minutes, or had direct contact with their mucus or saliva, in the past 14 days?
- Have you traveled by air, bus or major transportation in the last 14 days?
- In the last 72 hours, have you had a fever of 100 F or above, or possible fever like symptoms?
- In the last 72 hours, have you had a cough?
- In the last 72 hours, have you had trouble breathing, shortness of breath or severe wheezing?
- In the last 72 hours, have you had chills or repeated shaking with chills?
- In the last 72 hours, have you had muscle aches?
- In the last 72 hours, have you had a sore throat?
- In the last 72 hours, have you had a loss of taste, or change in taste?
- In the last 72 hours, have you had a loss of smell?
- In the last 72 hours, have you had nausea, vomiting or diarrhea?
- In the last 72 hours, have you had a severe headache?

The answer to all questions above must be NO to attend any USA Softball activities. If you answer YES to any question above, contact your head coach and stay home. Players or participants with signs or symptoms of COVID-19 must follow CDC Guidelines for returning which include being symptom free for 3 days without the aid of medication.