

# Golden Seniors Softball Club of Sacramento

## Return to the Fields Plan

### (COVID PROTOCOLS)

The following is the plan of the Golden Seniors' Softball Club of Sacramento (GSSCS) to return to playing senior softball leagues as stay-at-home restrictions are eased, in accordance with guidance from local government and health officials. This plan outlines our approach to allow for senior softball activities to resume, while still adhering to Center for Disease Control, State and Local government guidance. The safety of our players, officials, and spectators is of primary concern to the GSSCS.

GSSCS is committed to providing a fun and competitive softball environment while protecting the well-being and safety of all individuals involved. It is our intention to make this transition as smooth and successful as possible, by creating a strategy to handle the challenges we will undoubtedly encounter during and after the pandemic.

#### I. **COVID-19 Screening**

A. The following notice will be sent to all league teams:

Have you been in contact with anyone diagnosed with COVID-19 in the last two weeks?

Symptoms may appear 2-14 days after exposure to the COVID-19 virus. Individuals with the following symptoms may have COVID-19. Have you had any of these symptoms in the last 2 weeks?

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache

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- Recent loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you have any of the symptoms listed above or have been in contact with anyone diagnosed with COVID-19, **please get tested and do not come out to the ballpark.**

**II. GSSCS Pandemic Rules & Equipment**

- A. GSSCS will NOT be supplying community water jugs for obvious reason until the pandemic is over. Players will have to supply their own personal water.
- B. Umpires will use disinfectant spray and rags to clean and wipe off the balls every half-inning or when requested.
- C. GSSCS will not operate any concession stands for league play.

**III. Social Contact before, during and after game**

- A. Spectators and teams who are not playing will be required to observe social distancing guidelines of six (6) feet from each other while sitting outside the field of play in foul territory. (See Page 4, Diagram A).
- B. No players or spectators (except for the scorekeeper(s)) will be allowed to sit in the bleachers or behind the umpire in the area behind the backstop.
- C. There will be a “no-contact, no handshake policy” to be observed at every level of the organization until further notice. This includes all physical contact and extends to customary game-related activities, such as umpire-coach inductions, and post-game handshakes between member of opposing teams. Instead, staff, players and coaches should verbally say “good-game”, without shaking hands, high fiving, or fist bumping.
- D. Team Managers will be responsible for keeping any sick players or players in quarantine out of the game.

**IV. Dugout**

- A. Players will be required to wear face coverings in the dugout.

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- B. In order to maintain six feet social distancing (and depending on size of the dugout), no more than five players and the coach will be allowed in the dugout. The five players shall consist of the on-deck batter and the next four batters in the line-up. The remaining players will sit or stand in the designated spectator area until it is their turn to enter the dugout. (See Page 4, Diagram A).
- C. When one team leaves the dugout, the next team must wait until all players have exited before entering. ***Please note: Dugouts must be sanitized (sprayed/wiped down) before next team enters.***
- D. The team leaving the dugout will have to police the dugout and get rid of trash, especially empty drinking containers.
- E. Sunflower seeds will be prohibited.

V. **Facemasks**

- A. On the field, catchers, umpires and base coaches must wear masks.
- B. The on-deck batter or a player assigned by the offensive team will wear a batting or other glove and be responsible for picking up the bat after it is used.
- C. Umpires will use disinfectant spray and rags to clean and wipe off the balls every half-inning or when requested.

VI. **Personal Hygiene**

- A. **Most Important:** Avoid touching your eyes, nose, and mouth with unwashed hands.
- B. Cover your mouth and nose with a tissue, if possible, when coughing or sneezing, then properly discard the tissue in the trash.
- C. Avoid close contact with anyone else who is coughing or sneezing or who is otherwise sick. People who exhibit COVID-19 symptoms will be asked to leave the park.
- D. Wash your hands often, using soap and water for at least 20 seconds each time.

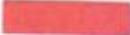
VII. **Sacramento Complex and Howe Park Requirements**

- A. For the time being, spectators are not allowed during at the softball fields.
- B. Dugouts must be sanitized (sprayed/wiped down) before the next team enters.

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**DIAGRAM A**



-  No players, spectators or anyone else is allowed in this area except for official score keeper(s).
-  Only the coach, on deck batter and the next five batters in the line up are allowed in the dugout. Remaining players must be in the "green" spectator area until it is their turn to enter the dugout.
-  No individuals will be allowed in the bleachers. This area will be taped off.
-  This area is for spectators and dugout overflow (see description for  above).