

Health and Safety Protocols for Livermore Girls Softball Spring 2021 Season (updated 4/19/2021)

In accordance with the updated 4/6/2021 [CDPH Guidance for Youth Sports](#), Livermore Girls Softball will require that any use of the Junction fields follow strict guidelines. Outdoor practices, conditioning, and now games are permitted for Youth age 18 and younger. The League is requiring that managers, players and family members adhere to the following:

- Participants and Coaches will cohort by team and will need to refrain from participating in more than one team.
- Practice social distancing by keeping participants and coaches 6ft apart as much as possible.
- Immediate family members of youth participants may observe as long as they maintain 6 feet of distance from others of different households and wear masks at all times.
- Dugouts are to be used sparingly. Equipment should be stored outside the dugout. For practices, no more than 6 people should be inside at the same time. During games and practices, players should space out as much as possible within the dugout.
- Sunflower seeds are not allowed.
- Sharing of food is not allowed.
- Avoid contact (no hi fives, fist bumps, etc..).
- **Managers** will be required to:
 - Wear a face covering at all times
 - Verify that all players are healthy and not showing any COVID-19 symptoms.
 - Make sure hand sanitizer is readily available.
 - Make sure that any equipment worn by the participants is not shared.
 - Provide time for participants to use hand sanitizer before, during, and after practice.
 - Report any team COVID positives to the LGSA Executive Board.
- **Participants** will be required to:
 - **“Face coverings to be worn when not participating in the activity (e.g., on the sidelines).”** from [CDPH Guidance for Youth Sports](#). This includes practice and games.
 - Have their own water bottle.
 - Report any COVID related symptoms to Manager immediately, and NOT arrive at the field if any of the questions below are answered “YES”:
 - In the last 10 days have you been sick?
 - In the last 10 days were you diagnosed with COVID-19?
 - In the last 14 days were you in close contact with ANYONE who was COVID-19 positive? In your household or not. (*Close contact is defined as being within 6 feet of distance for greater than 15 minutes of cumulative time in a 24 hour time period.)
 - Do you have any of the following symptoms that are NEW, DIFFERENT, or UNEXPLAINED? (ie not related to a known or chronic condition)
 - New loss of taste and or smell
 - Fever (100.0 or greater)
 - Cough/Shortness of Breath
 - Nausea/Vomiting
 - Diarrhea
 - Sore throat
 - Headache

COVID-19 Positive Specific Protocol:

If you or a family member test positive for COVID-19, are having symptoms of COVID-19, or are being quarantined by a doctor for COVID-19 please adhere to the following protocol:

- Notify your Coach as soon as the first symptoms or notification arise. The Coach will be responsible for notifying the LGSA Executive Board.
- Self-Quarantine all your family members from any fields or team related functions for 10-14 days or until the LGSA Executive Board has notified you it is safe to return. Contact your healthcare provider for guidance regarding testing. Should any further symptoms arise or additional family members fall ill, please notify your Coach asap, and the Coach will notify the LGSA Executive Board.
- Provide a list to the Coach of any members of the league that you were in contact with, in order to perform contact tracing. The Coach will supply the list to the Executive Board to complete the Contact Tracing.
- If you or any of your immediate family members tested positive for COVID-19, a 10 day quarantine from onset of symptoms, or 10 days from a positive test result, will be required before returning to any team activities.

Field Closure or Team Quarantine Procedure

In the event a team(s) needs to be quarantined, we will follow the below procedure:

- All coaches and parents of players of the affected team(s) will be notified by email, share site, and via phone number listed on their roster.
- All practices and/or games scheduled for the team will be cancelled, and team members will be asked to self-quarantine for 10-14 days. No team member will be allowed at Junction Avenue Fields during the quarantine period, and the team should not gather for any kind of practice elsewhere during the quarantine period.
- Team members will be asked to disinfect any personal equipment used around other team members. Alternatively, any shared equipment may be allowed to sit for 48 hours without being touched.
- Team members are asked to watch for symptoms of COVID-19 and contact their Coach asap, if any symptoms have developed. Please also contact your healthcare provider for guidance. The Coach will notify the Executive Board.
- Upon completion of the 14 day quarantine, and if no other cases have surfaced, the team(s) may resume their normal schedule.

Please understand that the guideline above will be updated over time to reflect the most up to date information from Alameda County as well as the California Department of Public Health. Information regarding Youth Sports is rapidly changing and we will make changes accordingly.