

# INDOOR SPORTS COVID-19 GUIDELINES

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## GENERAL

- All players, coaches, and spectators who feel sick or are experiencing signs or symptoms of COVID-19 or that have come in contact with infected persons should stay home.
  - Spectators are not allowed to attend indoor events.
  - Spectators attending outdoor events should follow 6' social distancing guidelines at all times or wear a face covering.
  - Only required volunteers will be allowed in the area of the team, whether the team bench, court, field, sideline or dugout.
  - All players, coaches, and spectators must follow the state's directives regarding the number of people allowed to gather in one place.
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## PPE

- All coaches must wear a face covering indoors. For outdoor events, coaches must wear a face covering when 6' social distancing is impossible.
  - For outdoor events, all spectators must wear a face covering when 6' social distancing is impossible.
  - Players should wear face coverings when in close contact areas and in places where social distancing is challenging or not feasible.
  - Players are NOT required to wear a face covering while on the court or field.
  - Players must social distance when not on the court or field or while waiting their turn to play. If social distancing is impossible, players should wear masks.
  - Players should not wear protective medical gloves on the court or field.
  - Players will be permitted to wear PPE on the court or field, if physically able to do so, based on any directive of a medical provider or individual determination of the parent. If a player chooses to wear PPE, they may do so as long as it does not compromise the safety of themselves and other players.
  - Hand sanitizer should be readily available to athletes and coaches.
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## EQUIPMENT

- No sharing of equipment unless specifically necessary.
- Players should have their own equipment (batter's helmet, glove, bat, catcher's equipment, basketballs, goalie gloves, pads, pom-poms, etc). All equipment should be cleaned and disinfected after each use by a parent.
- Shared equipment (balls, pads, etc) should be cleaned whenever possible.
- Player equipment bags should be spaced accordingly along the sideline/dugout to prevent direct contact.

## PRE/POST EVENT

- Commissioners, League Directors and Coaches should review practice/game schedules to allow for courts or fields to not all be in use at the same time if they are in close distance to one another. Allow for greater gaps in between practices and games to help limit the number of people at the field at one time.
  - Players should not arrive at the courts or fields more than 15 minutes before practice/game time.
  - All players and coaches are required to have their temperatures checked and respond to a Daily Wellness Questionnaire before each practice/game.
  - Hand sanitizing before arriving at the court or field is required.
  - Team huddles, handshakes, knuckles, high fives, group celebrations, etc. should be eliminated. Sportsmanship remains an important part of youth sports. The handshake line should be replaced with a group tip-of-the-cap, salute, or other acknowledgement of the opposing team and officials.
  - Instead of gathering players to discuss the practice/game or provide information for the next practice/game, coaches should provide this information to players and parents via email or messaging apps.
  - Players should be dismissed in an orderly manner so they can practice proper social distancing, especially in crowded facilities or where there may be only one exit.
  - For indoor events, parents are not allowed inside the facility for drop off or pick up. Coaches should meet players outside the facility.
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## SNACKS/ DRINKS

- Players and coaches should bring their own water bottles, have their names clearly marked, and not share with anyone else. No team or sideline coolers are permitted.
  - Food, unless medically necessary, should not be allowed in team areas and playing field. This includes sunflower seeds, gum, orange slices, donuts, etc.
  - All players and coaches are to refrain from spitting at all times.
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## BASKETBALL

- Basketballs should be rotated on a regular basis and cleaned accordingly.
  - Basketballs used during pregame warm-ups should be isolated from game balls.
  - The team areas should be spread down the sidelines so that equipment and players are spaced out accordingly. Teams must always have at least one coach to monitor players in this area.
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## GAME OFFICIALS

- Game officials are encouraged to keep a safe distance from players as much as possible and wear protective gloves.
- If physically able, game officials are encouraged to wear face coverings.

## **BASEBALL/ SOFTBALL**

- The dugout area should spread down the line/fence into the outfield, with player bags and equipment spaced out accordingly. Teams must always have at least one coach to monitor players in this area.
- Players must follow social distancing when on the bench or while waiting their turn to bat. Only the on-deck player should be off the bench before his/her at-bat.
- A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another player using the same balls, they should be collected and cleaned individually.
- During games, each team must use their own baseballs or softballs.
- Baseballs and softballs should be rotated on a regular basis to limit individual contact.
- Catchers should retrieve foul balls and passed balls where possible.
- Balls used in infield/outfield warm-up should be isolated from a shared ball container.
- Foul balls landing outside the field of play should be retrieved by participating players and coaches. No spectators should retrieve the ball.
- Umpires are permitted to be placed behind the pitcher's mound/circle to call balls and strikes.
- Umpires are encouraged to keep a safe distance from players as much as possible and wear protective gloves.
- If physically able, umpires are encouraged to wear face coverings while umpiring.