

**North County Community Girls Softball League (NCCGSL) Return to Play Guidelines**  
**Updated 8/21/2020 v1.1**

Based on guidance from Anne Arundel County Department of Health, please find the updated Recreation and Parks guidelines for 'Return to Play' below. We are requesting cooperation from all and compliance to the current guidelines in an effort to make sure everyone will remain safe. Your cooperation and communication of the guidelines to players and parents will allow the progress that has been made to continue.

As practice and game play return, it is important that everyone continues to observe ALL social distancing guidelines.

- Everybody must have a mask on when entering an athletic facility.
  - Participants (players/coaches) are not required to wear a mask when in the field of play. However, whenever possible it is recommended as safe physical distancing is suggested.
  - Players on the sidelines should be spaced out. The dugout areas will be extended, beyond the customary dugout area. However, safety and distancing must be adhered to, when defining the area for players. Spectators will be distanced away from the player area and must remain out of the player defined dugout area during games and practices.
  - Players should place their bags, bats, gloves, personal equipment, water, etc. at a reasonable distance apart and return to their bag during breaks. Each player should remain at their bag until they return to the field or leave for the day. It is very important that coaches reinforce this throughout practices and games.
  - Spectators must wear a mask at all times.
  
- When scheduling multiple teams on the same fields every effort will be made to allow at least 30 minutes between the beginning and end of each practice/game.
  
- Players/coaches should avoid or limit contact, such as:
  - high fives, team huddles, arms around players, handshakes (before, during and after the game), sharing snacks, sharing water bottles/drinks, etc.
  
- To prevent gathering, when attending sporting events (practices, games, etc) there are to be NO tents other than Medical tents. Beach / golf umbrellas are allowed

In addition to the county guidelines listed above, The NCCGSL is also making the following recommendations and requirements.

- All players must have their own batting helmet. Sharing of batting helmets is not allowed, outside of sibling family members. All helmets must have double earflaps and have a face shield. An example of a T-Ball batting helmet, can be found here: <https://amzn.to/3kYvxRL>
- The league is recommending that additional catcher helmets are supplied to each team and that the number of catchers per game, be reduced. We recommend that catchers purchase their

own gear, however, recognize some players are just learning the position. We recommend that each player wear one helmet per game and do not share back and forth between players. Gear should be wiped down between each use. If for any reason a parent or player feels uncomfortable due to the sharing of equipment, then it is the parent's or player's responsibility to notify the coach to exclude the player from catching. If a safe alternative can not be met and the game cannot continue without a player catcher, the game or activity must be ended.

- Players, coaches and parents should make every effort to go to the bathroom, before leaving home. We are trying to reduce the congestion in the bathroom areas at the park.
- Sunflower seeds, gum, etc. or any other item that induces spitting or exposure to saliva will not be allowed in dugouts or on the playing field.
- Players are responsible for bringing hand sanitizer and other items of this nature with them to the park.
- Disposable masks will not be supplied. Any player or coach arriving to the field without a mask will not be permitted to play or participate.
- Practice social distance at all times, while moving through the park and areas around the park..
- Coaches will be responsible to take attendance at all practices and games.
- All rules and guidelines are subject to change or new rules added, based on new directives and guidelines set forth by state, county or league officials.

#### CDC Guidelines

All players, spectators and coaches should take their temperature before coming to the park. Players may be asked to provide base information about health before games and practices.

Do not come to the park and notify your coach, if you have any of the following:

- Fever (a temperature above 100.3 F)
- A cough
- Shortness of breath
- Muscle aches or chill
- Sore throat
- Diarrhea/nausea/vomiting
- Loss of taste or smell
- You or anyone you have been in close contact with has been diagnosed with COVID-19 or placed under quarantine.
- You have been asked to self-isolate or quarantine by a licensed medical professional or local public health official.

The risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies, and/or any mutation or variation thereof does exist and it is impossible to eliminate the risk that someone could become infected through contact with or close proximity to an individual with a communicable disease.

All players, coaches, parents, guardians, officials, spectators and others involved in events for the NCCGSL and its member softball organizations KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, and assume full responsibility for their participation; and, willingly agree to comply with the stated and customary terms and conditions for participation.

If, however, you observe any unusual, significant hazard during your presence or participation, you will remove yourself from participation and bring such hazard to the attention of the nearest official immediately.

Please sign and date the separate acknowledgment form. We look forward to a safe and productive season.

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I/we acknowledge that I/we have reviewed and read all three pages of the NCCGSL Return to Play Guidelines and understand these guidelines, procedures and risks. I also understand that it is my responsibility to share these rules and guidelines with any family member or party that attends games or practices on behalf of my child.

I/we understand that participation is at our own risk and volunteers, coaches, Commissioners, officials, members of league organizations and the NCCGSL Board and its members cannot be held liable if I, my player, or family members encounters or becomes ill with COVID or any other communicable disease or illness.

Organization: \_\_\_\_\_

Age Group: \_\_\_\_\_

Coach Name (*if known*): \_\_\_\_\_

Player Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parents Signature: \_\_\_\_\_

Date: \_\_\_\_\_