

Seattle Pony Return to Play Safety Plan

(January 2021)

- Baseball/Softball are considered moderate risk sports.
- **Self-Screen for Symptoms.** Everyone (coaches, players, volunteers, spectators, etc.) must self-screen prior to every practice, game and other activity, and if they are experiencing symptoms of COVID-19 or have had contact with someone with COVID-19, they cannot participate. Anyone with any of the following signs or symptoms or who have been in contact with someone with COVID-19 will NOT attend practices, games or other activities: fever (>100.0), cough, shortness of breath/difficulty breathing, chills, body/muscle aches, diarrhea, sore throat, new headache, loss of taste or smell.
- **Underlying Conditions.** Those with underlying health conditions should check with their medical provider prior to participating.
- **Outdoor Activities.** All practices and games will be outdoors.
- **Competition.** Team practices, training, and intra-team competition is allowed during Phase 1. No practice, competition, or games with another team until Phase 2.
- **Masks or other Facial Coverings.** All players, coaches and volunteers must wear a mask or other appropriate facial covering at all times before, during and after all practices, games and other activities.
- **Good Hygiene.** Everyone is encouraged to use good hygiene. Everyone should cough or sneeze into their elbow and not into their hand, and in general should avoid touching their eyes, nose, and mouth.
- **Hand Sanitizer.** All players should have hand sanitizer in their bags. Players, coaches and volunteers should use hand sanitizer and/or wash hands with soap and water for at least 20 seconds before and after every practice and game. Players should immediately use hand sanitizer after practice, before putting on their mask. Team will provide hand sanitizer at all practices, games, and activities.
- **Group separation.** Coaches, volunteers and spectators should keep 6 feet distance from each other and from players unless giving medical attention. Players should keep 6 feet distance from each other when not engaging in sporting activity.
- **No Lines, No Huddles.** Training will be appropriately spaced, with technical demonstrations and team-talks executed from a distance. Training activities will not include waiting lines.
- **Limited Shared Equipment.** Players should bring their own water, bat, glove, and any other equipment needed other than balls. There is no sharing of water bottles, and players will not touch or share training equipment (other than balls) such as cones or gear bags. If such equipment is shared, it will be sanitized in between each use.
- **Cleaning.** High-touch surfaces must be cleaned and any equipment used by more than one player must be disinfected before and after each use.
- **Food.** No sharing snacks. No sunflower seeds allowed.
- **No Gathering, No Delay.** Players should avoid social gatherings before and after practice to maintain appropriate social distancing of 6 feet. Bags should be placed 6 feet apart.
- **Access to Fields.** Coaches, volunteers, and players may not enter the playfield until the start time of the field reservation, and no equipment may be brought to the field until the start time of the field reservation. Waiting on the sidelines prior to the start time of the field reservation shall not be allowed. All coaches, volunteers and players must vacate the field within 15 minutes of the end of the reservation. All equipment and garbage must be removed from the field within 15 minutes of the end of the reservation.
- **Parents Sideline Distance.** Parents should not gather and socialize on the sideline during practices and are encouraged to remain in their cars if staying at the field. If a parent comes to the sideline for pick-up or drop-off, it should be limited to one parent/adult for each player, and they must wear a mask or other facial covering and maintain the appropriate distance from the coaches, volunteers, players and other parents.
- **Transportation.** To the extent possible, transportation to and from practices, games and other activities should be limited to vehicles with members of the same household.

- **Record-Keeping.** A roster of every coach, volunteer and player present at each practice, game or other activity, and a roster and seating chart for any organized team travel group, shall be maintained to assist with contact tracing in the event of a possible exposure, which records must be kept on file for 28 days after the practice, game, activity or trip.