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# Lower Loudoun Girls Softball League (LLGSL)

## 2020 Return to Softball



### **Introduction**

Lower Loudoun Girls Softball League has strived to provide Girls aged 4 to 18 years old living in eastern Loudoun County the opportunity to learn and play softball in a safe environment – with a focus on good sportsmanship, honesty, loyalty, courage and respect for authority.

Due to the extraordinary situation resulting from the coronavirus (known as COVID-19), Lower Loudoun Girls Softball League has been working to develop a “return to play” plan for the upcoming Fall 2020 season. This plan is based on both the guidance and mandatory guidelines provided by both the Commonwealth of Virginia and the Loudoun County Parks, Recreation, & Community Services (PRCS) guidance as to how events (such as practices and games) must be conducted due to the impacts of COVID-19 on our community.

As such, this document is designed to aid LLGSL parents, managers, coaches, umpires and all other volunteers in providing the youth in our community with the opportunity to return to softball this fall. This document is broken down into five (5) sections:

- A. 2020 Fall Season Overview
- B. Player and Volunteer Coach Registration Process
- C. 2020 Fall Season General Guidelines
- D. 2020 Fall Practice & Game Guidelines
- E. Safety and COVID-19 Action Plan

Please note that as guidance changes on how to conduct softball related activities in a safe manner, this document will be updated accordingly. We want to thank all of those who have aided the LLGSL Board in developing, reading, evaluating, and editing this document. If you have any questions about this document, please reach out to our LLGSL Information Officer [LLGirlsSoftballLeague@gmail.com](mailto:LLGirlsSoftballLeague@gmail.com) and they will direct your questions accordingly.

As Lower Loudoun Girls Softball League strives to provide girls aged 4 to 18 years old living in eastern Loudoun County with the opportunity to learn and play softball in a safe environment, the LLGSL Board voted to offer a 2020 Fall Season.

## 2020 Fall Season Overview

As the Commonwealth of Virginia continues to follow the “Forward Virginia” recovery plan (<https://www.virginia.gov/coronavirus/forwardvirginia/>). The State of Virginia is currently in Phase 3 and must adhere to the “Recreational Sports” mandatory requirements and must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document.

- 👤 The four other leagues that comprise the Loudoun County Softball Alliance (LCSA) –of which LLGSL is a member of-- have also opened registration. A game schedule will hopefully be created to allow teams to play games against other teams in the alliance. Please bear in mind that all leagues are struggling to form teams. It is conceivable that competition may be very redundant unlike previous seasons.
- 👤 LLGSL is planning to hold its 2020 Fall Season as planned starting in mid-August 2020. That being said, due to the risks posed by COVID-19, LLGSL plans to make some modifications to the Fall Season:
  - 🕒 LLGSL will offer registration in divisions at the following levels for the 2020 Fall Season:
    - 🕒 Fall 6U T-Ball (Ages 4-6)
    - 🕒 Fall 8U Machine Pitch (Ages 6-8)
    - 🕒 Fall 10U Kid/Coach Pitch (Ages 9-10)
    - 🕒 Fall 12U Fast Pitch (Ages 11-12)
    - 🕒 Fall Seniors Fast Pitch (Ages 13-18)
- 👤 For this Fall Season Practice / Game Guidelines have been updated to enable teams to meet the guidelines put forth by, The Commonwealth of Virginia and Loudoun County due to the risk of COVID-19 exposure. Please read the rest of this document to better understand these updates. Without adherence to these guidelines the fall season will not occur.

## Player and Volunteer Coach Registration Process

For the Fall 2020 Season to happen, additional coaches will be needed and must register.

**PLEASE NOTE: At this time, we are experiencing a major coach’s shortage and all divisions may not be available at the end of Registration. We currently have no coaches for the 10U and 12U Divisions. Please consider registering as a coach, this league can not operate with out Parents stepping up to the plate.**

For player registration, parents / guardians should visit [LLGSL’s website](#) and click on the “Register Now” button. The link to this page is: <https://www.leagueathletics.com/Registration/Default.asp?org=LLGSL>

We have added a new parent volunteer position this year to help the coaches manage the players. This position is that of a Covid Coordinator. Each team will need at least 2 parents/guardians to volunteer to fill this position. Look for it in the drop down list of your player’s registration.


Additionally, **\*all\*** LLGSL volunteer coaches will be required to register via the [LLGSL’s website](#) The link direct link to this page is: <https://www.leagueathletics.com/Registration/Default.asp?org=LLGSL>

As part of the registration process, the parents / guardians of all players and any participating volunteer coach must read, agree to, and sign the LLGSL’s “COVID-19 Assumption of Risk / Waiver of Liability / Indemnification Agreement” prior to participating in LLGSL-related activities this Fall Season.

Parents / guardians and/or Volunteer Coaches unwilling to abide by the LLGSL’s requirements to address the guidance and mandatory guidelines provided by The Commonwealth of Virginia and Loudoun County guidance as to how events (such as practices and games) must be conducted due to the impacts of COVID-19 on our community will not be allowed to participate in LLGSL-related activities.

## 2020 Fall Season General Guidelines

*All participants in LLGSL activities must stay home if you are sick!*

 All players will be responsible for bringing their own equipment to practices and games.


This equipment (at minimum) is as follows:


 Softball Glove


 Batter's Helmet with face guard.


 Softball Bat

*\*LLGSL does have some equipment that may be able to be borrowed for the season length. More information on this will be forthcoming closer to the beginning of the season. \**

 Each team will need to designate two or three COVID Coordinator (defined below)

 In addition to the head coach, it is our hope that each team will have Parents/Guardians step up to fill roles as Assistant Coaches (must register as a coach)

 What is a Team COVID Coordinator:

-  The Team COVID Coordinator's responsibility is to ensure that all COVID related guidelines are being adhered to throughout the season for that team. This individual will not have any responsibilities that are specifically softball related – instead, their role is to assist the team's head coach with tracking items such as health and safety of the team's players and coaches, keeping track of softballs that are being used in play, and all items listed below in these guidelines.

The Team COVID Coordinator will explicitly be responsible for ensuring that the team is operating within LLGSL's guidance – thus ensuring that the team is meeting the guidelines set out by The Commonwealth of Virginia and Loudoun County guidance as to how events (such as practices and games) must be conducted due to the impacts of COVID-19 on our community.

## 2020 Fall Practice and Game Guidelines

As LLGSL returns players and volunteers back to the field, we must adhere to the guidelines set forth by The Commonwealth of Virginia and Loudoun County regarding public gatherings, organized youth sports, and sporting events for a safe to return to activities.
















To address safety concerns surrounding LLGSL activities at this time, LLGSL has set forth the following guidelines that must be adhered to in order to enable play for the 2020 Fall season.

Please note that these guidelines have been provided from The Commonwealth of Virginia and Loudoun County Parks, Recreation and Community Services (PRCS) to enable Softball activities at this time. Also note that as guidelines are updated and changed, LLGSL will update this document and the associated guidelines.

All guidelines are provided to aid parents and coaches to understand their responsibilities before, during and after all LLGSL activities.



All parents/guardians and volunteers are required to adhere to the guidelines listed before arriving to a team practices/games, before practices/games, during practices/games, after practices/games, and at home after leaving the field from practices/games.

### Before departing home to a Team Practice / Game

-  Parents/Guardians/Team Volunteers – Before leaving your home, all players and volunteers participating in the team’s event must confirm that they have measured their body temperature to ensure that no fever is present nor the symptoms listed below prior to participating or attending each team activity.<sup>ii</sup> Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend any softball activity until cleared by a medical professional. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations. The following must be answered (in accordance with PRCS Requirements)<sup>iii</sup>:
-  In the past 24 hours have you or anyone in your house had<sup>iv</sup>:
-  A temperature of 100°F or above?
  -  New cough that cannot be attributed to another health condition?
  -  New shortness of breath that cannot be attributed to another health condition?
  -  New sore throat that cannot be attributed to another health condition?
  -  Gastrointestinal symptoms (diarrhea, nausea, vomiting) that cannot be attributed to another health condition?
  -  New nasal congestion or new runny nose?
  -  New loss of smell and or taste?
  -  New muscle aches?
  -  Any other sign of illness?
  -  Contact with someone in the previous 14 days with confirmed diagnosis of COVID-19 or someone who is ill with a respiratory illness?
    -  ❖ If you answered “yes” to any of these questions you are not permitted to participate. You should not return until you or your family member is fever and symptom-free, without the use of medication for the fever or symptoms for three days.<sup>v</sup>
-  Parents/Guardians must ensure that persons with symptoms should stay home until CDC criteria for ending isolation have been met. Persons with severe symptoms may need to be evaluated by a healthcare provider.<sup>vi</sup>
-  Important note: Per Commonwealth of Virginia Phase Three guidelines, for outdoor youth recreational sports, Spectators of LLGSL games are defined as only the parents, guardians, and caretakers who are supervising children playing in the sports event, and other children in the parent’s, guardian’s or caretaker’s care.<sup>vii</sup> Social distancing of all spectators is expected and required. Siblings of players in attendance should not be allowed to interact with any of the players, or other player’s siblings during practices or games. In Phase Three, all other spectators are not allowed at LLGSL activities.

### Before Team Practices / Games

#### *Player Equipment:*

-  Team Head Coaches / Assistant Coaches / Team COVID Coordinator – Personal player bat bags/equipment bags are not allowed in the dugout. Players should have their own individual batter’s helmet, glove, and bat. Player equipment must be spaced accordingly outside the dugout to prevent direct contact. Head Coaches and the Team COVID Coordinator should enact measures to avoid, or minimize, equipment sharing.
-  Team Head Coaches / Assistant Coaches / Team COVID Coordinator – If no player has their own Catcher’s Equipment, the Team Head Coach must designate one (1) player that will use the team’s provided equipment for the day. If there are two complete sets of team provided equipment, then the Team Head Coach can designate two (2) players to use each set (respectively) for the day. Only the designated player will use the team provided Catcher’s equipment. After the team’s event, the Team Head Coach or COVID Coordinator will be responsible for ensuring that all surfaces of each piece of shared equipment are cleaned first and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before used by a new player.

### Arrival to Practices:

- 🧑🏫 Team Head Coaches and Team COVID Coordinator must ensure players/families/spectators are instructed not to show up to field more than 10 minutes before practice time. Team warmups must be done under the supervision of the Team Head Coach or Designated Assistant Coach (in the absence of the Team Head Coach). No throwing or other softball-related interactions – on or off the field – are permitted.
- 🧑🏫 Team Head Coaches and Team COVID Coordinator must ensure that all player equipment is spaced out 10 ft apart **outside** the team's dugout in a way that each player knows where their equipment is. It is recommended that parents/volunteers bring a chair for their player to sit in that can serve as the location for the player's respective equipment and seating outside the dugout. Otherwise, Team Head Coaches / COVID Coordinator are responsible for designating seating while maintaining player social distancing.<sup>viii</sup>
- 🧑🏫 If Team Head Coaches and Team COVID Coordinator elect to use the benches and bleachers for seating, they must disinfect player benches and bleachers before use. Bleachers are for player use only.<sup>ix</sup>

### Arrival to Game/Practice Player Warm-up/Spectators:

- 🧑🏫 Team Head Coaches must ensure players/families/spectators are instructed not to arrive to fields more than 40 minutes before game time.<sup>x</sup>
- 🧑🏫 Team Head Coaches – If there is a game or practice prior to your event, managers should encourage families and spectators to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.

### Spectator/Parent/Guardian Pre-Game Arrival


- 🧑🏫 Parents are asked to bring their own chairs, social distance and sit down the foul lines outside the fence or beyond the fence in the outfield.<sup>xi</sup> Parents/Spectators must remain away from the extended dugout area at the field. The extended dugout area and parent/spectator viewing area at each field will be communicated by team head coaches.
- 🧑🏫 For outdoor youth recreational sports, spectators may not be present with the following exceptions: parents, guardians, and caretakers who are supervising children playing in the sports event, and other children in the parent's, guardian's or caretaker's care.
- 🧑🏫 All spectators are to follow best social distancing practices and avoid direct hand or other contact with players/managers/coaches during play.

### Player Pre-Game Arrival


- 🧑🏫 Team Head Coach and the Team COVID Coordinator will designate areas / ensure that all player equipment is spaced out 10 ft apart **outside** the team's dugout in a way that each player knows where their equipment is. It is recommended that parents/volunteers bring a chair for their player to sit in that can serve as the location for the player's respective equipment and seating outside the dugout. Otherwise, Team Head Coaches / COVID Coordinator are responsible for designating seating while maintaining player social distancing.
- 🧑🏫 T-Ball & Machine Pitch Levels Only – Will arrive to the field no earlier than 20 mins before the game.
- 🧑🏫 Kid/Coach Pitch and Fast Pitch Levels – Will arrive to the field no earlier than 40 mins before the game.

Team Head Coaches / Team COVID Coordinator Pre-Game Arrival

*Pre-Game Field Usage*

 Batting Practice

- 🕒 Use of the batting cages / nets is not permitted


 *Pre-Game “Plate” Meetings (All Levels):*


- 🕒 The pre-game “plate” meeting will be conducted around the pitcher’s mound in order to ensure social distancing of six (6) feet between individuals.
- 🕒 Plate meetings should only consist of one manager or coach from each team, and game umpires.<sup>xii</sup>
- 🕒 No players should ever be a part of plate meetings.<sup>xiii</sup>


*Limit League/Game Volunteers During Team Practices / Games*

- 🕒 at most two (2) spectators per athlete to attend team practices. Again, spectators are defined as only the parents, guardians, and caretakers who are supervising children playing in the sports event, and other children in the parent’s, guardian’s or caretaker’s care.

*Drinks and Snacks:*

 Athletes, managers/coaches, and umpires should bring their own personal drinks to all team activities. Players must not share water bottles, team coolers, personal or team equipment. Drinks must be labeled with the person’s name.<sup>xiv</sup>


 Team Head Coaches / Assistant Coaches are responsible to ensure that there is no use of shared or team beverages.<sup>xv</sup>

 Team Head Coaches / Assistant Coaches are responsible to ensure that teams do not share any snacks or food.<sup>xvi</sup> **No one is permitted to bring food or snacks to the fields.**

*Spitting, Sunflower Seeds, Gum, etc.:*


 The use of chewing gum and sunflower seeds is **prohibited** at the field.<sup>xvii</sup>


 The act of spitting is **prohibited**.<sup>xviii</sup>


 Team Head Coaches / Assistant Coaches are to ensure that all players and coaches are refraining from spitting at all times, including in dugout areas, on the playing field or anywhere around the field.<sup>xix</sup>


*Personal Protective Equipment (PPE) and Dugouts:*

The requirements provided by The Commonwealth of Virginia and Loudoun County PRCS are as follows:

 Indoor and outdoor recreational sports may occur if ten feet of physical distance can be maintained by all instructors, participants, and spectators, with the exception of incidental contact or contact between members of the same household. This applies during instruction and practice and during competitive events. Competition that involves close contact with other athletes must be avoided.<sup>xx</sup>

 All players must socially distance and wear a face covering when in the player dugout area. It is recommended that coaches wear face coverings when social distancing cannot be maintained.<sup>xxi</sup>

 Team Head Coaches and Assistant Coaches should ensure that players are not wearing protective medical gloves on the field during game play.

 Players will be permitted to wear a cloth face covering on the field during game play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian/caretaker.<sup>xxii</sup>

## 2020 LLGSL Return to Softball

- 🧑‍🏫 Team Head Coaches and Assistant Coaches need to assign coaches, players and themselves assigned spots in the dugout or on the bleachers so that they are at least six feet apart and must be placed behind a fence, and are responsible that all players are to stay at their assigned spots when on the bench or while waiting their turn to bat.<sup>xxiii</sup>
- 🧑‍🏫 If Teams provide hand sanitizer to players before and after each practice, scrimmage and or game it must contain at least 60% alcohol.<sup>xxiv</sup>

To meet these requirements, LLGSL requires the following:

- 🧑‍🏫 Prior to a practice or game, Team Head Coaches / Assistant Coaches / Team COVID Coordinator must ensure that players and all player equipment is spaced out 10 ft apart **outside** the team's dugout in a way that each player knows where their equipment is.
- 🧑‍🏫 Players and Coaches must bring their own hand sanitizer to events and apply it after every time they come off the field. In the event that a player is unable to bring their own hand sanitizer, their parent/guardian must contact the Team Head Coach and Team COVID Coordinator so that they can assist players in meeting this requirement.
- 🧑‍🏫 Before / during / after the game, Team Head Coaches and Assistant Coaches / Team COVID Coordinator will do the following:
  - 🕒 Players and Head Coaches/Assistant Coaches will remain 10' apart while in the dugout areas and at all times unless it is during the game play situations on the field.
  - 🕒 Players should be spaced out as they enter/exit the dugout area (stay 10' apart).
  - 🕒 During the team's at bat: Two coaches (max) will remain on the field, one coach will remain in the actual dugout, one coach will remain in the extended dugout area – to aid players moving in and out of the dugout area.
  - 🕒 For players coming up to bat, the on-deck batter will enter the dugout area immediately prior to the at-bat; the batter in the hole will remain just outside the dugout area with their equipment on-ready to go. All other players in the extended dugout area must remain in their designated locations.
  - 🕒 Coaches should not allow, pitchers, other players or participants to lick their fingers, should moisture be needed a wet towel will be permitted to be used to moisten fingers.

By following the above, both players and coaches should be able to follow the social distancing guidelines -- both on and off the field.

### *Softballs:*

- 🧑‍🏫 Teams should play defense with their own set of balls to limit contact to one team per set of balls. Spectators should not touch or retrieve balls that go out of play. Umpires should not handle game balls.<sup>xxv</sup>
- 🧑‍🏫 Foul balls landing outside the field of play should be retrieved by participating players and designated team coaches from the defensive team.
  - 🕒 Catchers should retrieve passed balls where possible.

To meet these requirements, each team will supply their own balls from the dugout while their team is in the field:


## After Team Practices / Games

### *No Handshakes/Personal Contact Celebrations:*





- 🧑‍🏫 Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.<sup>xxvi xxvii</sup>






### *Clean and Disinfect Shared Equipment and Surfaces:*

-  Team Head Coaches / Assistant Coaches / Team COVID Coordinator are responsible for cleaning AND disinfecting frequently touched surfaces after every practice / game on their respective sides of the field and in equipment sheds.<sup>xxviii xxix</sup>

### *Leaving the Facility:*

-  All Participants shall be responsible for leaving with any item that they brought to the field. Since all water bottles are to be labeled with the names of those using them and no food is allowed at the field, it's expected that players and coaches clean up after themselves and remove the items that they bring. Please understand that any items left at the field are to be thrown away and considered trash. **No player-related items or trash** shall be left in the equipment sheds, dugout, team areas or concession stands after a game.
-  Team Head Coaches / Assistant Coaches / Team COVID Coordinators will be required to walk around their team area at the field to make sure that all trash and items brought to the field are removed before leaving the field, preventing another team from coming into contact with items their team has left.
-  Team Head Coaches / Assistant Coaches / Team COVID Coordinator are responsible to ensure all players and families vacate the field/facility within 20 minutes or as soon as is reasonably possible after the conclusion of their practice/game to minimize unnecessary contact with players, coaches, and spectators from the next practice/game.
-  Team Head Coaches shall adhere to the game / practice times they are provided by LLGSL. These times are provided to ensure managers, coaches, and players of teams are not interacting with one another when there are back to back games / practices.

### At Home After Practices / Games


-  All shared items must be disinfected between each use to the extent practicable.<sup>xxx</sup>
-  Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.<sup>xxxi</sup>
-  Some critical equipment may not be able to be obtained by every individual. When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned first and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before use by a new player. Increased attention should be paid to detailed cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).<sup>xxxii</sup>

## Safety and COVID-19 Action Plan

In addition to the guidelines / requirements above and in order to permit players to resume play, LLGSL must adhere to the guidelines set forth by The Commonwealth of Virginia and Loudoun County in terms of public gatherings, organized youth sports, and sporting events for a safe to return to baseball activities.

The following are a set of standards for maintaining safety and Addressing and Reporting COVID-19 Cases. As these standards change, we will update this document.

### *Field Prep and Post-Game Cleaning Activities*

-  Team Head Coaches / Assistant Coaches / Team COVID Coordinator are responsible for cleaning AND disinfecting frequently touched surfaces after every practice / game on their respective sides of the field and in equipment sheds.

### *Food & Snacks:*

- 🚫 No food or snacks will be permitted at the fields during LLGSL events.
- 🚫 Only drinks will be allowed at LLGSL events (games / practices).

### *Facility Occupancy Limits & Regulations*

- 🚫 During Phase 3, Team Head Coaches and Team COVID Coordinators must enforce that the total number of attendees (including both participants and spectators) of any LLGSL fall activity is limited to 250 persons. To comply with this requirement, LLGSL will permit each team to have at most ten (10) spectators per athlete to attend games during Phase 3 – this requirement includes any parent or coach/volunteer. Note: LLGSL will permit at most two (2) spectators per athlete to attend team practices. Again, spectators are defined as only the parents, guardians, and caretakers who are supervising children playing in the sports event, and other children in the parent's, guardian's or caretaker's care.<sup>.xxxiii</sup>
- 🚫 If there is a game or practice prior to a team's event, team managers should encourage families and spectators to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
- 🚫 Parents are asked to bring their own chairs, social distance and sit down the foul lines outside the fence or beyond the fence in the outfield.<sup>.xxxiv</sup> Parents/Spectators must remain away from the extended dugout area at the field. The extended dugout area and parent/spectator viewing area at each field will be communicated to team managers.
- 🚫 Team Head Coaches are to remind all spectators to follow best social distancing practices and avoid direct hand or other contact with players/managers/coaches during play.
- 🚫 Spectators with any of the following conditions will be notified not to attend a practice or game until evaluated by a medical provider and given clearance to do so:<sup>.xxxv</sup>
  - 🟡 Active COVID-19 infection
  - 🟡 Known direct contact with an individual testing positive for COVID-19
  - 🟡 Fever or Cough
  - 🟡 Those at higher risk for severe disease should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing. Such groups include:
    - 🟡 Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease.
    - 🟡 Those currently residing in a nursing home or long-term care facility
    - 🟡 Those over 65

### *Addressing COVID-19 Cases*

- 🚫 In the event a player, volunteer or spectator shows symptoms of COVID-19 during a practice or game, the affected party should leave / be removed from the grounds immediately and the event should be suspended with all in attendance being sent home.
  - 🟡 The affected party should only be transported by a parent or guardian to their home or to a healthcare facility.
  - 🟡 If no parent or guardian is present the team manager is required to stay with the child observing social distancing procedures until a parent or guardian can arrive or the child needs to be transported by ambulance.
  - 🟡 In the event an ambulance is needed, try to call first to alert them that the person may have COVID-19 as well as contact the guardian if a minor.

### Endnotes

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- i FROM "LOUDOUN COUNTY PRCS'S PLAY IT SMART GUIDELINES"
- ii FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME": PHASE THREE GUIDELINES FOR RECREATIONAL SPORTS
- iii FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- iv FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- v FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- vi FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME": PHASE THREE GUIDELINES FOR RECREATIONAL SPORTS
- vii FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME": PHASE THREE GUIDELINES FOR RECREATIONAL SPORTS
- viii FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- ix FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- x FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xi FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xii FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
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- xv FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xvi FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xvii FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xviii FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xix FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xx FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME": PHASE THREE GUIDELINES FOR RECREATIONAL SPORTS
- xxi FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
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- xxiii FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xxiv FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xxv FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xxvi FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME": PHASE THREE GUIDELINES FOR ALL BUSINESS SECTOR
  
- xxvii FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xxviii FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xxix FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME": PHASE THREE GUIDELINES FOR ALL BUSINESS SECTOR
- xxx FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME": PHASE THREE GUIDELINES FOR RECREATIONAL SPORTS
- xxxi FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xxxii FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME": PHASE THREE GUIDELINES FOR ALL BUSINESS SECTOR
- xxxiii FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME": PHASE THREE GUIDELINES FOR ALL BUSINESS SECTOR
- xxxiv FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"
- xxxv FROM "LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES"

# Play It Smart

## STAY HEALTHY AND IN THE GAME

### RULES FOR A SAFE RETURN TO PLAY

- Stay home if you are sick!
- Coaches must ask and document completion of the daily health check questions of every player and coach before each practice, scrimmage or game.
- No games or scrimmages may be played except for baseball, softball and cricket. All other sports are limited to drills and conditioning while maintaining social distancing of 10 feet.
- Coaches must disinfect player benches and bleachers before use.
- All players must social distance and wear a face covering when in the player bench area. It is recommended that coaches wear face coverings when social distancing can not be maintained.
- Equipment must be socially distanced outside the player areas.
- Teams must provide hand sanitizer with at least 60% alcohol to players before and after each practice, scrimmage and or game.
- Players must not share water bottles, team coolers, personal or team equipment.
- Diamond sports and cricket teams should play defense with their own set of balls to limit contact to one team per set of balls. Spectators should not touch or retrieve balls that go out of play. Umpires should not handle game balls.
- No youth players are permitted at the plate conference. There is to be no post-game handshakes between teams.
- The use of chewing gum and sunflower seeds is prohibited.
- The act of spitting is prohibited.
- Bleachers are for players only to allow social distancing in the bench areas.
- Parents are asked to bring their own chairs, social distance and sit down the foul lines outside the fence or beyond the fence in the outfield.

For more information, visit  
[www.loudoun.gov](http://www.loudoun.gov)



# Play It Smart

## STAY HEALTHY AND IN THE GAME

### Required Daily Health Check Questions

**In the past 24 hours have you or anyone in your house had:**

- A temperature of 100°F or above?
- New cough that cannot be attributed to another health condition?
- New shortness of breath that cannot be attributed to another health condition?
- New sore throat that cannot be attributed to another health condition?
- Gastrointestinal symptoms (diarrhea, nausea, vomiting) that cannot be attributed to another health condition?
- New nasal congestion or new runny nose?
- New loss of smell and or taste?
- New muscle aches?
- Any other sign of illness?
- Contact with someone in the previous 14 days with confirmed diagnosis of COVID-19 or someone who is ill with a respiratory illness?

**If you answered yes to any of these questions you are not permitted to participate. You should not return until you or your family member is fever and symptom-free, without the use of medication for the fever or symptoms for three days.**

**For more information, visit  
[www.loudoun.gov](http://www.loudoun.gov)**





## SAFER AT HOME: PHASE THREE GUIDELINES FOR ALL BUSINESS SECTORS

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### PHYSICAL DISTANCING BEST PRACTICES:

- ✓ Establish policies and practices for maintaining appropriate physical distance between persons not living in the same household. Maintain at least ten feet of distance for establishments where exercise activities, singing, or cheering is performed, and at least six feet of distance for all other settings. (See sector-specific guidelines below for more detailed information on public engagement.)
- ✓ Provide clear communication and signage for physical distancing in areas where individuals may congregate, especially at entrances, in seating areas, and in check-out lines.
- ✓ Limit the occupancy of physical spaces to ensure that adequate physical distancing may be maintained. (See sector-specific guidelines for more detailed information.)
- ✓ Encourage telework whenever possible.
- ✓ For those businesses where telework is not feasible, temporarily move or stagger workstations to ensure six feet of separation between co-workers and between members of the public.
- ✓ Limit in-person work-related gatherings, including conferences, trade shows, and trainings.
- ✓ When in-person meetings need to occur, keep meetings as short as possible, limit the number of employees in attendance, and use physical distancing practices.

## ENHANCED CLEANING AND DISINFECTION BEST PRACTICES:

- ✓ Practice routine cleaning and disinfection of high contact areas and hard surfaces, including check out stations and payment pads, store entrance push/pull pads, door knobs/handles, dining tables/chairs, light switches, handrails, restrooms, floors, and equipment. Follow [CDC Reopening Guidance for Cleaning and Disinfection](#) and use an [EPA-approved disinfectant](#) to clean. For high contact areas, routinely disinfect surfaces at least every 2 hours. Certain surfaces and objects in public spaces, such as shopping carts and point of sale keypads, should be cleaned and disinfected before each use.
- ✓ To the extent tools or equipment must be shared, provide access to and instruct workers to use an [EPA-approved disinfectant](#) to clean items before and after use.
- ✓ Provide a place for employees and customers to wash hands with soap and water, or provide alcohol-based hand sanitizers containing at least 60% alcohol. (See sector-specific guidelines for more detailed information.)
- ✓ When developing staff schedules, implement additional short breaks to increase the frequency with which staff can wash hands with soap and water. Alternatively, consider providing alcohol-based hand sanitizers with at least 60% alcohol so that workers can frequently sanitize their hands.
- ✓ Provide best hygiene practices to employees on a regular basis, including washing hands often with soap and water for at least 20 seconds and practicing respiratory etiquette protocols. A CDC training video is available here: <https://www.cdc.gov/handwashing/videos.html>.

## ENHANCED WORKPLACE SAFETY BEST PRACTICES:

- ✓ Prior to a shift and on days employees are scheduled to work, employers should screen employees prior to starting work. Employees should also self-monitor their symptoms by self-taking of temperature to check for fever and utilizing the questions provided in the [VDH Interim Guidance for COVID-19 Daily Screening of Employees](#) before reporting to work. For employers with established occupational health programs, employers can consider measuring temperature and assessing symptoms of employees prior to starting work/before each shift. CDC considers a person to have a fever when he or she has a measured temperature of 100.4° F (38° C) or greater, feels warm to the touch, or gives a history of feeling feverish.

- ✓ Implement practices such as those described in [VDH Interim Guidance for COVID - 19 Daily Screening of Employees](#) for examples of a screening questionnaire. A sample symptom monitoring log is available in this Interim Guidance.
- ✓ Instruct employees who are sick to stay at home and not report to work. If an employee becomes ill or presents signs of illness, follow [CDC What to Do if You Are Sick guidance](#). Employers should post signage in the common languages of the employees telling employees not to come to work when sick.
- ✓ Develop or adopt flexible sick leave policies to ensure that sick employees do not report to work. Policies should allow employees to stay home if they are sick with COVID-19, if they need to self-quarantine due to exposure, and if they need to care for a sick family member. Employers should recommend that employees follow [CDC guidance on If You Are Sick or Caring For Someone](#).
- ✓ Some employees are at [higher risk for severe illness](#) from COVID-19. These vulnerable employees include individuals over age 65 and those with underlying medical conditions. Vulnerable employees should be encouraged to self-identify and employers should take particular care to reduce their risk of exposure, while making sure to be compliant with relevant Americans with Disabilities Act (ADA) and Age Discrimination in Employment Act (ADEA) regulations.
  1. Consider offering vulnerable employees duties that minimize their contact with customers and other employees (e.g., restocking shelves rather than working as a cashier), if agreed to by the employee.
  2. Protect employees at [higher risk for severe illness](#) by supporting and encouraging options to telework.
  3. If implementing health checks, conduct them safely and respectfully, and in accordance with any applicable privacy laws and regulations. Confidentiality should be respected.
  4. Other information on civil rights protections for workers related to COVID-19 is available [here](#).
- ✓ Designate a staff person to be responsible for responding to COVID-19 concerns. Employees should know who this person is and how to contact them.



- ✓ Implement staggered shifts for both work periods and break periods. Consider cohort scheduling where groups of employees only work with employees in their group.
- ✓ Limit the number of employees in break rooms and stagger breaks to discourage gatherings.
- ✓ Use messaging boards or digital messaging for pre-shift meeting information.
- ✓ If the building has not been occupied for the last seven days, there are additional public health considerations that should be considered, such as taking measures to ensure the [safety of your building water system](#). However, it is not necessary to clean ventilation systems other than routine maintenance as part of reducing the risk of coronavirus transmission.
- ✓ Establish a relationship with your local health department and know who to contact for questions.

For healthcare facilities, additional guidance is provided on [CDC’s Guidelines for Environmental Infection Control in Health-Care Facilities](#).

**RESOURCES TO PRINT AND DISPLAY:**

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

[FDA information](#)

[What Grocery Store and Food Retail Workers Need to Know about COVID-19](#)

[CDC Re-Opening America Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#)

[CDC What You Need to Know About Handwashing VIDEO](#)

## SAFER AT HOME: PHASE THREE

### RECREATIONAL SPORTS

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**SCOPE:** Indoor and outdoor recreational sports activities

**PHASE 3:** Recreational sports activities must either implement the following mandatory requirements or must not take place.

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#### MANDATORY REQUIREMENTS:

Participants and organizers of recreational sports activities must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. Participants and organizers of recreational sports activities must adhere to the following additional requirements for such activities:

- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for [high-risk individuals](#), and staying home if sick (samples at bottom of this document).
- ✓ Indoor and outdoor recreational sports should maintain ten feet of physical distance between all instructors, participants, and spectators, where practicable.
- ✓ The total number of attendees (including both participants and spectators) of recreational sports cannot exceed the lesser of 50% of the occupancy load on the certificate of occupancy, if applicable, or 250 persons. For sports played on a field, attendees are limited to 250 persons per field.
- ✓ Ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation. Persons with symptoms should stay home until CDC criteria for ending isolation have been met. Persons with severe symptoms may need to be evaluated by a healthcare provider. Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.

- ✓ Conduct daily screening of coaches, officials, staff, and players for COVID-19 symptoms prior to admission to the venue/facility. Children should be screened per the CDC guidance for screening children. Adults should be asked if they are currently experiencing fever (100.4 degrees Fahrenheit or higher) or a sense of having a fever, a new cough that cannot be attributed to another health condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health condition, or new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise). Anyone experiencing symptoms should not be permitted in the venue/establishment. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.
- ✓ All shared items must be disinfected between each use to the extent practicable.

**RESOURCES TO PRINT AND DISPLAY:**

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

[FDA information](#)