



2020 PGSL SUMMER LEAGUE

HEALTH GUIDELINES

JULY 6, 2020



HEALTH GUIDELINES

USA Softball guidance and links

- USA Softball recommends and strongly encourages everyone to follow the guidelines set by the [World Health Organization \(WHO\)](#), [Centers for Disease Control and Prevention \(CDC\)](#), [your state's public health department](#) and other county and/or local authorities including area school districts and government agencies.
- <https://www.teamusa.org/USA-Softball/covid-resources>

Massachusetts Youth and Adult Amateur Sports Activities (from mass.gov)

- [Outdoor Adult Sports Supervised Youth Sports Leagues Summer Sports Camps - Phase II](#)
- [Safety Standards for Youth and Adult Amateur Sports Activities – Phase III, Step 1](#)



Massachusetts Phase 2

For the week of July 6, 2020 practices fall under Massachusetts Phase 2 guidelines

Practices are limited to 12 people in a group (that includes players and coaches)

- At no time will there be more than 12 individuals on a designated practice or playing area
- Teams will need to break into multiple groups as needed, these groups will remain together for all practices over the course of a week (no co-mingling groups)

Please STAY HOME if you (or someone in your home) are not feeling well

- Any player or coach that is not feeling well or that has possible symptoms of Covid-19, or that may have had direct contact with someone that has tested positive for Covid-19 is mandated not to come to practice or game and must notify their coach immediately
- Temperatures MAY be taken before each practice or game. Anyone with a temperature over 100 will be asked to leave for the day

Masks

- Players and coaches MUST wear masks as they enter and leave the playing area
- Masks MUST be worn at all times that players and coaches are not actively participating in practice or game
- Masks MUST be worn where intermittent contact might occur and it is safe to do so including while at bat and on base

Social distancing

- When NOT in the field of play, players and coaches must socially distance from other team members (even when wearing a mask)
- When in the field of play, players and coaches must do their best to be socially distant from each other
- There will be no shaking of hands, high fives, or fist bumps between players and/or coaches



Massachusetts Phase 2

For the week of July 6, 2020 practices fall under Massachusetts Phase 2 guidelines

Spectators

- Parents may watch practices and games – spectators must adhere to all state and local rules regarding masks and social distancing (6 feet)
- Spectators must be located beyond first or third base heading down the respective outfield foul line – NO spectators may be behind the back stop

Equipment

- Every player must have their own bat, helmet, glove – NO SHARING any equipment. Please let us know if any player does not have their own equipment
- During games, the team playing defense provides the balls while in the field. When teams switch sides balls should be switched, too
- Coaches MUST retrieve the used bat after each at bat, and MUST wipe down the bat with disinfectant
- Every player must have their own water bottle – NO SHARING
- No seeds, gum or food of any kind (unless medically required) are allowed at practices or games
- Coaches MUST wipe down benches, fences, storage boxes and other common surfaces or high-touch areas with disinfectant BEFORE players arrive and AFTER each practice or game



Massachusetts Phase 3

For Boston, Phase 3 starts on 7/13/2020 and the following updates apply.
Unless specifically noted below, all Phase 2 guidance remains in effect throughout the season.

<https://www.mass.gov/doc/safety-standards-for-youth-and-adult-amateur-sports-activities-phase-iii-step-1/download>

Practices and games are limited to 25 players on the playing area

- No more than 100 people including participants, players, coaches, volunteers, spectators in the aggregate may be in, on, or surrounding any playing area provided that there is adequate space to maintain at least six feet of social distancing
- Spectators may be asked to leave if the numbers make it difficult to maintain social distancing – the safety of our coaches, players and families is our highest priority



COACH'S CHECKLIST

- Coaches MUST wipe down benches, fences, storage boxes and other common surfaces or high-touch areas with disinfectant BEFORE players arrive and AFTER each practice or game
- Log attendance for each group and each practice, or each game to help with contact tracing if needed
- Masks are required when entering or leaving area, and when not actively participating in practice or a game
- Masks are required when intermittent contact might occur and it is safe to do so including while at bat and on base
- The team playing defense provides the balls while in the field. When teams switch sides balls should be switched, too
- Coaches MUST retrieve the used bat after each at bat, and MUST wipe down the bat with disinfectant
- Players and coaches MUST achieve proper hand hygiene by using an alcohol-based hand sanitizer BEFORE each practice or game (and please practice safe hygiene off the field including frequent hand washing or use of an alcohol-based hand sanitizer)
- Maintain social distance (six feet) when NOT in field of play
- No handshakes, high fives or fist bumps
- No sharing equipment
- No seeds, gum or food (unless medically required)
- No spectators behind the backstop or in the dugout at any time
- Please leave field immediately after a practice or game
- Encourage players to come in gear rather than changing clothes or shoes at the field
- Please report any safety concerns or unsafe practices immediately