



SLGS Practice/Competitive Sports Events Guidance

The following guidance will govern all practices and home/away competitive sports events participated in by SLGS players and staff

General Requirements

1. All facilities/fields for practice and home competitive sports events must be approved by the Coaching Director in advance of any usage. All competitive sporting events will follow all capacity guidelines established by the California Department of Public Health and the Alameda County Public Health Department.
2. The Coaching Director will establish a schedule (based on League game scheduling) including start times and end times for all practices/competitive sports events. The established schedule will not be modified without the approval of the Coaching Director. All practices/competitive sports events will be determined by league rules. Any modifications must be approved by the Coaching Director.
3. All practices/competitive sports events must consist of a stable cohort as described in guidance documents issued by the Alameda County Public Health Department (ACPHD). For the purpose of practices/competitive sports events, a stable cohort consists of an individual team. At no time are players/students/coaches allowed to participate in any activities with another cohort/team. Late additions or substitutions to a cohort/team will not be allowed. Players/students/coaches are limited to participation with one team at a time.
4. Any personal equipment brought for the participants use must be pre-approved by the Coaching Director. Sharing of personal items is not allowed.
5. All coaches must go through a zoom training of our League's procedures before they can start participating in competitive sports events.
6. All teams will be given specific dates and times, approved by the Coaching Director, and will be provided a certain area on/off campus to engage in team practices.
7. No guests, spectators or fans may be in attendance at any team practice.
8. Parents must administer a health self-screening and ensure that players are not running a fever and are symptom free before attending practice and/or competitive sports events. Parents will communicate this information to coaches. Symptoms that negate the ability of the player/student to attend practice/competitive sports events include:

- Fever (100 degrees Fahrenheit or higher)
- Cough
- Severe Headache
- Sore Throat
- Loss of taste or smell. (Children may say that food “tastes bad” or “tastes funny”)
- Difficulty Breathing
- Vomiting or Diarrhea

This list does not include all possible symptoms. Should any player exhibit these symptoms they shall not attend practice/competitive sports events and the coach shall immediately be notified.

9. Players and coaches must stay home if experiencing any symptoms described above.

10. All players will follow all directions given to them by the coaching staff. Failure to comply with directions or violating any of the safety protocols will be grounds for immediate dismissal from practice/competitive sports events.

11. At no time will gatherings between players be allowed before or after practice/competitive sports events.

12. In the event that a player:

- Is sent home due to a failure of the health screening process
- Becomes ill during practice/competitive sports event
- Reports that she suspects they may have been exposed to a person with COVID-19
- Reports that she tested positive for COVID-19

The Coaching Director will immediately notify the District at which time the League’s COVID-19 Protocol will be implemented.

13. A coach/staff should not report to any practice/competitive sports event if any of the following occur:

- Does not pass the self-screening
- Reports that he/she suspects they may have been exposed to a person with COVID-19
- Reports that he/she tested positive for COVID-19

The Coaching Director will immediately notify the District at which time the League’s COVID-19 Protocol will be implemented.

14. All SLGS Competitive Sports Events will adhere to guidelines established by the California Department of Public Health (CDPH), Alameda County Public Health Department (ACPHD).

[CDPH Outdoor & Indoor Youth Recreational Adult Sports](#)

[ACPHD Outdoor & Indoor Youth Recreational Adult Sports](#)

15. All players must complete the San Leandro Girls Softball Waiver and Release of Potential Claims document prior to participating in any practice/competitive sports events.

Player/Student/Coach/Staff Arrival at Practice/Competitive Sports Events

1. Players/Students/Coaches/Staff will enter practice areas/competitive sports events at a pre-designated location. The selected location will ensure that 6 foot physical distancing intervals are maintained. The established entry point will be clearly marked and contain all necessary signage. 6 foot physical distancing marking will be affixed to the ground (red tape) to provide a visual for players/students entering the facility. A supply hand sanitizer will be at the entry point. All persons entering will be required to wear a mask and sanitize their hands. (Players/Coaches/Staff will be encouraged to bring their own masks and hand sanitizer for use during practice/competitive sports events).
2. Each day, upon arrival for practice, all players will check in at the designated entry point at their designated time. Coaches/staff will perform screening process. All players entering the facility will be required to wear a mask and sanitize their hands.
3. Prior to participating in any competitive sports event, all players/students will check in with coaches/staff at a designated location and designated time. Players will go through a screening process. If players have cleared the self-screening process they will be allowed to participate. If players have not cleared the self-screening process, they will not be allowed to participate. All players entering the facility will be required to wear a mask and sanitize their hands.
4. Players/Students must arrive alone or be dropped off by a parent/guardian at the designated drop off point and enter through the designated entry point. Students may not ride together unless they are in the same family.

Guidelines During Practice/Competitive Sports Events

1. All activities during practice will be structured and revolve around preparation for a competitive sports event.
2. While engaging in practice activities/competitive sports events, all players/students/coaches/staff will practice physical distancing requirements. Depending on the location and what physical activity is being conducted, the 6 foot physical distancing requirement can be expanded/contracted to accommodate the specific activity to ensure there is enough space between players/students/coaches/staff for an exchange of fresh air.
3. At all times, coaches/staff will wear masks. Players/students engaging in strenuous physical activities will be allowed to remove their masks during the activity and put their masks back on at the conclusion of the activity after they have had an opportunity for recovery.
4. All teams/cohorts (groups) must stay together at all times. If two different teams are in a practice area at the same time, players/students will not be allowed to intermingle. Teams/cohorts (groups) shall stay a minimum of 25 to 30 yards from each other.
5. When equipment is shared during practice/competitive sports events, participants must perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity. Balls or other objects or equipment can be touched by multiple players during practice and play if the above hand hygiene practices are followed.
6. Restroom use is limited to one player/student/coach/staff at a time. Hands shall be washed with soap and water for at least 20 seconds after each use.

7. Coaches/staff will ensure that ample water breaks are provided for players/students. Masks can be removed while consuming water, beverages or food.

8. Concessions or the sale of goods is not authorized at SLGS competitive sports events.

9. The league will determine the number of spectators per player/student that will be allowed to attend competitive sports events. Spectators will be limited to immediate family members only. The quantity of authorized spectators per player/student shall be the same for all approved competitive sports teams.

10. Players will be separated at 6 foot intervals along the fence designated by markings. Players will place their equipment in this designated spot. Only catchers and coaches or parent helping catchers with their gear are allowed in the dugout. Parents or spectators are not allowed in this area.

11. Parents or spectators are not allowed behind the dugout or immediately behind home plate. Parents or spectators may sit in bleachers, social distancing with groups outside of their families or in the outfield out of the field of play as designated.

12. In the event of a medical emergency or injury, coaches/staff will adhere to all medical response procedures established by the San Leandro Girls Softball.

Suspected Cases of COVID-19

When a player/coach suspects they may have been exposed to COVID-19 they must immediately notify their coach. The player shall not come to practice or game. The player will also be advised that they must quarantine themselves pursuant to quarantine requirements established by the Alameda Public Health Department (ACPHD).

Confirmed Cases of COVID-19

When a player/coach has a confirmed case of COVID-19 (determined through approved testing procedures), they must immediately notify the Coaching Director. The player/coach shall not come to practice or game. The player/coach must isolate themselves pursuant to isolation requirements established by the Alameda County Public Health Department (ACPHD).