**Norco Girls Softball**

**Return to Play Guidelines**

**March 4, 2021**

Table of Contents

[UPDATED GUIDELINES 2](#_Toc65916887)

[TESTING 2](#_Toc65916888)

[GENERAL HEALTH AND SAFETY PROTOCOLS 2](#_Toc65916889)

[SPECTATORS 3](#_Toc65916890)

[PLAYERS 3](#_Toc65916891)

[COACHES 4](#_Toc65916892)

[UMPIRES 4](#_Toc65916893)

[EQUIPMENT AND COMPLIANCE 4](#_Toc65916894)

### **UPDATED GUIDELINES**

The state issued new sports guidance recently allowing certain moderate- and high-contact sports to begin in counties with an adjusted case rate equal to or less than 14 cases per 100,000 residents under the following conditions: Informed Consent and Testing- antigen or PCR.

The new guidance also applies to adult recreational sports teams, in addition to youth sports.

Moderate and high-contact sports may now resume in Riverside County as the county’s adjusted case rate is 11.3. The case rate is updated every Tuesday and posted online at [www.rivcoph.org/coronavirus](http://www.rivcoph.org/coronavirus).

For more detailed information on the new sports guidance, which sports may resume and the testing requirements, visit: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

### **TESTING**

Regular and postseason antigen or PCR testing of sports participants and coaches weekly while participating in Outdoor High Contact sports is strongly encouraged.

If competing, testing performed with test results must be made available within 24 hours of play.

Testing requirement shall only apply in the following situations:

When adjusted case rates for the county are between 14-7 per 100,000.

For sport participants 13 years of age or above.

\*If more than 50% of a team's participants are less than the age of 13 (and are not required to test per the above), then the entire team is exempted from the testing requirement. Coaches, however, will still be required to meet the testing requirement.

### **GENERAL HEALTH AND SAFETY PROTOCOLS**

No player, parent, coach or official can enter a facility if (s)he has tested positive or is awaiting a test result.

Anyone with the following symptoms must not enter any facility:

* fever,
* cough,
* shortness of breath,
* fatigue,
* muscle aches,
* loss of taste/smell,
* runny nose,
* sore throat,
* nausea/vomiting,
* diarrhea.

Before entering and leaving a facility, follow proper sanitation & hygiene recommendations relating to hand washing.

### SPECTATORS

Spectators entering the facility must wear a face mask at all times.

Children under 2 years of age are the only exception.

Spectators must remain in the car until 15 minutes before the game.

Spectators must wear masks on the sideline at all times. No exceptions.

Spectators must practice social distancing of 6ft between families not of the same household and all spectators.

No gathering in the parking lots or on the sidelines.

Facemasks are to be worn covering the nose, mouth, and chin.

### PLAYERS

Players must wear masks as they enter and exit the facilities.

Players must wear face masks during practice, conditioning and during competition, even during heavy exertion as tolerated.

Each team will have designated area on the sideline and are the only ones allowed.

Players must wear masks anytime they are not in the game and on the sideline.

Players are expected to be socially distanced on the sideline.

Players must refrain from handshakes at the conclusion of the game.

All players are required to bring their own hydration.

Please refrain from the use of shared personal items and equipment.

Players must wear masks once they exit the field to their cars.

### COACHES

Coaches must wear masks as they enter and exit the facility.

Coaches must comply with the testing requirement.

Coaches will have a designated sideline team area for before & after game and halftime.

Coaches are to keep mask on during the game.

Coaches are to maintain at least 6ft of distance between other coaches and participants to the maximum extent possible.

Coaches are to release the players once the game is over to head to their cars.

### UMPIRES

Umpires will have a designated area at each field.

Umpires must wear masks as they enter the facility and until they start the game.

Umpires will remain socially distanced to the best of their ability during the game.

Umpires must wear a mask as they exit the field.

### EQUIPMENT AND COMPLIANCE

All equipment will be sanitized before the game starts and after the game concludes.

Anyone not in compliance with these protocols may be instructed by City/organization representatives to comply with all safety protocols.

Failure to comply may result in being directed to leave the facility.