



NAZARETH ACADEMY HIGH SCHOOL

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2020-21 In-Season Softball Return to Play Plan

Introduction

This document is intended to guide Nazareth Academy on recommendations for reopening of our athletic programs during the COVID-19 Pandemic for the softball season. The intention of these recommendations is to keep our student athletes, coaches, and community safe.

General Considerations

- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others.
- Everyone should arrive and leave at the scheduled time to avoid overlap in groups.

Coaches

- Coaches must work with AD, Athletic Trainer, and school Administration to follow guidelines to mitigate risk.
- If possible, coaches should try to design activities that focus on increasing risk mitigation strategies
- Coaches should work with the AD and/or an Athletic Trainer for guidance on adhering to changes in procedures, guidelines, or recommendations.
- If possible, breaks may be staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources. Coaches must enforce social distancing and facial coverings during all breaks.
- Coaches must stay until all members of their teams have left the campus.
- The following week's practice schedules must be submitted by Thursday to the AD. Any changes to schedule must be approved by AD. Notification of any use of facility (indoor or outdoor) must be included with the practice schedule.
- A porta-o-potty will be available for all practices and sporting events. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.
- Coaches will wear mask/face coverings prior to, during and after the competition and practice.

Student Athletes

- Student-athletes should communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Student-athletes should arrive prepared to go and avoid congregating before the tryout, practice or competition.
- Student-athletes should leave immediately following the tryout, practice, or competition.
- Student-athlete's individual clothing (do not share clothing), workout clothing, uniforms, and towels should be washed and cleaned after every practice or competition immediately upon returning home.

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- ***Mask/face coverings are required during all physical and non-physical activity which includes practices and competition.*** Mask/face covering are required at all times including on the bus to events as well as on arrival and departure to a tryout, practice or competition.
- Student-athletes cannot share tape, pre-wrap, towels, sneakers, spikes, clothing, suntan lotion, lip balm, or any other personal belongings.
- A porta-o-potty will be available for all practices and sporting events. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.

Facilities & Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, bathrooms, athletic training room tables, etc.). Locker rooms will not be provided. Teams will need to arrive in uniform. Teams will be able to gather in a specified area.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Hand sanitizer will be placed on each bench for athletes, coaches and the officials.
- Athletic training room will limit occupancy to one athlete at a time. Both athlete and trainer need to wear face masks and use hand sanitizer prior to entering and leaving the athletic training room.
- Porta-o-potty will be cleaned and serviced twice a week.

Pre-Practice

- All student-athletes and coaches in attendance must complete screening survey questionnaire in order to participate in tryout or practice. Included in the questionnaire is a parent confirmation that the athletes have had their temperature taken prior to attending tryout or practice. Parents are responsible for taking athlete's temperature.
- Anyone with positive findings on screening should not attend tryout or practice. Coaches should not allow athletes to return until they are given clearance by an athletic trainer or physician.
- Athletic Trainers will continually monitor screenings and reach out to anyone with positive findings with further instructions.
- Coaches must review the screening report at the start of each tryout or practice and confirm that everyone in attendance has completed a screening survey that day.
- Coaches must maintain accurate attendance of each workout and submit to the athletic department immediately after practice electronically or via hard copy.
- Student-athletes and coaches should use hand sanitizer and/or wash hands prior to the start of workout and if needed throughout practice and/or at breaks.
- Each student-athlete must have her own personal water bottle and a facial covering to participate. No coolers or hydration stations will be available.
- ***Mask/face coverings are required during all physical and non-physical activity which includes practices and competition.*** Mask/face covering are required at all times including on the bus to events as well as on arrival and departure to a tryout, practice or competition.

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- A porta-o-potty will be available for all practices and sporting events. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.
- No hugging, shaking hands or fist bumps.

Softball Contest Procedures

Spectators

- Spectators will be permitted to attend sport related competitions for outdoor sporting events.
- Individuals are required to wear face coverings in accordance with the Secretary of Health's Order effective November 18th, 2020

Away Game Procedure & Guidelines

- Temperature check prior to leaving campus done by coach or Athletic Trainer
- Symptom check with coach
- Notify host school of any symptoms or positive results
- Coaches and student-athletes must adhere to the host school's guidelines.

Home Game Procedures & Guidelines

- Hosting school will communicate to the visiting school or schools the procedures and guidelines of hosting school, as well as local procedures and guidelines.
- It's the responsibility of both the ADs from the visiting school and hosting school to make sure coaches are aware of the guidelines prior to arriving at hosting school.
- Disinfect and sanitize athletic facilities and equipment between levels of competitions.
- Provide disinfectant supplies in close proximity.
- Event staff must wear a mask/face covering prior to, during, and after the competition and should practice social distancing when possible.
- Visiting teams are asked to arrive dressed for competition to limit facility usage.
- Coaches are required to wear mask/face coverings prior to, during and after the competition and practice social distancing when possible.
- Coaches who wish to discuss a rule or a ruling on the field must maintain at least 6 feet of physical distance from the umpire.
- ***Mask/face coverings are required during all physical and non-physical activity which includes practices and competition.*** Mask/face covering are required at all times including on the bus to events as well as on arrival and departure to a tryout, practice or competition.
- Student-athletes, coaches/staff, and umpires must wear a mask/facial covering during the pre-game captains' meeting and practice social distancing.
- Hosting schools will communicate facility plans/concerns prior to the event as well as restroom protocols and locations.
- Social distancing and face coverings will need to be maintained on the bench during contests and events. Tape or paint will be used as a guide for students and coaches to practice social distancing.
- No handshakes will be permitted prior to, during, or after the competition.

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- Student-athletes, coaches/staff, and umpires should exit the facility promptly after the completion of the event. The hosting school should make every effort to limit congregating after the event to help mitigate exposure.
- Concessions will not be provided.
- A porta-o-potty will be available for all practices and sporting events. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.
- Both teams are required to practice social distancing.

Team Benches

- Social distancing of 6ft should be practiced.
- Social distancing and face coverings will need to be maintained on bench during contests and events. Tape or paint will be used as a guide for students and coaches to practice social distancing.
- NFHS rules allow for dugouts/designated warm up areas to be extended toward the 19 | P a g e outfield to provide for social distancing; extension must be outside the field of play and away from spectators and general public.
- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Limit contact between players when substituting.

Substitution

- The verbal exchange should occur 6 feet from the coach to scorer and opposing team when making lineup changes

Pre-game Protocol

- Limit attendees to the umpire, head coach, and captain from each team.
- Lineups should be handed to the umpire, and the umpire will verbally approve or ask any questions about the lineup.
- Coaches and all individuals should stay outside the width of the batter's box at home plate, maintaining 6 feet of distance between each person.
- Suspend handshakes prior to and following the Pregame Conference

Equipment and Accessories

- Game ball shall be sanitized as recommended by manufacturer and not used for warm-up
- Sanitizer should be provided by the host team and located on the bench.
- Cloth face coverings are permissible for players.
- Pitchers cannot wear optic yellow cloth facial coverings.
- Players and umpires may wear gloves and long undergarments.

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- Coaching staff and other bench personnel shall follow the current Pennsylvania Secretary of the Department of Health Order of July 1, 2020.

Face Shields

- Per guidance from the NFHS Sports Medicine Advisory Committee, Plastic shields covering the entire face (unless clear and integrated into the face mask and attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.

Pitcher

- Pitchers are encouraged not to lick fingers or blow into their hands prior to pitching the ball.

Post-game Ceremony

- Suspend post-game protocol of shaking hands.

Umpires

- Umpires should not handle equipment on the field during play. Contact with the game balls should be as limited as possible
- The plate umpire is required to wear a face covering behind the plate. Field umpires shall wear face coverings at all times. Umpires should exercise social distancing (Plate umpires will follow mechanics as listed in the NFHS rules book.)
- Base umpires should maintain 6 feet from any player as a starting position when rotated and/or counter rotated.
- Umpires keep the catcher and batter at a 6-foot distance when dusting off the plate.
- Umpires that present symptoms prior to the event should contact the Athletic Director, and assignor, in a timely manner to allow for alternative arrangements to be implemented.
- Upon arrival, umpires will complete and sign off on the pre-screening questionnaire.
- Umpires are required to accurately report symptoms in an effort to minimize transmission opportunities.
- Umpires are recommended to arrive dressed for competition to help mitigate exposure.
- Umpires must wear a face covering prior to, during pregame meetings, and after events and exercise social distancing when possible.
- Umpires must bring their own water and water bottles.
- Hand Sanitizer and appropriate disinfecting supplies will be available on each teams bench or designated location to help mitigate exposure.
- At the completion of the event, umpires are recommended to exit the quickly and are encouraged not to congregate or interact with the teams, coaches, or staff members.
- If an umpire tests positive for or exhibits symptoms, the host school will contact all affected schools.
 - Notify the school/s immediately (Principal, Athletic Director, or office staff)
 - If a Positive case is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.

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Umpires uniform and equipment

- Long-sleeved shirts are permissible.
- Cloth face coverings are permissible.
- Umpires must wear a face covering at all times and exercise social distancing when possible.
- Gloves are permissible
- Umpires must arrive in uniform. There will be no place to change.

Roster

- Should be determined by school, league members, and local and state guidelines.
- Changes to roster sizes should be communicated to administration, assignors, and league members.
- Rosters maybe changed or affected to accommodate social distancing in regards to transportation.

Transportation

- Limit rosters in order to follow social distance guidelines
- Provide multiple buses or vans for an away sporting contest.
- Parents provide transportation to and from sporting contest.
- Allow student to use personal vehicle to and from an away sporting contest. Driver and passenger(s) will be required to wear masks.
- Prior to leaving campus to attend an away sporting contest, all athletes need to have temperature check from Athletic Trainer or Coach.
- Hand sanitizer will be provided on buses and vans by school.
- Face covering is required at all times on the bus, van or car.

Scorebook

- Officials do not need to sign the score book but will need to have verbal verification on roster and starter submissions prior to the 10-minute mark.

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