



COVID-19 CHECKLIST FOR SOFTBALL COACHES

- 1 Sanitize all equipment and your hands before and after each session and encourage your athletes to also do the same to their equipment before and after arriving for sessions-** Your equipment bag includes a first aid kit as well as a separate bag that includes hand sanitizer, rubber gloves, and disinfectant spray all of which we can supply more of, if needed. Be aware and read the disinfectant spray, some you need to wait 10 minutes after spraying equipment before use.
- 2 Parents/guardians are required to text or email their completed “Health Questions” document immediately before all practices and games to be cleared to play.** This can be done by either sending it as a scanned document to your email, a cut and paste document on an email itself, or a picture copy of the screen of a computer, texted to you. There are many ways they can evidence the completed document and it’s up to you how you wish to proceed but I would stay consistent with everyone on your team if at all possible, to make it easier for you. You could even set up a google email specifically for participants to respond to keep things separate, that way you can check on your smartphone 10 minutes before start time. If they answer yes to any questions they should not come to practice. If you need help with set up, let us know.
- 3 Monitor your temperature daily at home**
- 4 Report any symptoms to a health care provider and stay home if you have any symptoms.**
 - **You should always bring your roster to practice in case you need to call a parent. If a child shows symptoms at practice, keep them at a distance of 10 feet from the field sitting in the grass away from the parking lot with a mask on and call their guardian immediately for pick up. They will need to go home immediately and contact a health professional before returning to practice AND be symptom free to practice or play games. Also, you are required to call PARPC at (717)926-9673 for more instructions on the next practice.**
- 5 If you or anyone on your team tests positive for COVID-19 please contact us at 926-9673.** Please refer to your Health Care professional for instructions for quarantine and returning to sports. One or more participants on a team with COVID19 will require missing practices and games at least 10 days. Make ups will be allowed if time permits.
- 6 No eating, spitting or chewing gum, and cough into your elbow. Avoid high-fives, fist bumps, or any form of physical contact with children and families.** Suggest various cheers instead at the end of sessions and games
- 7 Carry hand sanitizer in your pocket** to discreetly sanitize before and after any contact may occur
- 8 Masks are required for all athletes and coaches at all times.**

- 9 **Use rings, spots, or cones** as “home base” to keep children spread out as much as possible.
- 10 **Equipment should be cleaned up and put away only by coach.**
- 11 **Request players bring their own water bottle and softball bat with their name written on both and all personal equipment should be spread out 6 feet apart and away from sidelines.**
- 12 **All athletes need to remain 6 feet apart for social distancing on the bench/dugout.**
- 13 **Continue to remind children the importance on keeping safe distances** when practicing skills, by mentioning to, “keep your distance so you don’t bump into your friends” Coaches and players- please do not congregate during downtime this is easy to slip into by accident so please be cognizant of the 6 feet rule.
- 14 **Avoid the use of pinnies**
- 15 Use **individual** drills and warmups, as much as possible
- 16 **Masks: Requesting that coaches, officials, and parents wear a cloth face covering at all times.** If you choose to not wear a mask you may not attend PARPC functions. **Athletes** must also wear a mask entering and exiting the softball field until returned to their cars. **During practice and games-** the batter is NOT required to wear a mask for vision purposes, the catcher and umpire must wear a mask, outfielders may remove their mask while on the field but masks must be worn in the dugout. When a team is playing defense, infielders do not need to wear a face mask unless a baserunner reaches a base nearest their position, then a face covering will be required and when returning to the dugout. The pitcher does not need to wear a mask until returned to the dugout. Please practice social distancing in the dugout. Please be prepared with extra face coverings.
- 17 **Spectators** For practices and games we can allow **SIX** spectators per athlete wearing masks and with six foot of social distancing, but guidelines can change so you should be prepared for the possibility this.

We understand this is a lot of information, but our top priority is keeping everyone safe!

Again, apologies for all this information as we are trying to stay transparent as possible so when things change, we can go forward together to stay safe.

THANK YOU for your patience, willingness to work with our youth, and dedication to this program!!!

Many thanks for all you do!!!

Heidi Hershey