



Program Preparation Plan

Jersey Girls Fastpitch Organization

Overview

This manual outlines the plan created to ensure the health and safety of our staff, players, and parents. This plan has been modeled after those created by similar sports sanctions such as USSSA Fastpitch, USA Softball, and the NJDOH. These best practices are designed to help directors with ideas and plans for operating events post COVID-19. They do not replace any protocols or restrictions outlined by state or local authorities. All involved must continue to follow those local or state guidelines.

This manual has been structured to include policies set in place both by the Jersey Girls Fastpitch Organization as well as requirements set in place by the state. All protocols described in this manual are to be followed regardless of the facility location being used, with the understanding that tournaments may implement additional policies.

POST COVID-19: Fastpitch Return to Play Recommended Best Practices for the General Field-of-Play:

1. Follow all local and affiliated state guidelines for facilities and events.
2. The managers meeting at home plate should be limited to one coach from each team plus the umpires. No players at plate meeting. Eliminate the meeting if at all possible.
3. Where possible, reduce any person-to-person contact. Reduce huddles between outs and team conferences to only when deemed necessary.
4. Allow teams to spread players out; expand the dugout area when room permits and only if player safety will not be compromised. Expansion of the team dugouts should not be done into foul ball areas. Attempt to limit bench personnel to essential team personnel.
5. Encourage parents to supply their players with antibacterial wipes and hand sanitizer for disinfecting shared playing equipment and cleaning hands between innings/quarters/periods.
6. Allow players to wear PPE items as they choose, as long as the items do not compromise the safety of any and all participants in the game.
7. Require teams to clean their dugout of all trash and other items after each game, and to wipe down (clean) hard surfaces such as benches, bat racks, etc.
8. Disinfect any hard surface areas when approaching a dugout for the first time (benches, bat racks, etc.).
9. Take into consideration adjusting the passing time between games/practices to minimize overlap and traffic flow where needed.
10. Ban the use of sunflower seeds/spitting.
11. No handshake policy, no shaking hands post game.
12. Avoid sharing of personal equipment.

POST COVID-19: Jersey Girls Fastpitch Specific Practice Protocol:

1. Temperature and symptom check-in upon arrival of the field.
 - a. Any temperature exceeding 100.4 F will not be permitted to enter the facility.
 - b. Any player currently experiencing symptoms or have had experienced symptoms within the last 14 days will not be permitted to enter the facility.
 - c. Any player with suspected exposure is to notify the coach and not attend team functions until protocol permits.
 - d. Players and parents/guardians (unless over the age of 18) will sign players into practice and verify the information provided.
2. Coaches are to disinfect any hard surfaces available in the dugout area upon arrival to the field.
3. Limit one parent per player in attendance.
 - a. Spectators must respect social distancing regulations and if close in proximity are required to wear a mask/face covering.
 - b. Spectators in attendance will serve as volunteers to ensure safety protocols are being followed.
4. No masks permitted for athletes while actively playing unless approved by the respective parent and coach.
 - a. Athletes may be asked to wear masks in passing between practice times if distance does not allow proper separation of players.
5. Coaches are to wear masks if in close proximity to players.
6. No sunflower seeds/spitting.
7. No handshake policy.
8. Avoid sharing personal equipment, including but not limited to that of helmets, gloves, bats, water bottles, etc.
9. No team coolers or snack bags permitted.
10. Players are asked to limit touching their face as much as possible.

11. All team equipment used will be disinfected by the coaches at the closure of practice.

POST COVID-19: Coaching Responsibilities

1. All coaching staff members will be trained to educate athletes about when they should stay home and when they are able to return to normal activity.
2. Actively encourage sick staff, families, and players to stay home regardless of team commitment.
3. Inform any sick individuals to stay home if they have recently tested positive for COVID-19 or have been exposed to a person diagnosed with COVID-19.
4. Any player or staff member sent home due to symptoms pertaining to COVID-19 are instructed to follow CDC guidance for community-related exposure.
5. Establish safe transport for anyone sent home from the facility.
6. Create practice plans with social distancing in mind, focus on individual skill building when possible.

POST COVID-19: CDC Return to Play Criteria

I think or know I had COVID-19, and I had symptoms;

You can be with others after:

- 3 days with no fever
- Respiratory symptoms have improved (e.g. cough, shortness of breath)
- 10 days since symptoms first appeared

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, respiratory symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

OR

I tested positive for COVID-19 but had no symptoms;

If you continue to have no symptoms, you can be with others after:

- 10 days have passed since test

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.

All terms of manual stated above are subject to change. Protocols will be updated with any amendments published within the CDC recommendations and the NJDOH terms.

Last Updated June 20, 2020.