

## **Four Corners Fastpitch- USSSA**

### **COVID Safe Practices & Guidelines**

The following COVID-Safe Practices apply to all youth sports and programs unaffiliated with the New Mexico Activities Association, which regulates various interscholastic programs for junior and high school athletes and COVID- Safe Practices through the NMDOH.

#### **Required**

- Establish and continue communication with local and state authorities to determine current mitigation levels in your community. Check state and local health department notices daily about transmission in the area and adjust operations accordingly.
  - **FCFA designee will monitor state and local health notices**
  - **<https://covid.cdc.gov/covid-data-tracker/#county-view>**
- In-person programs and sports must adhere to the spectator/limitation on gatherings permitted for large entertainment venues under the red to green capacity limits. For the purposes of determining group size, include all individuals in close proximity, such as coaches, staff, children and parents. The capacity of the facilities will determine the gathering limits.
  - ✓ Spectators – Permitted to the extent allowed by the current Public Health Order for Large Entertainment Venues. Operators of venues shall follow all COVID-Safe Practices for Entertainment Venues (p. 69).
  - ✓ See NMAA sport guidelines for additional information on sport-specific limitations.
  - ✓ There should be a minimum distance of 6 feet between each individual at all times other than when engaged in practice/competition.
- Ensure that athlete and staff groupings are as self-contained as possible by having the same group of children/youth stay with the same staff. Restrict mixing children between groups.
- Limit activities to only those that maintain 6 feet social distancing. If multiple groups of children/youth are present in an outdoor space, they must maintain at least 20 feet distance between the groups.
- Prohibit congregation of players during warm-up, while at rest or hydration breaks, or when entering or leaving the practice site.
- Restrict group transportation including carpooling.
- Stagger arrival and drop-off times and locations. Establish protocols to limit direct contact with parents as much as possible. Athletes waiting to be picked up must maintain 6 feet social distancing.

- Conduct practices outdoors when possible.
- Maintain adequate supplies to support healthy hygiene behaviors, including soap, hand sanitizer with at least 60 percent alcohol (for staff and older children who can safely use hand sanitizer), tissues, and no-touch trash cans.
- Post signs on how to stop the spread of COVID-19, properly wash hands, promote everyday protective measures, and properly wear a face covering. Intensify cleaning, disinfection, and ventilation.
- Conduct trainings for children/youth regarding hygiene and safety protocols, including proper hand washing, touching of face, covering mouth and nose when coughing/sneezing and social distancing.
- Temperature checks of coaching staff, officials, league officials must be taken daily with a touchless thermometer. Daily temperature checks of athletes are recommended for children/youth. Individuals with elevated temperatures (above 100.4 F) or with COVID-19 related symptoms must stay home.
- Screenings will be conducted by coaches through the league app and data is stored on our secure server.
- Implement screenings safely, respectfully, as well as in accordance with any applicable privacy laws or regulations. Confidentiality should be maintained.
- Plan for when staff or children/youth become sick. Sick individuals may not return until they have met CDC criteria to discontinue home isolation.
- Athletes that become sick must be picked up immediately. For emergency situations, staff should call 911
- The league will not provide equipment (TBALL-8U) other than balls, Ts, and bats. Each player will need their own helmet and glove, it is recommended that players purchase their own bat.
  - Tball- does not wear catchers gear, they can wear their own batting helmet.
  - 7U & 8U- 2 sets of catcher gear will be checked out to each team; the gear will only be permitted to be used by one player per practice/game. The catchers gear is to be sanitized after each use.
- Each player will need to bring the following (all must have players name):
  - Hand sanitizer
  - Glove
  - Helmet, pitchers mask
  - Bat, if a player does not have her own bat, it will need to be sanitized between each use.
  - Towel

- Water bottle
  - Tissue
- Spectators are permitted, social distancing and masks required.
- Maintain physical distance as much as possible, bat bags and gear are to be spaced 6 feet apart.
- Masks are to be worn at all times, if your child or yourself is not able to wear a mask as is required by state mandates they will not be able to attend and/or participate until the mandates have been lifted.
- Hand Sanitizer will be provided in the dugouts remind players to utilize before, during and after practice and games
- Bathrooms are limited to 2 people at a time!
- The facilities will have a designated entrance and exit.
- We ask that you use common sense if you or your child is feeling un-well to please not participate in group activities. This is not just for COVID precautions, but for any illness!
- If a player or athlete gets COVID
  - First, make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the sports activity, and that they should notify sports program administrators (such as the COVID-19 point of contact for your program) if they or someone in their household become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone suspected or confirmed to have COVID-19.
  - Second, maintain careful rosters of which players, family members, coaches, and ancillary staff attend each practice and game, and have current contact information for everyone. If a COVID-19 exposure occurs, timely notifications are critical, and this information will help contact tracing activities occur more smoothly.
  - Third, close off areas used by a sick person within the last 24 hours and do not use these areas until after cleaning and disinfecting them. For outdoor areas, this includes surfaces or shared objects in the area, if applicable.
  - Fourth, in accordance with state and local laws and regulations, sports organizations should notify local health officials immediately of anyone with COVID-19.
  - Finally, if any coaches, staff members, umpires/officials, or players get sick, they should not return until they have met CDC's criteria to discontinue home isolation. For more information, particularly for those involved in youth athletics, refer to the *Preparing for When Someone Gets Sick* section in the Considerations for Youth Sports.
  - A COVID medical clearance form will be required to be filled out by a medical professional before returning to play.
- Positive or possible exposure:
  - When a child has tested positive, team officials and the local health department should be notified for appropriate quarantining. Parents should review both CDC and local health department guidelines and contact the primary care doctor to determine when it is safe for the athlete to return to sports. The physician may refer individuals to appropriate pediatric medical subspecialists if needed. Anyone with a history of a

positive test result should return to physical activity gradually. This may be done following a protocol similar to the one used after returning from a concussion.

- For asymptomatic or mild symptoms, Goble and Ichesco recommend a 10-day resting period and contacting your primary care doctor, before a child who has tested positive gradually returns to activity. Players should also be symptom-free a minimum of 24 hours before gradually returning to activity. Contacting the doctor before returning to activity allows for a review of concerning symptoms, such as chest pain, shortness of breath, fatigue, palpitations and syncope (loss of consciousness.)
- When a child has experienced moderate COVID-19 symptoms, they recommend waiting until he or she has been symptom-free for at least 10 days, and obtaining clearance from their doctor for physical activity and organized sports. Goble supports the AAP advice for parents of children with cardiac concerns or other health issues. “For children with a history of moderate symptoms, such as a fever for more than three days, a visit with the primary care physician is recommended, either as an office visit or as a video visit. For children with any concerning ongoing symptoms and for those in the moderate symptom category 13 and older, referral to a pediatric cardiologist should be considered before returning to sports,” she says. This is because COVID-19 can lead to myocarditis (inflammation of the heart) in rare cases.
- When a child has suffered from severe COVID-19 (experiencing hypotension, arrhythmias, cardiac or kidney failure, or requiring intubation or extracorporeal membrane oxygenation support), he or she may be restricted from exercise and participation for three to six months. This includes children who experienced the very rare multisystem inflammatory syndrome in children, also known as MIS-C. During or after that three to six-month period the child should be evaluated by a pediatric cardiologist and cardiac testing should be back to normal before getting cleared to return to sports.

**COVID Specific Guidance**  
**USSSA FCFA League & Tournaments**

1. [www.ussa.com/coronavirus](http://www.ussa.com/coronavirus) has information regarding return to play protocols. Please review these. This link along with these rules must be shared with all fans, coaches and players.
2. All players must be visible on the rosters. Players who do not have an approved waiver form will not appear on the roster and are ineligible to play in any event.
3. No one with a fever shall be allowed to enter the park. Anyone exhibiting symptoms should not attend events. Parks reserve the right to have temperature check stations at events.
  1. Teams will need to designate a meeting place prior to entering the facility
  2. Coaches will need to verify that everyone has submitted the COVID screening prior to entering.
4. All fans must social distance. We understand that families may sit together. We have no way to know who is truly in a family at the ballpark. With that said, no more than 2 adults will be allowed to be within 6 feet of each other. Stands will be closed or have reduced seating areas. Please bring chairs. Expect to sit spread out down foul lines and please don't congregate in one area.
5. If we have an issue with Social Distancing of any type. The manager will be asked to rectify the situation immediately. If the situation is not fixed, the game will be declared a forfeit and the team who was not social distancing will be removed from the event.
6. Per state mandates Masks are required to be worn by coaching staff, event staff, officials, spectators and participants.
  1. Plastic face shields are not allowed since they are not NOCSAE approved
  2. Gaiters are not permitted
  3. Face covering shall be of one color, no designs, pitchers mask cannot be optic yellow.
  4. Waivers are not permitted.
7. If using a tent, only family members are allowed under the tent. Social distancing still applies for more than 2 adults under the tent closer than 6ft.
8. Pre-Game Meeting & Line Up Exchange
  1. One coach per team plus the umpire permitted, social distancing must be maintained when not handing over the line-up card to the home plate umpire
  2. Line-ups should be handed to the home plate umpire who will verbally approve or ask questions about the line-up.
  3. For opposing team and scorekeeper
    1. At plate meeting you will hold up the lineup and the opposing team will take a picture of the lineup
    2. For scorekeeper you will walk over to press box and hold up the line up for them to take a picture
9. Softballs
  1. Each team will be given a dozen balls with the team name written on them before games begin.
  2. Umpires will not handle the balls
  3. The team that is on offense shall not handle the defensive team's softballs at any time
10. Coach & Player Conduct
  1. Prohibit licking of fingers and wiping them off
  2. Pitchers are not allowed to put their hands to their mouths or blow into their hands prior to pitching the ball. This will be a "no pitch." Any umpire is permitted to make this call. The ball should be called dead immediately and it will be a "no pitch." Ball goes to the dugout for sanitizing & pitcher sanitizes hands before play continues

3. Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs
4. Coaches shall maintain social distancing of 6-feet during the verbal exchange of substitutions to the umpire, opposing team, and/or scorekeeper
5. Coaches shall maintain social distancing of 6-feet when discussing a ruling on the field with umpires
  1. If a coach approaches an umpire to argue a call and gets inside of 6 feet, he is ejected immediately. Second offense by a team, the team is forfeited out of the event.
6. Base coaches shall maintain social distancing of 6-feet from baserunners and opposing players at all times after the suspension of play
7. Charged Conferences
  1. Defensive conferences should be limited to the coach, pitcher, catcher, and no more than two other players; social distancing must be maintained by all individuals taking part in the conference
  2. While a coach is visiting with the pitcher and/or catcher only, all other players should avoid the pitcher's circle
8. Pre and Post Game Considerations
  1. No shaking of hands during pregame meeting
  2. Teams should not shake hands after the conclusion of the game
  3. No high fives
11. Teams must clean their dugout completely upon leaving. No one is to enter the dugout area until all people have left the dugout from the previous game and event staff has sanitized the area.
12. Teams are asked to vacate the park after their games are over to keep the capacity of the park down to a minimum.
13. No sunflower seeds or gum; No Spitting, no licking fingers allowed in parks.
14. Only 9 players allowed in the dugout at one time. Others should be outside of the dugout while waiting for the appropriate time to enter.
15. Parents should wait in the cars until 15 minutes prior to game time. Coaches and players are allowed to arrive one hour early to warm up. Everyone should exit the facility immediately at the conclusion of play.
  1. They will be able to drop/walk the player to the teams designated meeting point.
16. All posted rules must be followed. All state and local guidelines must be followed.
18. Additional guidelines may come from parks and or state at any time. Please be prepared to adjust accordingly.

**\*Point of Contact for COVID protocols will be Philana Thompson and can be reached at 505-486-1171. As a Health, Safety and Environmental Regulatory Specialist she understands the need for privacy and all information will be kept confidential.**

**These are subject to change based on Local & State mandates**

**Created & Adopted 3/24/2021**

**Amended 4/6/2021**

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/youth-sports-risk-assessment-covid19.jpg>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/CDC-COVID-19-PSA-Everyday-Prevention-Actions.pdf>

<https://www.cdc.gov/handwashing/posters.html>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/checklist-for-coaches-covid19.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/youth-sports-fact-sheet-covid19.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>