

# **SSUSA GUIDELINES FOR SUN LAKES SOFTBALL**

## **SOCIAL CONTACT BEFORE, DURING & AFTER GAMES**

There will be a “no-contact, no-handshake policy” to be observed until further notice. This includes all physical contact and extends to customary game-related activities, such as umpire-coach introduction, and post-game handshakes between members of opposing teams. Instead players should verbally “good game” without shaking hands or fist bumping. Players will be expected to maintain social distancing before and after games – and during the game when possible. Spectators, including players who arrive early or stay after they are finished playing, will be required to maintain social distancing and wear a mask at all times.

## **IN THE DUGOUT**

Keep six (6) feet of distance in and out of the dugout. Players will be required to separate, and in most cases be in and out of the dugout on the outside of the field fences to maintain space. Players will NOT be allowed to spread out on the field of play because of the inherent danger of being hit by a foul ball. When one team leaves the dugout, the next team will need to wait until all players have exited, then enter. The team leaving the dugout will need to police the dugout and get rid of trash, especially empty drink containers.

## **DURING THE GAME**

It will be mandatory for umpires and catchers to wear a covering over their nose and mouth. We encourage players to wear masks when in the dugouts during the game. Spectators are also required to social distance and wear masks. We will NOT be supplying community water until the pandemic is over. Players will need to supply their own water. Any gatherings of teams or players before or after games will need to follow personal distancing of being six (6) feet apart and players must wear masks.

## **PERSONAL HYGIENE**

Avoid touching your eyes, nose, and mouth with unwashed hands. Cover your mouth and nose – with a tissue, if possible – when coughing or sneezing, then properly discard the tissue in the trash. Avoid close contact with anyone who is coughing or sneezing, or who is otherwise sick. People who exhibit COVID-19 symptoms will be asked to leave the park. Wash your hands often, using soap and water for at least twenty (20) seconds each time. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

## **IMPORTANT**

**WE WILL BE ENFORCING THESE SAFETY MEASURES SO THAT WE CAN GET BACK TO NORMAL PLAY AS SOON AS POSSIBLE IN THE SAFEST WAY FOR ALL PLAYERS AND OFFICIALS. WE WILL BE EJECTING ANY PLAYER OR GUEST WHO REFUSES TO FOLLOW THESE SAFETY RULES FOR THE GOOD OF EVERYONE ELSE IN THE PARK.**

*We appreciate your cooperation in following these new procedures as we work together to maintain the highest health and safety standards.*