



## SPRING LAKE PARK CO-ED RECREATIONAL ADULT SOFTBALL



# COVID-19 Rules and Guidelines

### SPRING LAKE PARK - PARKS AND RECREATION DEPARTMENT

These rules and guidelines are based on most up-to-date information provided by the Centers for Disease Control and Prevention and the Minnesota Department of Health.

1. Follow all current local and state guidelines for facilities and events.
2. Spectators will be encouraged not to attend events until gathering limitations are increased or removed.
3. All staff, players, umpires, and spectators are encouraged to continue 6 feet social distancing on and off the field during an event. It is recommended that spectators bring their own chairs, wear masks, and to **NOT** sit behind the dugouts.
4. **Face coverings are recommended for participants in outdoor organized sports activities when social distancing cannot be maintained. Participants should consider testing weekly if not masking during practice or play.** Physical distancing is recommended for participants who are not playing (e.g., on the bench, in the dugout, on the sideline, attending team meetings, and other similar situations). Masks must be of one neutral color with no designs on them and not distracting.
5. **NO SPITTING ALLOWED.** Spitting will result in automatic removal from the field.
6. We recommend that players stand outside the dugout to allow for social distancing. However, players are **NOT ALLOWED** to stand in the field of play.
7. Teams and spectators must bring their own hand sanitizing products and/or sanitizing wipes.
8. One manager per team will conduct a pregame meeting at home plate. All involved are requested to keep 6 feet social distancing during ground rules and coin toss.
9. It is recommended that all players and umpires use their own equipment while participating. This includes gloves, bats, helmets, etc. No handshakes, team huddles or high fives. Teams should tip their hats or wave instead.
10. The catcher and umpire shall position themselves during a player's at-bat to allow for social distancing. The catcher shall position themselves behind the umpire, at least 6 feet, and become a "retriever/catcher". All standard league rulings and responsibilities for catchers will apply to this position.
11. All teams are directed to clean their dugouts and team bench areas on arrival and departure. This includes wiping down benches and any high-touch areas and removing any trash. We then recommend that everyone washes their hands after leaving the field.
12. Teams **CANNOT** enter or congregate around the dugouts until the previous teams exits. Teams must leave the field immediately after their game concludes. Teams will have 5 minutes to vacate the bench area.
13. If you are exhibiting symptoms of possible exposure to COVID-19, such as coughing, sore throat, shortness of breath, muscle aches or fever, you should not come to events until such time as you have been tested and/or cleared. This includes recent exposure to someone with COVID-19.

For questions & concerns about this information, please contact:

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