



COVID-19 Response

Coach Responsibilities & Practice / Game Restrictions

rev.3/24/20



Covid-19 Response: Coach Responsibilities

Screening: Conducted by Head Coach Upon Player Arrival



- 1) All Parents are reminded not to allow their child to participate in SOLL activities if the child has any Covid-19 related symptoms.

- Signs with Field Entrance Permissions & Instructions are posted at all field gate doors. (see picture)

- 2) **Body Temperature Screen with Digital Touchless Thermometers:**

- If Player's or Coach's temperature is above **100.4°F** or they failed to answer the questions "NO", they will not be permitted to participate that day.



Sanitation: Ensured by Head Coach



- 1) **All Players, Coaches, and other people present must wear a Facial Covering that covers their nose and mouth at all times.**

- **Masks must be worn while Batting, Running, and all Field Positions**
- This applies to all adults and to children 2 years of age and older.
- Masks with one-way valves may not be used.



- 2) **Hand Sanitizer: Coach gives all Players Hand Sanitizer after they have passed the Verbal & Temperature screen (>60% alcohol).**

- 3) No Shared Equipment, including: Catcher's Equipment, Helmets, & Baseball Gloves. In the event equipment is shared, the equipment must be sanitized before being used by another player.

Social Distancing: Ensured by Coach



- 1) **Dugouts: Seats are Marked for proper Social Distance Spacing**

- 2) Practices Must Follow Guidelines & suggestions outlined on page 3.

- 3) No Hand Shakes or Fist Bumps

- 4) **No Food** is allowed in Dugout, including Sunflower Seeds & Gum.

- 5) Coaches, other adults, & players must maintain at least 6 feet of distance between themselves & other people (Facial Coverings Worn).

- 6) Access to the playing field is limited to Coaches and Players. Parents & other adults must stay outside the fenced field. **Parents must observe safe physical distancing & must wear a facial covering while on the property.**

Covid-19 Response: Practice Restrictions

Practice & Game General Statement:

Practices & Games must follow strict Covid-19 Screening and Social Distancing policies as prescribed by the County of Los Angeles & the city of Los Angeles Department of Recreation & Parks.. Below are some guidelines and suggestions for conducting team practices on the SOLL fields.

Screening: Conducted by a Coach at Fence Door

1) Temperature Checks:

- All Players & Coaches must have Temperature read (Touchless Thermometer)
- If Player's or Coach's temperature is above 100.4°F they will not be permitted to practice that day (2nd Reading Attempt on a fail after 30 minutes)

2) Hand Sanitizer:

- Distributed by Coach after Screening Questions & Temperature Check

While on the Playing Fields & Batting Cages:

- 1) All Players, Coaches, and other people present must wear a Facial Covering that covers their nose and mouth at all times.
 - Masks must be worn while Batting, Running, and all Field Positions
- 2) All people maintain 6 ft. Physical Distance (No Fist Bumps or High Fives)
- 3) Social Distance Markers are utilized in the dugouts
- 4) No Food in the dugouts or on the fields (this includes Sunflower seeds & gum)
- 5) No Sharing of Personal Equipment / No Sharing Water Bottles
- 6) All Coaches clear dugouts of any debris between games
- 7) Dugouts must be completely empty before the next team may enter

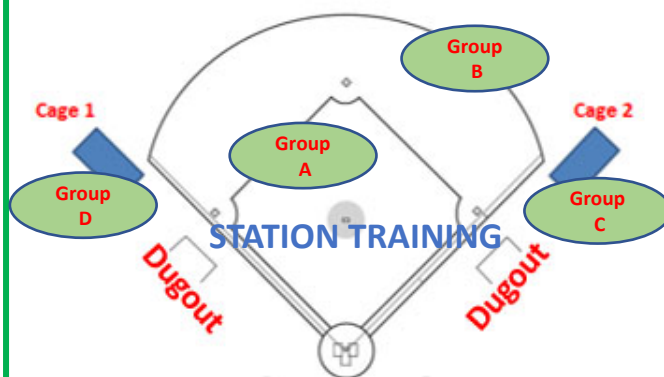
Suggested Practice Drills & Stations:

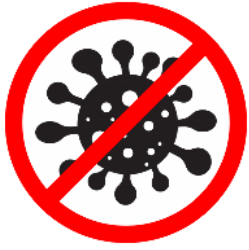
Team Warmups:

- Stretching (Minimum 6 ft. Spaced)
- Conditioning Running (6 ft. Spaced)
- Throwing Warmups (6 ft. Spaced)

Suggested Skill Station Training:

- Form Groups of 6 or Less
 - Minimum 6 ft. Spaced
- Break Field into different zones for drills
 - Group A: Infield Drills
 - Group B: Outfield Drills
 - Group C: Batting Cage Work
 - Group D: Pitchers & Catchers





COVID-19 ALERT

DO NOT Enter Field or Stay on Property if you have any of these Symptoms:

Example: Posted at Field Entrances

fever

cough

cold or flu-like symptoms

shortness of breath

DO NOT Enter Field or Stay on Property if you have had contact with a person known or suspected to be infected with Covid-19 within the last 14 days.



All Players & Coaches are Screened for Body Temperature



Observe Social Distance (Maintain 6 ft. Physical Distance from Others)



All People (Over 2 yrs. Old) are required to wear an appropriate face covering at all times.

- Covers Nose & Mouth
- Masks with one-way valves are not allowed



Frequently Wash Hands & Use Hand Sanitizer (>60% Alcohol)



Tell a coach or staff member if you don't feel well.



