

# Coaching Guidelines – COVID-19

- ❖ *Outdoor Moderate-Contact Sport:* Softball is considered an outdoor moderate-contact sport by the California Department of Public Health (CDPH). Physical conditioning, practice, skill-building, and training that can be conducted outdoors, with 6 feet of physical distancing, and within stable cohorts are authorized regardless of case rate or sport.
- ❖ *Informed Consent:* Due to the nature and risk of transmission while participating in Outdoor High-Contact and Moderate-Contact sports, provide information regarding risk to all parents/guardians of minors participating in such sports, and have each parent sign an informed consent indicating their understanding and acknowledgement of the risks indicated herein.
- ❖ *Sanitize:* Perform *hand hygiene* (wash hands with soap and water or use an alcohol-based hand sanitizer) *before play*, during breaks, at half time, and after the *conclusion of the activity*.

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- ❖ Face Coverings (MASKS): Face coverings must be worn by participants during practice, conditioning and during competition, even during heavy exertion as tolerated. See the American Academy of Pediatrics Interim Guidance on Return to Sports [1] for specific exceptions where the face covering may become a hazard. Face coverings to be worn when not participating in the activity (e.g., on the sidelines). Face coverings to be worn by coaches, support staff and observers at all times, and in compliance with the CDPH Guidance for the Use of Face Coverings.
- ❖ Physical Distance: Maintain at least six feet of distance between sport participants and others to the maximum extent possible, including when on the sidelines. Maintain at least 6 feet of distance between coaches and participants and facilitate physical distancing between participants to the maximum extent possible (e.g., staggered starts instead of mass starts for races).
- ❖ Limited Observers: Limit observation of youth sports (age 18 years and under) to immediate household members, and for the strict purpose of age-appropriate supervision. This includes observation of practice and competition. Limit number of observers to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits. Game Changer is a great alternative.

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- ❖ Shared Equipment: When equipment is shared during an activity, participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
  - *Balls or other objects or equipment can be touched by multiple players during practice and play if the above hand hygiene practices are followed.*

## Returning to Sports After Infection

- ❖ No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions.
- ❖ Anyone with symptoms of COVID-19 should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms and test results.
- ❖ Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. See the [American Academy of Pediatrics Interim Guidance on Return to Sports](#) [1] for additional guidance for more serious infections.

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## Factors Affecting the Risk of Transmission

- ❖ Risk increases when face coverings are not worn, and physical distancing is not maintained.
- ❖ Risk increases with increasing levels of contact between participants; closer contact (particularly face-to-face contact), and the frequency and total duration of close contact, increases the risk that respiratory particles will be transmitted between participants.
- ❖ Risk increases with greater exertion levels; greater exertion increases the rate of breathing and the quantity of air that is inhaled and exhaled with every breath.
- ❖ Risk increases with mixing of cohorts and groups, particularly when from different communities (during or outside of sports play); mixing with more people increases the risk that an infectious person will be present.