



Softball Nova Scotia

Phase 1: Return to Training

Participant Guidelines

On June 15th, associations and teams can begin on field activities, including tryouts, training, and practices.

As a Softball community, we must be grateful for the opportunity to get on the field this summer. It is everyone's responsibility to adhere to core public health guidelines. The rules and guidelines presented in this document must be adopted by all groups in order to operate. Reasonable attempts to follow these rules must be made. All guidelines including signing of the waiver must be followed. Failure to do so could result in loss of membership, negative impact to insurance, facility usage, and negatively impact the possibility of the sport progressing in the Return to Play plan. Most importantly, we need to ensure the safety of all participants.

Softball Nova Scotia acknowledges a perfect environment is impossible. Associations are working hard to ensure all feasible health and safety guidelines are adhered to, but we also understand many of the guidelines may be difficult for youth to understand. While our volunteers and coaches will do their best to create a safe environment, please talk to your child about how they can stay healthy while still enjoying the game!

Please note Softball Nova Scotia and your association require parents and guardians to sign a Release, Waiver of Liability, and Indemnity prior to any activity participation.

General Personal Hygiene

Keep in mind the following core principles when participating in Softball activities.

1) **Stay home** if you have any symptoms of COVID-19 or have been in contact with someone who has or had the virus in the previous 14 days. Proof of testing will be required to return to play.

2) Even if you appear to be healthy and have had no contact with someone who is at-risk, it is still important to follow physical distancing and sanitation practices

3) Use sanitary practices recommended by the public health authorities.

a) Practice proper hygiene as it can help reduce the risk of infection or spreading infection to others.

b) Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom– or use alcohol-based hand sanitizer if soap and water are not available (have these readily available or ask members to bring their own).

c) Avoid touching your eyes, nose or mouth.

4) The Coronavirus that causes COVID-19 spreads through droplets that people produce as they breathe, talk, cough and sneeze.

When coughing or sneezing:

a) Cough or sneeze into a tissue or the bend of your arm, not your hand.

b) Use a tissue and dispose of any used tissues as soon as possible in a lined waste basket and wash your hands afterwards.

c) Keep Physical Distancing of 2 m or 6 feet:

5) Wear a mask if in close contact with others (surgical procedure or cloth mask is sufficient, N-95 mask not required). Masks don't replace proper physical distancing. Masks are not mandated at this time.

6) Avoid large groups where social distancing is not feasible.

7) SNS rules:

- No sharing of water bottles.
- No sharing of food of any kind.
- No spitting.
- No chewing gum.
- No sunflower seeds.
- No water jugs or shared plastic/paper cups.
- No sharing of candy, etc. or spitting of any kind.
- All participants to shower at first opportunity after each event.

Environment

1. Dugouts are off limits to athletes (coaches/organizers can utilize, assuming physical distancing is possible)
2. Athletes are encouraged to not arrive at the field more than 5 minutes prior to their practice time. If they do, they are encouraged to stay in their vehicle or stay away from the field until the previous group has vacated the field.
3. It is encouraged that spectators be limited to one family member, or no more than one acquaintance of the athlete. All spectators will be expected to maintain physical distancing
4. Ride sharing is discouraged whenever possible
5. Athletes should not leave any garbage behind on the field.

Equipment

1. No sharing of personal helmets, gloves, hats, or training devices.
2. No sharing of bats (unless cleaned with a certified disinfectant after every use)
3. No sharing of any other equipment unless disinfected between personal uses
4. No sharing of catcher's gear. Catcher's gear can only be used if the following conditions are met:
 - Personal gear is used
 - 'Association gear' is used by one person per day, and disinfected after each session
5. The following precautions are recommended to minimize the risks of multiple people handling the same softballs:
 - Balls should be sanitized after use or not used for four days to reduce likelihood of transmission
 - Two different training groups should not be using the same softballs (unless sanitized between use).
 - Athletes should be provided with the opportunity to sanitize their hands between drills/activities.

Personal Protective Equipment

1. Gloves and masks are not mandatory, but are encouraged in situations where physical distancing is not feasible
2. It is encouraged athletes have personal hand sanitizer with them at the field