

1. As much as possible, participants, coaches, and support staff are to maintain a) a physical distance of at least six feet between each other at all times and b) an eight feet distance between each other during times of heavy physical exertion.
2. All participants are required to wear an appropriate face mask that covers the nose and the mouth at all times during practice, conditioning, play and competition, even during heavy exertion as tolerated to protect the safety of all participants. Exceptions to wearing a face mask are when the face mask may become a hazard, when in the water, while eating/drinking, or when engaging in solo physical exertion (such as jogging by oneself, alone) Masks with one-way valves must not be used.
3. All coaches, support staff, family members, observers, and visitors are required to wear an appropriate face mask that covers the nose and the mouth at all times. Masks with one-way valves must not be used.
4. Entry Screening is conducted. Checks must include a check-in concerning fever, cough, shortness of breath, difficulty breathing and fever or chills, and whether the person is currently under isolation or quarantine orders.
5. Teams may utilize a canopy, or other sun shelter, but only if the sides of the canopy or sun shelter are not closed.
6. Any areas where participants are seated off-field or off-court (e.g., bench, dugout, bullpen) has been reconfigured to create additional seating such that participants are able to maintain a physical distance of 6 feet while in the area.
7. Observers are permitted for youth sports (age 18 years and under) practices and competitions for age appropriate supervision. Observers must be limited to immediate household members. Observers must wear a mask at all times and must maintain a 6-foot physical distance from non-household members. Observers should refrain from shouting, singing, or chanting as these activities increase the volume and spread of respiratory droplets.
8. Participants, coaches, support staff, and employees are discouraged from making unnecessary physical contact with one another (for example, high-fives, handshakes, fist bumps) to limit the potential for disease to spread.
9. Coaches, support staff, and youth team members have been reminded to adhere to personal prevention actions including: Stay home when you are sick. ▪ If you have symptoms of COVID-19, stay home until at least 10 days have passed since your symptoms first appeared AND at least 24 hours after recovery, which means your fever has resolved without the use of fever-reducing medications and there is improvement in your symptoms (e.g., cough, shortness of breath).