



## **2021 HEALTH & SAFETY GUIDELINES**

### **SEASON 2 SPORTS**

#### **Pre-Practice & Contest Screenings**

- All coaches, student athletes, and game officials shall be screened prior to each practice or contest for signs / symptoms of COVID-19 prior to participating.
- Teams traveling for a contest should screen their student athletes prior to boarding transportation for the event, and once again upon arrival at the contest site. (Home contest site is not responsible for screening visiting athletes and coaches)
- Responses to screening questions for each person should be recorded and stored based upon school or district protocols.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

#### **Hygiene Practices**

- When practical, make handwashing/sanitization stations available and accessible for all Student Athletes, Coaches, Officials, and Spectators at all times.
- Disinfect frequently used items and surfaces on a daily basis.
- Mandate the use of face coverings for everyone entering the campus at all times.
- Require all Student Athletes, Coaches, Officials, and Spectators to bring their own water bottles. Water bottles must not be shared. Food should not be shared.

#### **Facilities & Equipment**

- All athletic facilities and equipment should be cleaned and disinfected at the conclusion of each practice or contest.
- Cleaning schedules should be created and implemented for all athletic facilities and equipment.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.)

#### **Limit Areas for Public Gatherings**

- Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact.

*These Guidelines are specific to the San Diego Section are not meant to supersede CIF State Health and Safety Guidelines. Please refer to [https://www.cifstate.org/covid-19/All\\_Sports\\_Guidelines.pdf](https://www.cifstate.org/covid-19/All_Sports_Guidelines.pdf) for more information.*



## 2021 CIFSDS Baseball Modifications

SUBSTANTIAL

This document provides guidance and match modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, the state of California, and County restrictions and recommendations. Home Site Administration is responsible for informing all participants of local guidelines for participation.

### PRE-GAME CONFERENCE

- Limit attendees to Head Coach of both teams and game umpires.
- Participants must maintain social distancing protocols during the conference.
- No line-up card exchange.
- No handshakes.

### GAMES/CONTESTS

#### Disinfecting Equipment/Sanitization

- Clean and wipe down team and personal equipment. Equipment must be disinfected before after use during games.
- No shared personal equipment, such as water bottles, hats, helmets, bags, gloves, towels, etc. is allowed at any point
- All individual players are responsible for their own equipment (i.e., hats, gloves when heading to the field)
- Batting gloves are encouraged to minimize contact with bats, balls and bases.
- Sanitize all equipment and accessories after each game.
- No sunflower seeds, spitting or gum.
- Each team should play defense with their own balls, the team on defense should chase down all foul balls that occur while they are on the field as the defensive team.

#### Masks

- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.

## **Social Distancing**

- Team dugouts, per NFHS rules **may be** extended toward the outfield fence on each side of the playing facility. This shall be done with areas marked appropriately to accommodate social distancing and players masked until competing.
- Social distancing measures shall be in place at all times other than when engaged in competition.
- No handshakes, high-fives, fist bumps, or elbow bumps or other physical contact celebrations are allowed.
- Intentionally keep water bottles a minimum of 6 feet apart so that social distancing can occur during breaks.
- Stagger arrival and drop-off times for each team.
- Use separate entrances and exits for participants, and essential persons.
- Coaches, game personnel and players only permitted in the dugout.

## **OFFICIALS**

- Athletic directors and game managers should communicate to officials that they should stay home if they are sick or showing any symptoms of COVID-19.
- If at all possible, contest officials are to come dressed to officiate.
- Although sanitizers should be provided at the site, encourage contest officials to bring their own personal protective equipment, including hand sanitizer, towels, water, gloves, and snacks.
- When not actively officiating, contest officials must adhere to all proper personal protective equipment (PPE) and facemask protocols and social distancing requirements.
- Contest officials must not share their personal equipment, such as towels, water, gloves, masks, whistles, etc.
- **If a pitcher puts his/her hands to their mouth and touches the ball, “TIME” should be called, the pitcher should sanitize their hands and a new ball be inserted before throwing the next pitch.**
- Contest officials must wear a mask to and from the field and during any coach/official pregame meeting. The contest official must have his mask readily available to wear for extended conferences with coaches.
- Contest officials must not be present at any pre- or post-informal gathering with players, parents or fans.

**Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on CIFsds.org.**

