

## Cosumnes CSD Parks and Recreation

\*\*All information in this handout is subject to change based on future CDPH guideline revisions and updates\*\*

### **Cosumnes CSD Parks and Recreation T-Ball League**

The status of Outdoor Youth Sports as stated by the California Department of Public Health is listed below:

Youth and adult sports are classified by their level of contact and transmission risk. This classification applies to competition or training/practice with others. It does not apply to individual conditioning or exercise.

#### **T-Ball is classified as a Moderate-Contact Sport**

T-Ball is a team sport that can be played with only incidental or intermittent close contact between participants.

Note: The status of return-to-competition is subject to change at any time given the level of COVID-19 transmission in California.

### **Cosumnes CSD Youth Sports Leagues: General Safety Protocol**

***DISCLAIMER: Participants, parents, family, and spectators engaging in or watching playfield recreational activities do so with knowledge of the risk and potential exposure involved and agree to accept any and all inherent risks to their personal health.***

This protocol is to establish rules for Cosumnes CSD Parks and Recreation Youth Sports Leagues during the Covid-19 Virus pandemic. These are NOT optional guidelines, rather, they are mandated rules that must be followed by all participants and spectators. Individuals not following these rules may be removed from the park and/or dismissed from the league.

The health and safety of participants, staff, and community is our top priority.

#### **General Safety for Cosumnes CSD Youth Sports Participants:**

1. Participants who have symptoms (i.e., fever, cough, or shortness of breath) should stay home. Sick participants should follow CDC-recommended steps. Participants should not resume playing until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments.
2. Participants who are well but who have a sick family member at home with COVID-19 should follow CDC recommended precautions.
3. Participants who appear to have symptoms (i.e., fever, cough, or shortness of breath) upon arrival or who become sick during their game should immediately separate themselves from others, go home, and contact their healthcare provider.

4. If a participant is confirmed to have COVID-19 infection, the participant or family should notify the team manager and Recreation Coordinator Scott Nicolos (scottnicolos@csdparks.com)
5. Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
6. All participants are required to bring their own hand sanitizer which should be used frequently throughout the game, as well as during pregame and postgame.
7. Avoid touching eyes, nose, and mouth with unwashed hands.
8. Masks or face coverings ARE a requirement when 6 feet of distance is not possible. Masks or face coverings must be worn when not participating in the activity.
9. For youth sports (age 18 years and under), observation is limited 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.
10. Only one competition, per team, per day maximum to be played
11. Teams must not participate in out-of-state games and tournaments; several multistate outbreaks have been reported around the nation, including California residents.

#### **Cosumnes CSD T-Ball League: Mandatory Requirements for Participation**

- **Informed Consent**  
Due to the nature and risk of transmission while participating/spectating in Outdoor High-Contact and Moderate-Contact sports, CSD will provide information regarding risk to all participants/spectators in T-Ball League, and have each parent or guardian sign an informed consent indicating their understanding and acknowledgement of the risks indicated herein.
- **Participants Will Not be Permitted to Switch Team**  
Once a participant is placed on a team and attends a team practice, they will not be allowed to switch teams due to the cohort restrictions put in place by CDPH.
- **Masks are Required**  
Masks or face coverings ARE a requirement for all coaches and spectators. They must be worn at all times while inside the softball complex without exception. Masks or face coverings must be worn by participants when not participating in the activity (e.g. when entering/leaving the softball complex).

**Cosumnes CSD T-Ball: Pregame and Postgame**

1. Teams should not arrive more than 15 minutes prior to the start of their game.
2. After the conclusion of a game, teams should leave in a timely manner. No congregating inside the softball complex or on the field directly after games. Any additional team meetings or parent conversations should happen outside of the softball complex.
3. Avoid close conversations, close interactions, and all forms of physical contact at all times.
4. Masks or face coverings ARE a requirement for spectators and coaches at all times, and are also required for participants when not participating in the activity.
5. No close congregating before or after games by players, spectators, coaches, or officials is permitted.

**Cosumnes CSD T-Ball: Game Play**

1. Usage of team benches are limited to registered participants and coaches only.
2. Masks or face coverings ARE mandatory for coaches. Parents can decide if they would like their child to wear a face mask at all times, but it is not required while participating in the activity.
3. Members of the same household who are spectating should watch the game from within the same designated social distance area around the perimeter of the T-Ball field. There will be a designated area for each household to watch the game, and this is the only area permitted to watch. Anyone not inside one of these areas will be asked to leave the complex.
4. Equipment and personal items must have proper sanitation. Do not share towels or facial coverings. Do not share water bottles or other drinks. Do not share food or snacks.
5. Handshakes, high fives, and any other forms of intentional contact are prohibited.
6. Huddles and player gatherings are prohibited.
7. Avoid close conversations, close interactions, and all forms of physical contact at all times.