

ADULT SOFTBALL LEAGUES DURING COVID-19

Please show good sportsmanship to other players, umpires, and staff. League rules and protocols, while complicated at times, are put in place for the safety of everyone.

GUIDELINES AND SAFETY MEASURES

RULES:

- Players, officials, staff, and park users are expected to practice social distancing on and off the court. To avoid overcrowding, teams are discouraged to have spectators at games.
 - Participants cannot arrive more than 15 minutes prior to the start of their game. Teams are expected to leave the court playing area immediately after their game. The use of hand sanitizer upon arrival and departure is recommended.
 - Park water fountains are not operational. Participants should bring individual water bottles and not use shared jugs.
 - No handshakes, high fives, or unneeded contact of any kind.
 - No spitting of any kind. This includes sunflower seeds, chewing tobacco, etc. Spitting will result in a warning; a second warning will result in removal from the game.
 - Players are required to supply their own antibacterial wipes and hand sanitizer.
 - A maximum of four additional players are allowed in the team's designated area while not playing. These players not on the courts must practice social distancing.
 - Teams are required to clean their team area of all trash and other items after each game, and wipe down (clean) hard surfaces such as benches, tables, etc.
 - One representative per team will conduct a pregame meeting, all involved are expected to keep six feet social distancing during ground rules.
 - The game ball shall be disinfected by the official before and after each game.
 - Teams are expected to leave the court immediately after playing – in other words, avoid socializing or congregating after play.
 - Teams will not switch sides during play between games. In the event there is a clear and distinct disadvantage from one side to the other, sides will be determined by a coin flip, along with the serve, to begin the match.
- **PROGRAM EMPLOYEE AND PARTICIPANT RESTROOM ACCESS:** Park restrooms are closed to the public. Program staff and participants will have access as required. Restrooms will be cleaned and disinfected daily by the Park Maintenance Department, and program staff will disinfect all common touch points as needed.
 - **PUBLIC HEALTH:** Participants shall not attend City of Golden Valley programs if they are sick with COVID-19, were recently exposed (within 14 days) to someone with COVID-19, or are sick or have symptoms (ie, fever, cough, or shortness of breath). If staff observe a participant with symptoms, they will be asked to leave the program.
 - Avoid touching your face with your hands and unnecessary contact with frequently touched surfaces. Cough and sneeze with a tissue (or sleeve or elbow, if necessary), throw the dirty tissue away, and immediately wash your hands.
 - Wash hands frequently with soap and water (20 seconds or more), or sanitize with an alcohol-based hand sanitizer of at least 60 percent.
 - Cloth face masks can be considered an additional measure to reduce risk in public but are NOT a replacement for social distancing. Masks worn by players must be of one neutral color with no designs on them and not distracting. [The MDH website has guidelines for when to wear a mask.](#)