

**Due to the Coronavirus pandemic, the following document contains additional policies, rules and recommendations that will be in force for the 2020/2021 winter season in the Stillwater dome.**

## **RSSA Policies in response to the Covid 19 pandemic**

**Adopted by RSSA Board on October 01, 2020**

**Revision Date: 10/02/2020**

**IMPORTANT: We will be enforcing these safety measures so that we can get back on the fields as soon as possible in the safest way for all of our players, officials and guests. The requirements of our policy require the highest personal adherence. Willful or consistent disregard may be met with suspension from league play.**

**We appreciate your cooperation in following these new procedures as we work together to maintain the highest health and safety standards.**

**RSSA's primary concern is the health and welfare of players, officials and their families.**

### **Policies and procedures prescribed by the St. Croix Recreation Center (ie "the dome"):**

- **Everyone entering the building will be required to wear a face covering.**
- Touchless temperature checks will be performed on everyone by the facility staff. Those with elevated temperatures will be required to leave the building.
- All shared spaces (bathrooms, bleachers, hallways, doorways) will be disinfected frequently.
- Public hand sanitizing stations will be increased and placed in strategic locations within the facility.
- Staff and guests will be encouraged to follow social distancing practices.
- Athletes will be encouraged to leave the facility 10 minutes after the game is complete.

### **Social Contact before, during and after games:**

- There will be a "no-contact, no-handshake policy" to be observed at every level of the organization until further notice. This includes all physical contact and extends to customary game-related activities and post-game handshakes between members of opposing teams. Instead, staff, players and coaches should verbally communicate "good game," without shaking hands, high-fiving or fist-bumping.
- Players will be expected to maintain social distancing (6 feet of distance) before and after the game (as well as during the game as much as possible).
- Spectators will also be required to maintain social distancing during the game.
- Managers will be responsible for keeping any sick players or players in quarantine away from the building.
- There will be no official/sanctioned gathering following the games.
- Players and guests should arrive no sooner than 15 minutes before game time unless as arranged by team manager. Players and guests are expected to leave the facility 10 minutes after their game is complete.

### **Pregame activities:**

- Face masks/coverings are required at all times when on the sidelines (before, during and after games), including while performing field set-up prior to the early game and field tear down following the last game.
- Maintain social distance of 6 feet when on the sidelines and in the bench area.
- Managers will use a disinfectant on high touch areas in their assigned sideline area (bench, bat warmers etc.) prior to each game.
- If it is necessary to move soccer nets that were left on the playing field, the use of gloves is highly recommended. There will be a box of disposable gloves inside the equipment box to be used for this purpose.
- Disposable face masks will also be available in the equipment box. These are meant to be used only if a player has a problem with the face mask or face covering that he/she entered the building with. For example, a broken ear loop, etc.

## Sidelines:

- Face masks/coverings are required at all times when on the sidelines (before, during and after games).
- Maintain social distance of 6 feet when on the sidelines and in the bench area.
- Players are encouraged to carve out their own personal sideline area (6 feet away from anyone else) to use when on the sideline. Many players brought lawn chairs during the summer season for this purpose and this practice is encouraged for winter season as well.
- The home team will occupy the 1<sup>st</sup> base sideline; the visiting team will occupy the 3<sup>rd</sup> base sideline.
- Under no circumstances are both teams allowed to occupy the same sideline, regardless of bench availability.

## The Game:

- The use of a face mask/covering while on the sidelines is required.
- The use of a face mask/covering while umpiring at home is recommended but is left to player discretion.
- The use of a face mask/covering while coaching 1<sup>st</sup> & 3<sup>rd</sup> base is recommended but left to player discretion.
- The use of a face mask/covering while on defense is recommended but left to player discretion.
- The use of a face mask/covering while batting or running the bases is recommended but left to player discretion.
- Catchers and home plate umpires should maintain 6 feet of separation from the batter and each other.
- The on deck batter or a player assigned by the offensive team will be responsible for picking up the bat after it is used. Catchers and umpires should refrain from touching the bats. **Pick up the bat by the barrel, not the handle.**
- Avoid congregating around the bat warmer and **DO NOT touch the handles/knobs of any bat that does not belong to you.**
- Each team will provide and use their own new and back up ball. The pitcher will take both balls with him to the bench area at the completion of each half inning.
- Pitchers will disinfect the game balls by wiping them down while his team is on offense.
- The use of batting or protective gloves on both hands while batting and playing the field is recommended but is left to player discretion.
- To avoid contact and maintain distancing, an extra flat base will be placed 6' behind 2<sup>nd</sup> and 3<sup>rd</sup> base. This base will be used by the defensive player.
  - Ø If the defensive player goes to the wrong (regulation) base to receive a throw, the base runner will be deemed safe.
  - Ø The base runner will always run to the regulation base at 2<sup>nd</sup> and 3<sup>rd</sup> base. So in other words, run the bases as you always have.
  - Ø All plays at 2<sup>nd</sup> and 3<sup>rd</sup> base are force plays.
  - Ø There is no "run through" rule. If you overrun 2<sup>nd</sup> or 3<sup>rd</sup> base, you can be tagged out.
  - Ø Tagging runners between bases will still be allowed. If the runner does not want to be tagged, he can concede the out by raising his hands.
  - Ø A "commit line" will be added between 1<sup>st</sup> and 2<sup>nd</sup> base as well as between 2<sup>nd</sup> and 3<sup>rd</sup> base and will function identically to the commit line between 3<sup>rd</sup> base and home.

## Personal hygiene:

- Most important: Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your mouth and nose – with a tissue, if possible – when coughing or sneezing, then properly discard the tissue in the trash.
- Avoid close contact with anyone else who is coughing or sneezing or who is otherwise sick. People who exhibit COVID-19 symptoms will be asked to leave the building.
- Wash your hands often, using soap and water for at least 20 seconds each time.
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.