

**SONA - Return to Activities**  
**R2A Sports Softball**



| Components                   | Phase 0   | Phase 1  | Phase 2  | Phase 3   |
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| <b>Description of Phases</b> | Stay at home order in place & public facilities are closed  | Stay at home order is lifted, restriction on size of mass gatherings ( <b>&lt;10 people including athletes &amp; coaches</b> )   | Size restrictions on mass gatherings are increased ( <b>&lt;50 people including athletes &amp; coaches</b> ), public facilities are open   | No restrictions on the size of mass gatherings and public facilities are open.                          |
| <b>Level of Engagement</b>   | <ul style="list-style-type: none"> <li>• Virtual activities, no in person meetings or activities</li> <li>• Play only with family members or those living in your household.</li> <li>• Virtual coaching</li> </ul> | <ul style="list-style-type: none"> <li>• High Risk individuals should continue to remain at home.</li> <li>• Engage in training and modified individual skills drills with 1 athlete per event space.</li> <li>• Do at home sport specific strength and agility exercises alone or with household members.</li> <li>• Virtual Coaching &amp; Activities</li> <li>• Bring and use your own equipment if possible. Shared equipment <b>must</b> be disinfected, see below.</li> <li>• No huddles or gathering in the dugout or on the field. Equipment and personal belongings should be lined up along the fence with space inbetween.</li> </ul> | <ul style="list-style-type: none"> <li>• High Risk individuals should continue to remain at home.</li> <li>• Do at home sport specific strength and agility exercises alone or with household members.</li> <li>• Virtual Coaching &amp; Activities</li> <li>• Engage in training, skills and drills on a field or in a large open space.</li> <li>• Bring and use your own equipment if possible. Shared equipment <b>must</b> be disinfected, see below.</li> <li>• The dugout can be used for game-play, but equipment bags and personal bags should be lined up on the outside of</li> </ul> | <ul style="list-style-type: none"> <li>• High risk individuals may begin in-person training.</li> </ul> |

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|  |  | <ul style="list-style-type: none"> <li>● Softball skills &amp; drills in small groups only.</li> <li>● Spectators and/or family members should not remain in the activity area and should not assemble on the perimeter.</li> </ul>  | <p>the dugout. Only bats, helmets, gloves and personal water bottles are allowed in the dugout. Athletes should spread out as much as possible.</p> <ul style="list-style-type: none"> <li>● Softball skills &amp; drills or game-play.</li> <li>● Spectators may not assemble in the activity area. Spectators should not exceed 2 per athlete. Masks must be worn at all times.</li> </ul>  |  |
| <b>Recommended Activities, Skills &amp; Drills</b> |  | <p>Softball skills &amp; drills: (one athlete at a time)</p> <ul style="list-style-type: none"> <li>● Base running: Athlete does a timed run around the bases. <ul style="list-style-type: none"> <li>○ For advanced players: have them run the bases and act out different game-play scenarios announced.</li> </ul> </li> <li>● Throwing: Athlete attempts to throw the ball as far as possible. <ul style="list-style-type: none"> <li>○ For advanced players: have them throw for accuracy to an instructed base or to a cut off.</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>● Softball skills &amp; drills <ul style="list-style-type: none"> <li>○ Base running, throwing, fielding and batting.</li> </ul> </li> <li>● If more than one team is present, game-play practice can be done <u>if</u> proper disinfecting and safety measures are taken. (more details in a below section) <ul style="list-style-type: none"> <li>○ Disinfection of equipment between uses.</li> <li>○ No huddles or gathering - on the field or in the dugout.</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>● Normal game play is permitted.</li> </ul> |

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|                              |  | <ul style="list-style-type: none"> <li>Fielding: Athlete is hit/thrown a grounded/air ball and fields it to the best of their ability. <ul style="list-style-type: none"> <li>For advanced players: station them on the field and have them act on a game scenario.</li> </ul> </li> <li>Batting: Athlete bats for distance and/or contact.</li> </ul>  | <ul style="list-style-type: none"> <li>Do not enter the opposing team's dugout.</li> </ul>  |   |
| Pre-Training Precautions     |  | <ul style="list-style-type: none"> <li>Teams and local programs will abide by all of the guidelines and procedures highlighted in the screening and tracking document</li> <li><a href="https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf">https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf</a> <ul style="list-style-type: none"> <li>Equipment <b>must</b> be disinfected between uses. See below section for more details.</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>Teams and local programs will abide by all of the guidelines and procedures highlighted in the screening and tracking document</li> <li><a href="https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf">https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf</a></li> </ul> | <ul style="list-style-type: none"> <li>Teams and local programs will abide by all of the guidelines and procedures highlighted in the screening and tracking document</li> <li><a href="https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf">https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf</a></li> </ul> |
| Training Safety Requirements |  | <ul style="list-style-type: none"> <li>Coaches and volunteers <b>must</b> wear a face mask and maintain a social distance of 6ft. from all participants.</li> </ul>   | <ul style="list-style-type: none"> <li>Coaches and volunteers <b>must</b> wear a face mask and maintain a social distance of 6ft. from all participants.</li> </ul>   | <ul style="list-style-type: none"> <li>Masks will not be required during activity.</li> </ul>   |

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|  |  | <ul style="list-style-type: none"> <li>• Athletes may remove masks during vigorous physical activity.</li> <li>• Athletes should provide their own water.</li> <li>• Softballs, helmets, &amp; bats <b><u>must be</u></b> sanitized between each use.</li> <li>• Helmets: It is recommended that athletes wear a hat, skull cap or bandana on their head when using helmets so that heads are not touching the inside of the helmet.</li> <li>• Bats: The handle should be wiped off or sprayed with disinfectant between uses.</li> <li>• Gloves: Gloves are <b><u>not</u></b> to be shared between players. Athletes should use the same glove throughout the entire practice or game. Then, at the conclusion of the event, all gloves should be wiped off and sprayed with disinfectant before being packed away.</li> <li>• If possible, it is recommended that a volunteer, partner or parent be designated to clean equipment between uses. This person should</li> </ul> | <ul style="list-style-type: none"> <li>• Athletes may remove masks during vigorous physical activity.</li> <li>• Athletes should provide their own water.</li> <li>• Helmets &amp; bats <b><u>must</u></b> be sanitized between each use.</li> <li>• Helmets: It is recommended that athletes wear a hat, skull cap or bandana on their head when using helmets so that heads are not touching the inside of the helmet.</li> <li>• Bats: The handle should be wiped off or sprayed with disinfectant between uses.</li> <li>• Gloves: Gloves are <b><u>not</u></b> to be shared between players. Athletes should use the same glove throughout the entire practice or game. Then, at the conclusion of the event, all gloves should be wiped off and sprayed with disinfectant before being packed away.</li> <li>• If possible, it is recommended that a volunteer, partner or parent be designated to clean equipment between uses. This</li> </ul> |  |
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|                                 |   | wear disposable gloves during the practice/game.  | <p>person should wear disposable gloves during the practice/game.</p> <ul style="list-style-type: none"> <li>• A new softball is to be used at the beginning of each game. Softballs <b>must</b> be sanitized between each half inning during game and/or tournament play.</li> <li>• Practice does not require a new ball, but it should be sanitized periodically throughout the duration of practice.</li> </ul>                             |  |
| <b>Post Training Procedures</b> |   | <ul style="list-style-type: none"> <li>• Programs and teams should follow all post-training and reporting procedures in the below link:</li> <li>• <a href="https://dotorg.brightspotcdn.com/54/a4/8fc1ede04cce802dfc27d5b20c16/sova-return-to-activities-plan-and-resources-5-with-edits.pdf">https://dotorg.brightspotcdn.com/54/a4/8fc1ede04cce802dfc27d5b20c16/sova-return-to-activities-plan-and-resources-5-with-edits.pdf</a></li> </ul> | <ul style="list-style-type: none"> <li>• Programs and teams should follow all post-training and reporting procedures in the below link:</li> <li>• <a href="https://dotorg.brightspotcdn.com/54/a4/8fc1ede04cce802dfc27d5b20c16/sova-return-to-activities-plan-and-resources-5-with-edits.pdf">https://dotorg.brightspotcdn.com/54/a4/8fc1ede04cce802dfc27d5b20c16/sova-return-to-activities-plan-and-resources-5-with-edits.pdf</a></li> </ul> |  |
| <b>Game Play/Tournament</b>     | <ul style="list-style-type: none"> <li>• Virtual activities, no in person games or</li> </ul> | No in person games or tournament activities   | <ul style="list-style-type: none"> <li>• In person games and tournament activities permitted under CDC, state and local government recommendations</li> </ul>   | No restrictions on the size of mass gatherings and public facilities are open. |

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|   | tournament activities |  |  |   |
| <b>Game Play/Tournament Precautions</b> |                       |  | <ul style="list-style-type: none"> <li>● High Risk individuals should continue to remain at home.</li> <li>● Virtual activities continue for high risk individuals.</li> <li>● Coaches and volunteers <b><u>must</u></b> wear a face mask and maintain a social distance of 6ft. from all participants.</li> <li>● Athletes and umpires may remove masks during vigorous physical activity.</li> <li>● No huddles before games and no high-fives and handshakes after games.</li> <li>● While in the dugout athletes and coaches should social distance and wear masks while in the dugout.</li> <li>● Spectators must wear masks and physical distance.</li> <li>● Spectators must provide their own personal seating.</li> </ul> | <p>High risk individuals may begin in-person training.</p> <p>Masks will not be required during activity.</p> |

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|  |  |  | <ul style="list-style-type: none"><li>● Restriction of 2 family members per athlete as spectators.</li><li>● Concessions <b><u>will not</u></b> be provided. Athletes and volunteers should pack their own snacks/lunch and water. (Teams can organize/bring own lunch)</li><li>● Team/event volunteer check-in according to screening and tracking protocol at the below link:<br/><br/><a href="https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf">:https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf</a></li><li>● Stagger team arrivals so teams can social distance during check-in</li><li>● Coaches meeting will occur virtually two days prior to competition to review check-in process, tournament layout and game schedule</li></ul> |  |
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