

Guidance for Compliance

Under Section 13 of the current ACPHD Order 20-21, Youth sports and extracurricular activities may take place as part of an organized and supervised extracurricular program, so long as they do not involve close physical contact. These programs must comply with the requirements of the State's School-Based Small Cohort Guidance and Interim Guidance for Youth Sports.

Under the State Cohort Guidance, cohorts must be limited to no more than 14 children and youth and no more than two supervising adults, or a configuration of no more than 16 individuals total (children and youth or adults) in the cohort. Organizations must also take steps to avoid mixing of cohorts, including:

- Having supervising adults assigned to only a single cohort.
- Assigning children and youth who live together or carpool together to the same cohort, if possible.
- Avoid moving children and youth from one cohort to another, unless needed for a child's overall safety and wellness.

The State Youth Sports guidance sets forth a number guidelines regarding (a) face coverings; (b) physical distancing; (c) sanitation; (d) cohorting; and (e) return to play after infection.

(a) Face Coverings

- (i) Participants in youth and adults sports should wear face coverings when participating in the activity, even with heavy exertion as tolerated, both indoors and outdoors (unless the face covering could become a hazard), and face coverings must be worn when not participating in the activity (e.g., on the sidelines).
- (ii) Observers must wear face coverings indoors, and comply with the CDPH Guidance for the Use of Face Coverings, which broadly requires the use of face coverings for both members of the public and workers in all public and workplace settings.

(b) Physical Distancing

- (i) Participants in youth and adult sports should maintain at least six feet of distance from others to the maximum extent possible, including when on the sidelines. Coaches should avoid contact with participants, and facilitate physical distancing between participants to the maximum extent possible (e.g., staggered starts instead of mass starts for races).
- (ii) When observing, individuals must stay at least 6 feet from non-household members.

(c) Hygiene and Equipment Sanitation

- (i) Shared equipment should be cleaned and disinfected before use by another person, group, or team.
- (ii) When equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
- (iii) Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.
- (iv) Drink bottles must not be shared, and other personal items and equipment should not be shared.

(d) Cohorting

- (i) Athletes and coaches should cohort by team, and refrain from participating with more than one team over the same season or time period (notwithstanding competitions that may be permitted if Alameda County moves to the Red Tier)).
- (e) Returning to sports after infection
 - (i) Children and teens with symptoms of COVID-19 should not attend practices or competition. They should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms.
 - (ii) Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. Those who are asymptomatic or have mild symptoms should not exercise until cleared by a physician.

Return to Play Phases & Minimum Requirements

In preparation for our return to play, we have prepared a Phase 1 plan that we hope will coincide with the ACPHD and State orders, and we have included recommended minimum requirement guidelines for each member group. As with all parts of the Return to Play (RTP), and Site-Specific Protection Plan (SPP), they can be revised to accommodate any changes that are introduced. While the phases are separate, the minimum requirement guidelines are to be followed during the course of all phases, until such notice they are no longer needed.

Phase 1 is planned to commence Saturday, January 23rd and will be based on our cohort groups working together for a minimum of 3 weeks. These sessions will include baseball drills, while maintaining physical distancing, with minimal equipment sharing when in their cohorts. Face coverings will be worn at all times by all participants.

Later phases will see the introduction of games between Piedmont teams and neighboring counties in the Red Tier (**Phase 2**), and finally the removal of all restrictions (**Phase 3**). Progressing to these phases will depend on ACPHD modifying and ultimately lifting restrictions.

Phase 1 Return to Play Proposal

The following outlines PBSF's Phase 1 Return to Play Proposal to comply with the existing county and state orders. PBSF will provide further details regarding later stages if and when existing ACHP Orders are modified.

- Stable groups
 - o 14 youth participant "teams" for each division will form their own stable group for the duration of the season.
 - o Each team is limited to 2 coaches or less. Coaches will only work with one cohort.
 - o No parent spectators—establish defined pickup and dropoff procedures where we go through COVID protocol
 - o We will use the TeamSnap HealthCheck feature to complete a health check before each practice
- Masks
 - o All coaches and participants will wear masks at all times
- Physical Distancing
 - o Coaches and players will maintain at least 6 feet of distance for the maximum extent possible, including when on the sidelines. Baseball is naturally conducive to physical distancing and all practice drills will encourage physical distancing. Examples include fielding drills, throwing drills, and batting practice without the use of a catcher.
 - o Coaches strictly monitor youth participants to ensure social distancing is maintained outside of regular drills and will avoid contact with participants. Dugouts will not be used, and participants will place their equipment in preset locations (marked by cones) to ensure physical distancing during breaks.
 - o Family members and people outside of the cohorts should not stay and watch and try to stagger pick up and drop offs so that various families/households do not mix or congregate
- Equipment
 - o Everyone brings their own bat, glove, helmet, water bottle, and any other necessary equipment. No sharing any of this equipment.
 - o The only unavoidable shared surface is balls and sharing the same ball will be limited as much as possible. When balls are shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
 - Balls will be disinfected with an alcohol-based wipe or sanitizer, as required by the Site Protection Plan. We will only use EPA approved disinfectants for COVID-19 and follow the instructions listed in this link:
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>

Phase 2 Return to Play Proposal

The following outlines PBSF's Phase 2 Return to Play Proposal to comply with the Outdoor and Indoor Youth and Recreational Adult Sports guidelines released by the State of California on December 14, 2020. Under the state's guidelines, Phase 2 would only be triggered when Alameda County reaches the Red Tier for COVID-19 transmission rates, assuming the County does not enact guidelines that are more restrictive than the State.

- All the above guidelines for Phase 1 will apply as they relate to masks, stable groups, equipment, sanitization, and maintaining 6 feet of distancing when not competing.

- Inter-team competitions will be permitted, but only if (a) both teams are located in the same county; or (b) teams are located in immediately bordering counties (e.g., Contra Costa) and both counties are in the Red Tier.

- Teams will not participate in tournaments or events that involve multiple teams playing at the same time.

- Immediate household members may observe practices and games as needed for age-appropriate supervision, but observers should be limited to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits allowed by Tiers. Observers must also stay at least 6 feet from non-household members and wear face coverings.

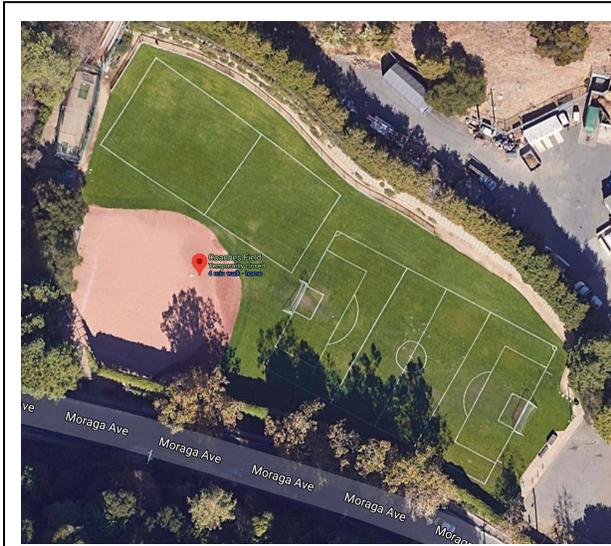
Responsibilities by Participant

PBSF	COACHES
<ul style="list-style-type: none"> ● Produce a SPP for each venue that complies with venue and state guidelines; where possible, set single entrance and exit ● Ensure all team participants (coaches and players) are registered and have signed applicable documents and waivers ● Ensure that adult helpers, players, and their families are aware that they may not enter venue if they or a household member has had onset of illness with symptoms compatible with COVID-19 in the prior 14 days ● Set up TeamSnap Healthcheck feature for all teams/parents/coaches, and monitor data to ensure coaches and parents are adhering to the RTP protocols ● Educate venue staff on RTP protocols, SPP, and necessary precautions to help protect staff and players ● Distribute & post RTP protocols and SPP by phase ● Protect privacy of players or coaches who miss training due to not feeling well ● Cancel sessions if the weather forecast risks need for teams to shelter together from rain or heat. Also cancel sessions due to poor air quality. 	<p>Wear a face mask to every session</p> <ul style="list-style-type: none"> ● Follow all RTP protocols and venue SPP ● Commit to staying home if you experience any signs of Covid-19, and to not return to work until cleared by a medical professional ● Commit to sending players and spectators home if they are not feeling well, and report to the TD/DOC ● Do not allow anyone not formally associated with the club/SB on the field. Stop all training until those people leave the field ● Ensure that minimum social distancing (as designated by phase) is maintained throughout session, ● Arrive early to sessions to set-up, mark out both the coaching area and area for equipment; do not accept help from another when setting up/taking down the field ● Use TeamSnap Healthcheck feature app to monitor players prior to coaching, require that all players completed welfare check in order to train ● Ensure that all players have their own gear and are not sharing ● Bring their equipment to all training, do not borrow equipment from another coach or player ● Ensure all equipment is cleaned every day. ● Will NOT touch a player unless necessary. An exception would be helping an injured player whose parents are not immediately available. In this case, the coach, with mask and sanitizer, would assist as safely (and as quickly) as possible, and then move away ● Ensure that ALL lost property is placed in separate bags, labelled with player name and stored away from other equipment

Responsibilities by Participant

PARENTS	PLAYERS
<ul style="list-style-type: none"> ● Agree to abide by the RTP guidelines for each phase ● Educate your child on the importance of RTP and SSPP guidelines for each phase ● Do not bring your child to any in-person team activity if any member of your household is feeling unwell. Check link for CDC guidelines to signs of Covid-19 Covid-19 Self Check ● Ensure that your player has ALL necessary items before leaving home. If they forget any item, they will either not train or go without (no sharing of equipment) ● Complete the TeamSnap HealthCheck before sending your child to training. Players will NOT be allowed to participate if welfare check in is not completed. ● In Phase 1, carpool with family members or SB only ● In Phase 1, no watching practice. ● When allowed on the field to watch, adhere to social distance guidelines as outlined in RTP phases. No physical contact or sharing with other players or non-family members. Parents are not allowed to touch or help with any equipment in the first 3 phases ● Wash and clean all clothing and equipment after each session. Make sure all items are labelled with player name and/or initials. 	<ul style="list-style-type: none"> ● Understand the importance of RTP & SPP guidelines by phase ● Face masks should be worn at all times except when engaged in high aerobic activity. ● Respect and maintain social distancing at all times. Players should maintain a distance of 6 feet from each other when wearing masks and further apart when not wearing masks. No high 5's or hugs ● Listen to coach instructions very carefully ● Clean hands before and after practice. ● Do not come to practice if you don't feel safe or feel pressured, please tell your coach so they can better support your safe return ● Do not come to practice if you are showing any symptoms of Covid-19. If you do, you MUST not attend any in-person team function unless cleared by a medical professional at least two weeks after the first symptoms ● Make sure you have ALL equipment before you leave for training, including water, hand sanitizer, and sunscreen that should be applied in car prior to training ● NO SHARING – if you or a teammate forget any item, you either do not practice or go without ● Place bags/equipment at least 6' from teammates; keep to this space at all times, including during water breaks

Venue - Coaches Field



Since Coaches Field (“Coaches”) has limited parking and a single access point, we will create a time gap between sessions and only one group at a time in order to limit cars to 12 maximum.

Players will enter and exit the venue on the same side and use the open space to create entry/exit distance via guidance to and from the field in different, separated directions.

Teams will make use of the infield, outfield, and batting cage. Dugouts will not be used. Team equipment and player equipment will be placed in foul territory 6’ apart.

Bathrooms - The bathrooms are located next to the field and we will need to monitor entry and exit of players and work with PRD to ensure a cleaning routine both prior to, and during each training day.

Permit

The Need for Sole Use of the Field

Previously when submitting permits for Coaches we have been the only group using the field. Not sharing the field will allow us to monitor and control the entrance and exit as only one team will use the field at a time. 14 players maximum and 2 coaches.

Phase 1 Restrictions

Sessions would be split into time slots (duration depending on field availability) with 15 minutes in between one session finishing and the next session starting.

Sessions would start to draw to a conclusion 5 minutes before official end time, to ensure that all players can safely collect their belongings and social distance out of the venue prior to the next group turning up, and allowing coaches more than adequate time to clean up and prepare for the next group, or vacate the venue ready for the next coach. There is also a 15 minute window between one group leaving and the next group arriving, key as there is only one player entrance/exit, as well as one entrance and exit for cars. Important that we do not block the road leading in or out of the venue.

Session Times & Grouping (tbd based on Field availability)

Venue - Beach Playfield

We will create a time gap between sessions with one group on the North side of the field and one group on the South side. The groups will not mix. Players will enter and exit the venue on the Linda Avenue side.

Bathrooms - The bathrooms are located next to the field and we will need to monitor entry and exit of players and work with PRD to ensure a cleaning routine both prior to, and during each training day.

Permit

The Need for Sole Use of the Field

Not sharing the field will allow us to monitor and control the entrance and exit as only one team will use the field at a time. 14 players maximum and up to 2 coaches per group.

Phase 1 Restrictions

Sessions would be split into time slots (duration depending on availability) with 15 minutes in between one session finishing and the next session starting.

Sessions would start to draw to a conclusion 5 minutes before official end time, to ensure that all players can safely collect their belongings and social distance out of the venue prior to the next group turning up, and allowing coaches more than adequate time to clean up and prepare for the next group, or vacate the venue ready for the next coach. There is also a 15 minute window between one group leaving and the next group arriving, key as there is only one player entrance/exit, as well as one entrance and exit for cars.

Session Times & Grouping (tbd based on availability)

Venue - Hampton Field

We will create a time gap between sessions. The groups will not mix. Players will enter and exit the venue on the Hampton Rd side.

Bathrooms - The bathrooms are located next to the field and we will need to monitor entry and exit of players and work with PRD to ensure a cleaning routine both prior to, and during each training day.

Permit

The Need for Sole Use of the Field

Not sharing the field will allow us to monitor and control the entrance and exit as only one team will use the field at a time. 14 players maximum and up to 2 coaches per group.

Phase 1 Restrictions

Sessions would be split into time slots (duration depending on availability) with 15 minutes in between one session finishing and the next session starting.

Sessions would start to draw to a conclusion 5 minutes before official end time, to ensure that all players can safely collect their belongings and social distance out of the venue prior to the next group turning up, and allowing coaches more than adequate time to clean up and prepare for the next group, or vacate the venue ready for the next coach. There is also a 15 minute window between one group leaving and the next group arriving, key as there is only one player entrance/exit, as well as one entrance and exit for cars.

Session Times & Grouping (tbd based on availability)

Venue - Havens Playfield

We will create a time gap between sessions, splitting the field between two groups. The groups will not mix. Players will enter and exit the venue on the Bonita Ave side.

Bathrooms - The bathrooms are located next to the field and we will need to monitor entry and exit of players and work with PUSD to ensure a cleaning routine both prior to, and during each training day.

Permit

The Need for Sole Use of the Field

Not sharing the field will allow us to monitor and control the entrance and exit as only one team will use the field at a time. 14 players maximum and up to 2 coaches per group.

Phase 1 Restrictions

Sessions would be split into time slots (duration depending on availability) with 15 minutes in between one session finishing and the next session starting.

Sessions would start to draw to a conclusion 5 minutes before official end time, to ensure that all players can safely collect their belongings and social distance out of the venue prior to the next group turning up, and allowing coaches more than adequate time to clean up and prepare for the next group, or vacate the venue ready for the next coach. There is also a 15 minute window between one group leaving and the next group arriving, key as there is only one player entrance/exit, as well as one entrance and exit for cars.

Session Times & Grouping (tbd based on availability)

Venue - Witter Softball Field

We will create a time gap between sessions. Depending on field availability, we may split the field between two groups. The groups will not mix. Players will enter and exit the venue on the Wildwood Ave side.

Bathrooms - The bathrooms are located next to the field and we will need to monitor entry and exit of players and work with PUSD to ensure a cleaning routine both prior to, and during each training day.

Permit

The Need for Sole Use of the Field

Not sharing the field will allow us to monitor and control the entrance and exit as only one team will use the field at a time. 14 players maximum and up to 2 coaches per group.

Phase 1 Restrictions

Sessions would be split into time slots (duration depending on availability) with 15 minutes in between one session finishing and the next session starting.

Sessions would start to draw to a conclusion 5 minutes before official end time, to ensure that all players can safely collect their belongings and social distance out of the venue prior to the next group turning up, and allowing coaches more than adequate time to clean up and prepare for the next group, or vacate the venue ready for the next coach. There is also a 15 minute window between one group leaving and the next group arriving, key as there is only one player entrance/exit, as well as one entrance and exit for cars.

Session Times & Grouping (tbd based on availability)

Venue - Witter Baseball Field

We will create a time gap between sessions. Depending on field availability, we may split the field between two or more groups. The groups will not mix. Players will enter and exit the venue on the El Cerrito Ave side.

Bathrooms - The bathrooms are located next to the field and we will need to monitor entry and exit of players and work with PUSD to ensure a cleaning routine both prior to, and during each training day.

Permit

The Need for Sole Use of the Field

Not sharing the field will allow us to monitor and control the entrance and exit as only one team will use the field at a time. 14 players maximum and up to 2 coaches per group.

Phase 1 Restrictions

Sessions would be split into time slots (duration depending on availability) with 15 minutes in between one session finishing and the next session starting.

Sessions would start to draw to a conclusion 5 minutes before official end time, to ensure that all players can safely collect their belongings and social distance out of the venue prior to the next group turning up, and allowing coaches more than adequate time to clean up and prepare for the next group, or vacate the venue ready for the next coach. There is also a 15 minute window between one group leaving and the next group arriving, key as there is only one player entrance/exit, as well as one entrance and exit for cars.

Session Times & Grouping (tbd based on availability)

Professional Coach COVID-19 Training

PBSF recognise the importance of professional staff/coach training and as such, as well as on both the RTP and any relevant SPP document, will provide coaches and any adult helpers on the field, training on the following topics:

- Information from the Centers for Disease Control and Prevention (CDC) on COVID-19, how to prevent it from spreading, and which underlying health conditions may make individuals more susceptible to contracting the virus.
- If players and/or coaches test positive, this should be reported to SafeLearning@acgov.org
- Self-screening at home, including temperature and/or symptom checks using CDC guidelines and the use of, and updating the Javelin app
- The importance of not coming to work if they have a frequent cough, fever, difficulty breathing, chills, muscle pain, headache, sore throat, recent loss of taste or smell, or if they or someone they live with have been diagnosed with COVID-19.
- The importance of seeking medical attention if their symptoms become severe, including persistent pain or pressure in the chest, confusion, or bluish lips or face. Updates and further details are available on the CDC's webpage.
- The importance of keeping equipment clean and away from other items when in transport/storage
- The importance of frequent handwashing with soap and water, including scrubbing with soap for 20 seconds (or using hand sanitizer with at least 60% ethanol or 70% isopropanol when they cannot get to a sink or hand washing station, per CDC guidelines).
- The importance of physical distancing, both at the field and off work time (see Physical Distancing section above).
- Proper use of face coverings in a way that they can help protect people near the wearer, but do not replace the need for physical distancing and frequent handwashing. Face coverings to be worn at all times when at the venue and washed after each training session and to avoid touching eyes, nose, and mouth.
- The importance of washing and/or sanitizing hands before and after using or adjusting face coverings.
- How to handle player injuries and what to do with items left at the field
- Set up and clean up protocols

PBSF will continue to provide staff and adult helpers with training and documentation through each of the phases on all of the above, and any new documentation relevant to our player and members safety.

The COVID-19 professional coach training document can be provided to PRD upon request. Here are details of staff training in addition to that held at the field and reminders and recaps of week and areas to add and tweek where needed.

How do Coaches Deal With Injured Players

During phase 1, no contact, injuries should be minimal, if not zero. Despite this a player hurt themselves.

Should a player sustain an injury during a phase 1, the coach will:

- Go to player and assess the injury by talking to the player from a safe distance, remaining outside their social bubble
- Should the player be unable to move or need to leave the area, the coach will call the parent and arrange for the player to be escorted from the field by the family member collecting them, should it be safe for the player to stay where they are. All other players will be removed from the area during this time
- If not, the player will either remove themselves to a safe place away from the field, or the adult member helping with entrance to the field for that group will be the only person allowed inside the social bubble area to assist a player. Again making sure all other players and adults remain minimum of 6ft away.

Hygiene

- Adapted from: <https://campnurse.org/wp-content/uploads/2020/03/COVID-19-WebinarQuestions.pdf>
- Children and staff should wash hands with soap and water or use alcohol-based hand sanitizer containing at least 60% alcohol (if hands are not visibly dirty) before and after eating, drinking, touching eyes/nose/mouth, toileting or diapering, and physical contact with each other. Keep soap dispensers filled. For more information click here:

Handwashing: Make it Really Effective

- Children and staff should cover coughs and sneezes with a sleeve or tissue. Keep tissues and dispose of in “no touch” trash cans close by.
- We know humans (especially children) appreciate touch and we are relational beings. Consider how we might encourage elbow bumps, or “fist bumps from afar”.
- Children will use touch since nonverbal communication is 80% of our messaging. Think about ways to encourage hand washing or hand sanitizer after touch and make it part of the fun experience.

Masks

Coaches are required to wear face coverings. Players above the age of three must wear face coverings unless engaged in high aerobic activity.

All players will bring their own water bottles and only briefly remove the masks to drink within their individual training areas.

COVID-19 Case Notification

If a coach or player has COVID-19 symptoms or has been tested positive, they must comply with the following isolation instructions:

- <https://covid-19.acgov.org/covid19-assets/docs/isolation-quarantine/when-to-self-release-from-isolation-2020.07.31.pdf>

If an individual was in close contact with someone who is infected with COVID-19, they must comply with the following quarantine instructions:

- <https://covid-19.acgov.org/covid19-assets/docs/isolation-quarantine/when-to-self-release-from-quarantine-2020.07.31.pdf>

If a coach and/or player develops COVID-19 symptoms, they must go home immediately. For players who are waiting for someone to pick them up, they must be immediately isolated away from other participants. If a coach develops symptoms, they will leave immediately and the other remaining coach will take over. Coaches will also establish emergency contacts and protocols to have a non-symptomatic adult take over in the event there is only one coach at a practice who develop symptoms.

Health Screening

- Screen children and staff for fever or cough daily, before entering the program.
- Children or staff who are sick with other illnesses that meet the usual exclusion criteria should also stay home.
- If a staff member or child shows signs of respiratory illness (a new cough, complaints of sore throat, or shortness of breath), a fever of 100°F or above, they should enter a separate room, or be safely isolated with a staff member, and be sent home as soon as possible.
- Seek medical care immediately if symptoms, such as a high fever or difficulty breathing, become more severe. Stay Home when Sick • Staff and children should stay home when they are sick.
- If a child or a staff member has a new cough or other illness symptoms, they should not come to practice even if they have no fever. It is not uncommon for people, including children, with COVID-19 to have a cough without fever, especially early in the course of illness.
- Encourage staff and families to get tested for COVID-19 if they are sick When is it safe to return to camp or my youth extracurricular activity? Ill children or staff should not return to work or program until:
 - a. Their respiratory symptoms are improving
 - b. They have had no fever for 72 hours without the use of fever-reducing medicines, and
 - c. At least ten days have passed since illness onset.

More information from Alameda County about Screening Guidance are provided in the below links:

- Screening Guidance for Parents and Guardians:
<https://covid-19.acgov.org/covid19-assets/docs/health-safety/health-screening-for-parents-and-guardians-2020-06.18.pdf>
- Screening Guidance for Programs for Children and Youth:
<https://covid-19.acgov.org/covid19-assets/docs/childcare-schools-colleges/guidance-screening-programs-for-child-and-youth.pdf>

TeamSnap HealthCheck

To help with the monitoring and control of player, coach and adult member helpers at all venues, we will be using the TeamSnap HealthCheck feature to help improve the checks for any signs of illness. The HealthCheck feature will allow parents and players to confirm prior to leaving for training that they do not have any signs of illness, in addition to their household. The coach will be able to see who has completed the check and will not allow any player who has not completed the check to attend practice that day.

Conclusion

In compiling a Return to Play (RTP) and this Site-Specific Protection Plan (SPP), PBSF acknowledges the importance of the safety of our members and has, and will continue to, progress players' individual training on the fields, whilst ensuring that all procedures are followed and actions taken, to maintain a clean and safe playing and working environment for players and coaches.

We seek confirmation that the procedures set forth in this document meet ACPHD PRD standards and requirements and are open to feedback on any necessary changes to allow PBSF permitted field use to commence in August..

Thank you for taking the time to read through the PBSF SPP for PRD fields.