



Davis Youth Softball Association



DYSA Return to Conditioning (Practices) Guidelines

In response to “Yolo County Roadmap to Recovery: Youth Sports Protocol and Recommendations,” the following DYSA COVID Guidelines and Protocols are in place for conditioning (practices) or friendlies (games).

Protocol

At any time,

- If a player/coach/staff is feeling unwell, or tested positive for COVID-19, then they should not attend conditioning (practices) for 14 days from the date illness experienced or from date when positive COVID-19 test was taken.
- If a player/coach/staff comes into contact with someone who is experiencing COVID-19 symptoms, or comes into contact with someone who has tested positive for COVID-19, then the player/coach/staff should not attend conditioning (practices) for 14 days from the date they made contact with the person, or until they test negative for COVID-19, whichever comes sooner.

Guidelines

Prior to conditioning (practices),

- Coach/staff are not responsible for monitoring players prior to the start of conditioning (practices); gathering is discouraged.
- Players should place their equipment bags 6 feet away from each other, utilizing both dugouts and the fenceline.
- Players should maintain 6 feet distance while putting on cleats or gear.
- Players should come to conditioning (practice) with their hair tied back to avoid needing to pull hair out of mouth or off face.
- Players and coaches should utilize hand sanitizer prior to engaging in conditioning (practice) activities.

During conditioning (practices),

- No seeds, gum, or eating.
- No sharing water; please ensure your player comes to conditioning (practice) with their own water bottle and sufficient water.
- All players/coaches/staff should bring a mask to conditioning (practices) and wear when 6 feet distance cannot be maintained.
- No sharing of equipment (bats, catchers gear, etc.).
- Coaches will present activities that maintain a 6 feet distance.

Conclusion of conditioning (practices),

- No end of conditioning (practice) huddle or large group meeting without 6 feet distancing.
- All players/coaches/staff should utilize hand sanitizer before departing conditioning (practices).
- All players/coaches/staff should wash their hands immediately upon returning home after conditioning (practices).
- Coaches/staff are not responsible for monitoring players once conditioning (practice) has ended; gathering is discouraged.

Reference:

Yolo County Roadmap to Recovery: Youth Sports Protocol and Recommendations

<https://www.yolocounty.org/Home/ShowDocument?id=64816>