

POLICIES, RECOMMENDATIONS AND PRACTICES DUE TO COVID 19

The COVID 19 infection requires that certain policies, recommendations and practices be implemented during GALS events, practices, games and tournaments. The following rules are being implemented for the 2020 GALS season.

1. Coaches, players, spectators and officials are required to abide by these rules for the safety of everyone at the GALS Quad. Failure to follow the rules will require that the violator be removed from the complex for that event.
2. All coaches, players, spectators and officials are reminded of the need for following the social distancing rules and the distancing and grouping rules being used to address the COVID 19 infection. When in doubt, do not gather in groups and maintain the CDC recommended 6 foot rule.
3. **NO ONE IS ALLOWED TO CONSUME SUNFLOWER SEEDS OR SIMILAR PRODUCTS WITHIN THE GALS QUAD. DO NOT SPIT ANYTHING ON THE GROUND OR IN THE COMPLEX. SANITATION IS OF GREAT IMPORTANCE.**
4. Unlike the past, social distancing requires that players, coaches and even spectators refrain from ALL “contact” style celebrations such as handshakes and high fives, etc. Instead, clap hands and shout encouragement.
5. Players should not share personal protective equipment such as batting helmets, catcher’s gear or face masks. Those items should be regularly cleaned and sanitized by the coaches, players or parent of the player. IF shared, the equipment must be cleaned and sanitized with a sanitizing wipe or solution between uses.
6. Players should have their own water bottle or water source. Use of large water coolers is discouraged. Individual containers are required.
7. Players should sanitize their hands whenever they enter or exit the dugout or player area in the bleacher areas as required for social distancing. Everyone should practice personal hygiene and routinely clean their hands and cover coughs and sneezes. If additional sanitizer is needed, contact a GALS staff member.
8. When teams arrive to the facility for practices or games, GALS has set specific areas for use by coaches, players and spectators. GALS has erected physical barriers and markings to promote social distancing within the facility. GALS staff will enforce the rules about social distancing and direct inappropriate gatherings to disperse.
 - a. The area for spectators is designated as down the chain link side lines and outside the outfield safety fencing. Areas for individual families are well marked. Family groups only. Do not intermingle with other families. Practice social distancing. Maintain Six (6) foot spacings. If a spectator is sick or has symptoms like a cough or chest congestion, they should not come to practices or games. Spectators should be aware of their personal hygiene and hand washing/sanitary practices. They should cover coughs and sneezes.

- b. Coaches, players and spectators should not congregate inside the complex. Everyone must obey all barriers/fencing/signage. Violators will be told to leave the complex.
 - c. If anyone needs to use the restroom, go straight there and then out of the center. Wash or sanitize your hands.
 - d. Do not go as a group of people to the concession stand or restroom. Limit groups to three (3) people. Obey distancing markers and physical barriers/ fencing/signage.
 - e. Social distancing is important. **DO NOT CLUSTER OR GROUP TOGETHER WITHIN THE COMPLEX. MAINTAIN FAMILY HOUSEHOLD GROUPD ONLY.**
9. Practices through May 30
Each field will be treated as two separate spaces with teams being confined on one space. Fields are divided by outfield safety fencing. Team 1 will have use of all space inside the safety fencing. Team 2 can use all space behind the safety fencing. Teams will divide during practices so that no group working together has more than 10 people. Practices will be scheduled through the central e-mail with Caldwell GALS. Practices will be from 5:30 to 7:00 PM and from 7:30 to 9:00 PM. Practices will be limited to players and coaches only. All spectators have to be outside the permanent chain link fencing. Teams will move in and out of the complex through the designated entrances.
- 10 Games through June 30
Games will be played on each field. Game one will begin at 6:00 PM. Game two will begin at 7:45 PM. Teams will enter through designated entrances and go to their dugout. Warmups will occur in the space inside the safety fencing for the first game. Teams in game two can warm up in the area outside the safety fencing. Spectators will be required to go to the designated spectator areas and not intermingle with players, other spectators or teams inside the facility. Young children and those who are high risk are discouraged from attending games. Coaches will be asked to enforce the social distancing protocols. Team players will be allowed to use the dugout and bleacher /backstop area so that players can maintain social distancing while in the dugouts. Hand sanitizer and spray will be supplied in each dugout so that players and coaches can use as needed.

PLEASE REMEMBER THAT WE MUST FOLLOW THESE PROTOCOLS, RECOMMENDATIONS AND PROCEDURES IN ORDER TO USE THE GALS QUAD COMPLEX FOR THE SPORT WE LOVE. WE CAN ONLY REMAIN PLAYING IF EVERYONE OBEYS THE RULES.