

## Team: Stockton Rebels, Rebels, Practice Squad

These are the current guidelines, safety protocols, and rules that will be enforcing at Rebels' practices. We are trying to be as clear as possible and most importantly as safe as possible. Participation in practices are strictly voluntary. We will attempt to keep the app updated regularly as things hopefully improve. This is a fluid situation, and anything can change at any time.

1. These practices are not in association with any league or organization.
2. These practices are voluntary and at your own risk.
3. Before a player may participate in any capacity, a signed '*Player Waiver, Release of Liability, and Indemnification Agreement*' and '*COVID-19 Pandemic Player Consent Form*' by the player and their legal guardian must be on file.
4. As few people accompanying the player as possible, preferable only one parent/guardian.
5. Everyone in attendance will wear a mask that covers the nose and mouth (coaches, players, parents, guardians, siblings, ...)
6. Best practices of social distancing on and around the field. We will not use the dugout. Please bring lawn chairs.
7. We will keep physical contact as low as possible. No high-fives, fist bumps, elbows, or hugs.
8. Perfect scenario the balls will be the only thing handled by more than one person.
9. Players will need to provide their own equipment such as glove, bat, helmets, backup masks, and any other protective gear.
10. Each player should arrive in practice attire: tee shirt, softball pants, softball socks, and cleats. Please change into and out of cleats at your car.
11. I encourage each player to have hand sanitizer and a backup mask in their bag and apply it on each break/rest.
12. Each player should bring their own drinks, there will be no sharing.
13. No sunflower seeds or spitting at any time will be allowed.
14. Do not attend or bring anyone to a practice that:
  - a. Has been diagnosed or had a positive lab test for COVID-19 in the last 14 days.
  - b. Has been in close contact with anyone diagnosed with COVID-19 in the last 14 days.
  - c. In the last 7 days had or worsening symptoms, fever, cough, breathing problems, loss of taste or smell, chills, body aches, sore throat, diarrhea, or vomiting.
15. This is an environment for young women, to improve themselves in softball, and life in general. Let us keep heated topics such as politics, religion, and profanity off the softball fields.
16. This is a fluid situation, and anything can change at any time.
17. These practices are to improve in softball skill, encourage growth, allow for safe social interactions, and must of all be fun.

These rules will be strictly enforced, those not conforming will not be allowed to participate. Feel free to contact Coach Harris with any question in app or by text.

For up to date public safety regulations please visit:

<http://stocktonca.gov/government/departments/manager/pubWebSite.html##countyreopening>

Notice from <https://files.covid19.ca.gov/pdf/guidance-youth-sports--en.pdf>

"Players should take a break from exercise if any difficulty in breathing is noted and should change their mask or face covering if it becomes wet and sticks to the player's face and obstructs breathing. Masks that restrict airflow under heavy exertion (such as N-95 masks) are not advised for exercise."