



# South Milwaukee School District Recreation Department Re-opening Guide COVID -19 Mitigation Plan for 2020

## Rocket Softball Pitching Camp

Ages	6-14 years of age
Meets	Wednesdays for 4 classes
Location	Little League Diamond #2

### PROGRAM DESCRIPTION

We will emphasize softball pitching fundamentals and safe play.

### INTRODUCTION

Our community families are very important to us and safety has been our primary concern, and now with COVID-19 it is even more challenging than ever before. We will attempt to protect all who engage in our activities – participants, staff, volunteers, spectators etc.

### SAFETY RECOMMENTATIONS

- Phase B less than 10 people
- **Phase C 12 students max**
- Phase D no capacity limit (Date to be determined)

### PRE-CLASS SCREENING

- Staff & students should check their temperature at home before attending practices or meets. If a student or coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or meets.
- Staff member should ask students, as they come into class, if they feel ill in any way, specifically listing certain symptoms, and send home those athletes reporting feeling ill or experiencing symptoms.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) AND respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; AND
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate healthcare professional for guidance. Written medical clearance is required to return to activity.
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.



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#### **SOCIAL DISTANCING** [social distancing](#)

- Instructors are responsible for ensuring social distancing is maintained between students and staff. This means additional spacing between players while stretching, warming up, chatting, changing drills, etc., so that players remain spaced out, and no congregating of players while waiting their turn for drills. Camp should be conducted in 'pods' of students, with the same 6-12 students always working out together.
- Only essential personnel (as participants and Instructors) are permitted on the court.
- Spectators may be on the sideline and should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- The use of tape, markers or cones to expedite spacing.

#### **SPECTATORS**

- Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines while remaining in the designated spectator seating area.
- Spectators should be **LIMITED** to those in your household.
- Spectators should stay together with members of the student's household.
- Spectators needing to speak to the instructor, do so while maintaining social distancing guidelines.

#### **CLASS PROTOCOL:**

- Spectators, staff, participants and others are required to wear cloth face coverings upon entering the building and before, during, and after class until leaving the building.
- Staff and students are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes.
- Coaches should work to break old habits and create new ones in an effort to minimize the spread of the virus. spitting on their gloves during practices should be eliminated. The habit of minimizing any touching of the face, and covering the cough should be instilled. Participants shall NOT exchange handshakes before, during or following practices.
- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before class.
- Do not share equipment.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching objects, etc. if you can.
- Do not attend class if you or a member of your household does not feel well.
- Students should use their own equipment. Sanitize after each use.
- Keep each students belongings separated from others' and in individually labeled containers, bags, or area.
- There should be no shared athletic equipment.



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- Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day (i.e. goals, flags, cones, etc.).
- Skill training, conditioning, agility, etc. can be done with the one player/one ball concept. As Risk Levels decline, balls must be sanitized before and after each practice..
- Shoes, clothing, towels and other personal items must not be shared among athletes.
- Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.
- Each athlete bring their own gym bag or backpack for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.

#### HYDRATION

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Lead Instructor will be responsible for responding to COVID-19 concerns.
- All coaches, staff, and families should know who this person is and how to contact them.

#### SOFTBALL PITCHING CAMP RISK LEVELS

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
- **Gym Bag/Back Pack – Supplies recommended for your personal bag:**
  1. A reusable facial mask
  2. Personal bottle of hand sanitizer
  4. Disinfectant wipes for personal use.
  5. Personal water bottles for drinking.
  7. Additional shoes should also be
  8. Any other item that you deem necessary for practice stored in your gym bag when you are not using it.



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\*\*Everything inside the gym bag must be disinfected after every practice – before you return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone’s protection we don’t want to take a chance of carrying any potential virus back and forth.

#### **RESOURCES**

We have been following local and national health communications and attending webinars to become as knowledgeable as possible about best practices for reo-opening. Here are some of the resources we will use for guidance:

- [SMSF Department reopening plan.](#)
- [Considerations for Youth Sports & Child Care](#)
- [Local Health Plan for Milwaukee County & Phased Re-opening Plan for Milwaukee County](#)
- [CDC Childcare, Schools, and Youth Programs](#)
- [Public Health Considerations for Reopening Youth Programs and Camps During the COVID-19 Pandemic](#)
- [WIAA Guidance for Summer Activities](#)
- [NFHS Guidance For Opening Up High School Athletics and Activities](#)
- [WIAA Guidance for 2020-21 School Year Sports Page 10 -13](#)

The South Milwaukee Recreation Department will consult with our local health department to determine which risk level to start this program safely, and we will continue to consult with our local health department to determine when progression to the next risk level is recommendations. We will also take into consideration WIAA guidelines to re-open.