



# Guidelines for Return to Play

THESE 'RETURN TO PLAY GUIDELINES' ARE THE NEXT LEVEL, AND PROVIDE FOR THE RESUMPTION OF FULL COMPETITIVE GAMES AND OTHER SOFTBALL ACTIVITIES AT ALL AGES AND FOR ALL LEVELS ACROSS THE VARIOUS COMPETITIONS IN NEW SOUTH WALES.

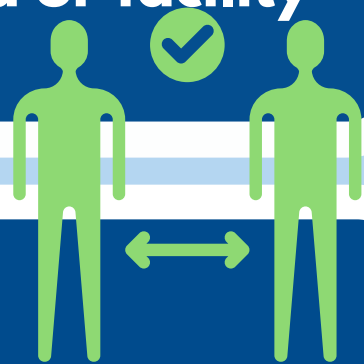
## Be Prepared to Train/Play

- Tasks that can be completed at home should be (stretching/recovery)
- Must not arrive more than 15 minutes prior to training/game commencing, and if arriving by vehicle, remain in the vehicle until 5 minutes before training to avoid gatherings.
- Come already prepared to train/play – changing rooms will be minimally used.
- Bring their own drink bottles and they must to be clearly labelled. No sharing of drink bottles is to be permitted.
- Leave the venue immediately once the training/game session has concluded.

Arrive  
Play  
Leave

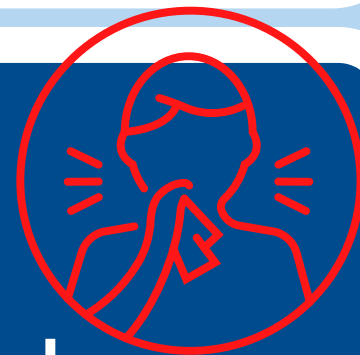
## Social Distancing

- With team dugouts and umpire changerooms we will ensure a minimum of 1.5 metres between each person.
- Social distancing of 1.5 metres between spectators (e.g. parents/carers).
- No hand shaking, high fives or body contact
- Stagger arrival and/or departure times when possible for different groups and teams.
- Do not hang around the diamond or facility pre or post training/game.



## Illness

- If you feel unwell, do not attend training/games and you must seek medical clearance before returning
- If you have had contact in the past 14 days with a known or suspected case of COVID-19 you must not attend training/game & seek medical clearance before returning
- All suspected cases must be reported



## Hygiene & Contact

- All persons must have own personal sanitiser
- Hand hygiene pre, during & post training/game.
- Thorough, full body showers with soap @ home before and after training.
- Hand hygiene at the entry and exits of the dugout & bullpens.
- Minimise sharing of equipment.
- Cleaning of personal equipment post training.



## Contact Tracing

- Records of attendance at training are maintained and coordinated by a nominated member of each Team, Club or Association.
- Download the COVIDsafe App and keep a list of people at training to enable contact tracing.

