



## Softball Fall Conditioning Schedule and COVID Procedures

**Mondays and Fridays:** 3:30 - 4:45 on field conditioning

**Wednesdays:** 3:30 - 4:30 zoom check ins

**Arrival/Check in:** Athletes arrive (social distancing), wearing masks to and from the field, with their own equipment. Markings will be 6 feet apart for players waiting in line for one coach to temp check (100.1 or less ok), the other to administer the questionnaire on the ipad. Athletes will then be directed to the track bathrooms (past center field of Var Diamond) where we will have markings 6 feet apart, they will wash hands following check in, then proceed to the fields. Hand sanitizer for each athlete will also be available upon entrance and exit.

Coaches will wear masks. 6 feet social distance spacing between athletes will be maintained.

**Gear:** No locker rooms available so players must be in their workout attire upon arrival. Players bring their own water bottles, marked with their name. Gear will be kept 6 feet apart and stored. No sharing of towels, balls, bats, helmets, or other softball gear will be allowed.

**Groupings of Athletes:** No more than 25 on each field (JV field and Varsity Field) at a time. Pods of up to 25 must stay with their group--no switching groups is allowed.

**Social Distancing on the field:** Each player will have an assigned spot to begin and end each conditioning drill, marked by cones, and maintaining a minimum 6 feet social distance. Individual marked water bottles will be placed where individuals are designated. No sharing of water bottles or team jugs.

**Workout Logistics:** 10 minutes warm up and stretching, followed by 55 Minutes conditioning including running bases, bleacher stairs, plyometrics, etc. and 10 minutes cooling down. Gradual build up of stamina, aerobic ability, and skills. We will give careful attention to both physical and emotional needs of the athletes since everyone will be de-conditioned and will have diminished strength, flexibility, cardio fitness, endurance. The plan is to scale down normal sessions, focusing more on aerobic and strength conditioning, along with increased recovery time between skills. Address nutrition needs, mental health concerns.

**Coaches:** Coaches will wear masks except in the act of giving direction on drills. Coaches will maintain physical distancing between each other, with no sharing of equipment. Hand sanitizer at the ready. Wipe down any surfaces as before and after sessions. (Gate, door handles, railings)

**Communication:** No handshakes/hugs etc, avoid touching face, sneeze/cough into elbow/sleeve away from others, frequent hand washing, hand sanitizer, advise no unessential travel, no large gatherings, and no public transit if at all possible. Coaches will advise athletes to monitor health away from the field i.e. Stay home if symptomatic.