

UMPR Coed Softball League 2021
Additional Covid-19 Health & Safety Precautions

The below guidelines should be followed:

- Adult athletes are encouraged to wear face coverings when they are not engaged in a sporting activity, unless doing so jeopardizes their health.
- Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, dugouts, benches, and common areas. During down time, athletes and coaches should not congregate.
- All athletes, coaches, and officials must bring their own water and drinks to team activities.
- Activities that increase the risk of exposure to saliva are not allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
- We encourage you to limit the sharing of equipment and other personal items.
- Individuals should stay home if they have tested positive for or are showing COVID-19 symptoms, or have recently had close contact with a person with COVID-19. Sick individuals should not participate until they have met CDC's criteria to discontinue home isolation.
- In the Event of a Potential Exposure to COVID-19, we will close off all areas used by a sick person and not use these areas until after cleaning and disinfecting them. The Softball season may need to stop operations for a recommended period of time.
- Any Health and Safety questions or concerns should be communicated to Upper Merion Recreation Superintendent, Dennis Rudzinski, at 610-265-1071.