

RETURNING TO THE DIAMONDS: LANCASTER DEPEW PONYTAILS & HEAT

COVID Operating Protocols 2021



ONE TEAM

<u>Lancaster Depew Ponytails & Heat Board Members</u>	
President	Jeff Matthews
Vice-President	Steve Weydig
Treasurer	Mike Kraft
Secretary	Laura Pyszczek
Building & Facilities Coordinator	Chris Pyszczek
Travel & Tournament Coordinator	Bob Feidt
Assistant Travel & Tournament Coordinator	Joel Eberth
House League Coordinator	Eric Schmidt
Clinic Coordinator	Matt White
Board Advisor	Dave Rouse
<u>Softball Divisions</u>	
Pee Wee Coordinator	Kara Bonn
Ponytail Coordinator	John Domagalski
Junior Coordinator	Kara Bonn
Middle School Coordinator	John Domagalski
High School Coordinator	Steve Weydig
<u>Operations</u>	
Fundraising	Melinda White & Jenny Eberth
Umpire Coordinator	Stephen Kuhn
Equipment Coordinator	Frank Lerner
Website, Publicity, Social Media Coordinator	Grace Pyszczek
Concession Stand Coordinator	Grace Pyszczek



Lancaster Depew Ponytails & Heat Mission

Lancaster/Depew Ponytails & Heat Softball is an independent, not for profit organization committed to providing all players with an experience that fosters a positive team environment, while building individual growth through personal achievement and team play.

Our goal is for each player to have fun while gaining knowledge of the game. We strive to create and maintain an environment of teamwork, honesty and fair play.

We pride ourselves in helping coaches and parents focus on making the experience of practices and games fun, while helping the girls develop and mature as players and as people.

Together, we all must demonstrate how to win with grace and lose with dignity.

ONE TEAM

2021 Operating Protocols

	Mandatory	Recommended Best Practices
Arrival to Diamonds	<ul style="list-style-type: none"> ➤ All participants and spectators must adhere to three-foot physical distancing while at diamonds & facility (as recommended by the CDC for outdoor activities) ➤ Parents and Coaches must conduct symptom assessments. Anyone experiencing symptoms must stay home ➤ No team shared water coolers or shared drinking stations ➤ Marking the concrete in the dugouts with tape 3 feet apart for girls to put their chairs and equipment 	<ul style="list-style-type: none"> ➤ Lineups should be sent via text, email or by spoken word and recorded without any physical exchanges ➤ It is recommended that players travel to the fields with a member of their immediate household ➤ Girls to bring their own chairs to sit in (benches will be available)
Leaving the Diamonds	<ul style="list-style-type: none"> ➤ Individuals should not congregate in common areas following practice or a game ➤ Individuals should not exchange items 	<ul style="list-style-type: none"> ➤ Team meetings should be completed quickly after practices or games
If COVID Confirmed Cases	<ul style="list-style-type: none"> ➤ Immediately isolate and seek medical care for anyone who develops symptoms ➤ All parents and coaches must report the names of their players that experience symptoms ➤ The Board must maintain a complete list of coaches or players that have experienced symptoms ➤ Primary Contact (ie: player/coach on team roster): confirmed case of primary contact places team as a whole in quarantine status for 10 days. No play or practice ➤ Secondary Contact (ie: spouse/child of coach/parent/sibling of rostered player): confirmed case of secondary contact places the individual player or coach in a quarantine state for 10 days ➤ Quarantine time period will start the day of the confirmed positive test 	<ul style="list-style-type: none"> ➤ Work with the Board & coaches to help facilitate effective contact tracing or notifications ➤ Team notification will be necessary if any confirmed cases affect a given team member

Exposure or Confirmed COVID case



Cough



Shortness
of breath



Fever

Possible Exposure due to contact with someone who has a confirmed case

Protocol for a Quarantined Individual:

- The individual will remain in quarantine until ten (10) days after their last exposure to the positive COVID-19 person or from the last day they were in a designated state with significant COVID-19 community spread and have remained COVID-19 symptom free.
- Symptoms of COVID-19 include but are not limited to fever, cough, and shortness of breath.

Tested & Confirmed Case

Those who have a confirmed case:

- Any person who has tested positive for COVID-19 through a clinical laboratory diagnostic test is required to remain isolated at an individual's place of residence until such time as that individual meets their appropriate process for discontinuation of isolation.
- The discontinuation of isolation regardless of whether the individual is symptomatic or asymptomatic, is:
 1. the completion of at least 10 days of isolation from the 3 onset of symptoms (if symptomatic) or 10 days of isolation after the first positive test (if asymptomatic and have remained asymptomatic)
 2. 72 hours with no fever without the use of fever-reducing medications
 3. The improvement of respiratory symptoms.

2021 Operating Protocols

	Mandatory	Recommended Best Practices
Practices & Games	<ul style="list-style-type: none"> ➤ Coaches & players must adhere to three foot physical distancing while at diamonds and facility (as recommended by CDC for outdoor activities) ➤ Parents and Coaches must conduct symptom assessments. ➤ No team shared water coolers or shared drinking stations ➤ Each player must have their own equipment 	<ul style="list-style-type: none"> ➤ For each practice session, teams should be divided into smaller groups for drills ➤ Wherever possible equipment should also be socially distanced ➤ Proper sanitation protocols to be followed including sanitizer on the bench
Coaches	<ul style="list-style-type: none"> ➤ No spitting or eating seeds, gum or other similar products ➤ No touch rule: coaches should refrain from high fives & other forms of motivational enforcement that requires individuals being closer than 3 feet apart ➤ At the end of the game, a tip of the cap should be used in place of handshakes to opponents ➤ Coaches must bring their own chair ➤ Coaches must wear facemasks 	<ul style="list-style-type: none"> ➤ Assure proper first aid kits are on the bench ➤ Designate 1 scorekeeper for the entire game ➤ Do not share equipment with players ➤ Proper sanitation protocols to be followed including sanitizer on the bench ➤ Socially distanced spacing on benches designated with tape or other means
Players	<ul style="list-style-type: none"> ➤ Must not share drinking equipment or playing equipment ➤ No touch rule: players must refrain from high fives & other physical cheering components ➤ At the end of the game lineup on the sideline with a thumbs up or wave to opponents ➤ No spitting or eating seeds, gum or other similar products ➤ If you start to feel ill, alert your coach ➤ Players are not required to wear face masks on the field of play but are required to wear them in the bench area (unless eating or drinking) ➤ Players must keep their equipment near their seat 	<ul style="list-style-type: none"> ➤ Players can wear masks on the field if they would prefer ➤ Hand washing or hand sanitizing throughout the game is strongly encouraged ➤ Do not share equipment with other players or coaches ➤ Players can bring their own chairs (benches will be provided)

2021 Operating Protocols

	Mandatory	Recommended Best Practices
Spectators	<ul style="list-style-type: none">➤ All spectators must adhere to three foot physical distancing while at diamonds and facility➤ Anyone experiencing symptoms must stay home➤ Masks are required when moving to and from your seat, once seated, masks can be removed➤ Should sit in pods with people they came to the game with	<ul style="list-style-type: none">➤ Hand washing or hand sanitizing throughout the game is strongly encouraged➤ 2 spectators per player
Umpires	<ul style="list-style-type: none">➤ No pre game handshakes➤ Avoid making physical contact with players, coaches or equipment➤ 2 balls per team, marked as such and the team in the field uses their marked softballs➤ Empowerment to police the rules➤ Masks are required for the home plate umpire	<ul style="list-style-type: none">➤ Hand washing or hand sanitizing throughout the game is strongly encouraged➤ A new ball put into rotation after every inning

Any player, coach, umpire, or spectator who does not adhere to the mandatory guidelines will be asked to leave the diamonds.

Symptoms of COVID-19



Cough



Shortness
of breath



Fever

COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Our Fields

Walden Pond Park

Walden Ave & Ransom Rd, Lancaster, NY 14086



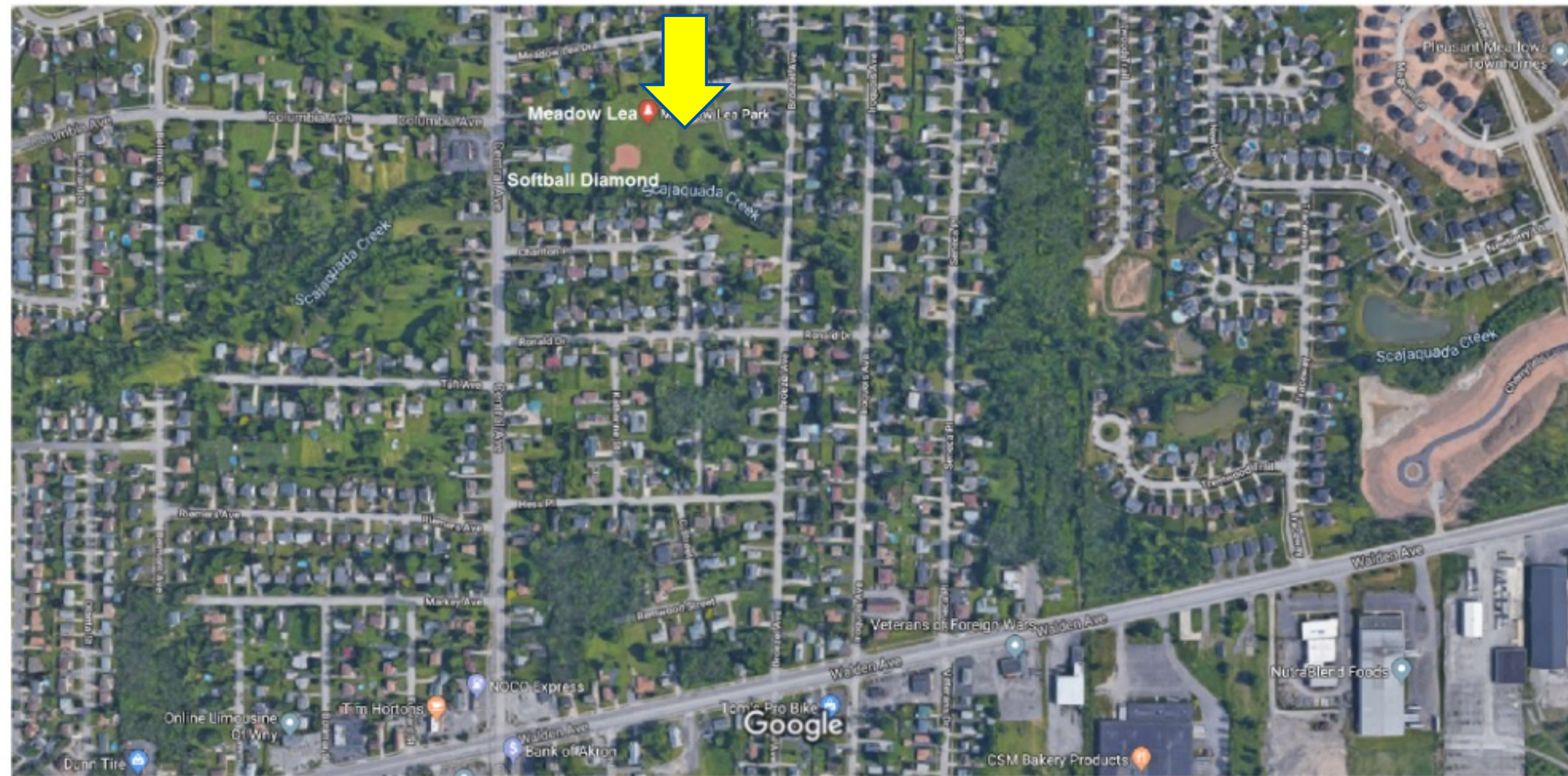
ONE TEAM

Our Fields

Meadow Lea Park

Broezel Ave, Lancaster, NY 14086

Google Maps meadow lea park lancaster



ONE TEAM

***Lancaster Depew Ponytails & Heat
Helpful Links***

League Website: <https://lancasterdepewponytails.teamsnapsites.com/>

League Facebook: <https://www.facebook.com/lancasterdepewponytail>

ONE TEAM

Lancaster Depew Ponytails House Divisions

Est: 1979

Pee Wee:

- ages 5-6 (2014-2015)
- play Mondays (6:15pm) & Saturdays

Ponytail:

- ages 7-8 (2012-2013)
- play Tuesdays (6:15pm) & Saturdays

Junior:

- ages 9-10 (2010-2011)
- play Mondays (6:15pm) & Saturdays

Middle School:

- ages 11-13 (2007-2009)
- play Tuesdays (6:15pm) & Saturdays

High School:

- ages 14-18 (2006-2002)
- play to be determined by League

ONE TEAM

Lancaster Depew Heat Travel Age Divisions & Coaches

10u: (2 teams)

- Kara Bonn
- Stacey Peterson

12u: (4 teams)

- Jeff Matthews
- Ryan Szpylman
- Jamie DeWald
- Joel Eberth

14u: (3 teams)

- Laura Pyszczek
- John Monin
- Steve Weydig

16u: (2 teams)

- Dave Pollina
- Ken Klein

18u: (2 team)

- Mike Kraft
- Matt Kessler

ONE TEAM