



Hello Parents!

Unfortunately, life throws us curve balls sometime, and as resilient human beings do...we adjust. As we work through this time I ask for two things from you. I ask that you extend Grace and demonstrate Flexibility.

On May 1, 2020 Indiana Governor Holcomb announced his plans for reopening Indiana communities and the local economy. The following pages detail what our plans look like in accordance with state guidance. Our purpose is to allow our families to begin practicing and playing in a safe way. The details attached are subject to change depending on what the coming weeks bring. The health and safety of our players and families is a priority. We must take precautions and we must take care of each other as we work through this time.

Your coaches will definitely stay in contact with you during this time and let you know of any updates.

I appreciate you.

Adam

*Remember: Grace and Flexibility*



## Indiana Shock 2020 Spring & Summer Season Timeline

### **May 4<sup>th</sup>, 2020 – May 23<sup>rd</sup>, 2020**

- No organized Indiana Shock gatherings (i.e. small group sessions, team meetings, individualized player lessons, and / or service projects).
- Coaches will have finalized their “new” summer schedule and share with parents.
- Coaches will share at home workouts / drills for players to work on their own (strength, hitting, fielding, pitching, and the mental side of the game).

### **May 24<sup>th</sup>, 2020 – June 13<sup>th</sup>, 2020**

- Indiana Shock practices may begin where field space is available.
- No more than two complete teams per practice field.
- Individuals 65 and over and those with known high-risk medical conditions are encouraged to avoid coming to practices.
- It is strongly recommended that all parents / guardians staying for practice wear face coverings, practice social distancing, and practice good hygiene.
- All parents must follow the CDC social distancing guidelines in order to be onsite with two teams or less in his/her designated area of capacity. Please avoid close contact with those around you.

### **June 14<sup>th</sup>, 2020 – July 3<sup>rd</sup>, 2020**

- Indiana Shock practices may continue.
- No more than two complete teams per practice field.
- Local (Indiana) events will begin at venues with spectator limits.
- All events will adhere to government & facility produced guidelines to ensure safe practices among all. This includes continuing to wear proper PPE, social distancing, increased sanitization, segmenting facilities for access control, etc.
- Individuals 65 and over and those with known high-risk medical conditions are strongly encouraged to remain cautious and adhere to social distancing guidelines.
- It is strongly recommended that all individuals who are able wear face coverings.
- All parents must follow the CDC social distancing guidelines in order to be onsite with two teams or less in his/her designated area of capacity. Please avoid close contact with those around you.



**July 4<sup>th</sup>, 2020 – Onward**

- Indiana Shock practices, tournaments, and tryouts may continue.
- Indiana Shock will look to return to standard operations with guidelines to ensure safety of players and parents.
- Individuals 65 and over and those with known high-risk medical conditions should remain cautious and adhere to social distancing guidelines.
- Recommended, but not required, that all individuals who are able wear face coverings.
- All parents must follow the CDC social distancing guidelines in order to be onsite with 2 or more teams in his/her designated area of capacity. Please avoid close contact with those around you.



## COVID 19 – Rules for Spring & Summer Season

- Do not attend any function if you or someone in your household is not feeling well. \*\*Stay home please\*\*
- Players and parents must take their temperatures prior to arriving to a practice or tournament. If your temperature is 100.4° F or higher you are not allowed to attend.
- All players must have practice gear on before arriving to practice or tournaments. The focus is to limit only necessary player equipment.
- All players must wash hands before arriving and after departing.
- Players must bring their own source of drink in a “take home container.”
- Players must have a towel of their own to wipe face and hands from any sweat.
- We will not participate in hand shake lines.
- No sharing any items.
- When gathering after practices or tournaments as a team please keep social distancing of 6 feet – 10 feet from each other.
- All personalized player equipment must be cleaned before and after practices and tournaments. We will not be sharing individual player equipment.
- Each family will adhere to safety guidelines set forth by the state, softball sanctioning body, and host facility.