



## ST. JOHNSBURY BASEBALL & SOFTBALL CORONAVIRUS PROTOCOLS 2020

The following are St. Johnsbury Baseball & Softball protocols for the 2020 season. We take the health of our players and their families seriously. It's important to note that there is an assumption of risk for players and their families. If you do not feel comfortable participating, then please don't. The league will make reasonable efforts to mitigate said risk (as outlined below) and insists that players, families and coaches follow instructions as outlined.

### Player Monitoring

- Perhaps the greatest single tool available to the baseball and softball community is player monitoring.
- Families will complete the symptom checks provided by the league prior to participating in league activities (attachment 1 - COVID-19 Symptoms).
- A player with any of the following conditions should **not** attend a practice or game until evaluated by a medical provider and given clearance to do so:
  - Active COVID-19 infection
  - Known direct contact with an individual testing positive for COVID-19
  - Fever
  - Cough
- A player who has been in contact with anyone with the aforementioned symptoms should not attend practices or games.
- Coaches will complete a symptom checklist prior to any and all baseball activity and keep a log of their checks (attachment 1 - COVID-19 Symptoms).
- Coaches will take attendance for purposes of contact tracing in the event of an infection.
- If any player is showing symptoms, coaches will take temperatures with league-provided, no-contact thermometers. Thermometers will be provided at the league concession stands or equipment sheds or coaches may provide their own.

### No Handshakes/Personal Contact Celebrations

- Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. Little League International suggests lining up outside the dugout and tipping caps to the opposing team as a sign of good sportsmanship after a game.
- Games and practices have been purposely staggered to prevent large crowds. Players and families should vacate the field/facility as soon as is reasonably possible after the

conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game, ideally within 15 minutes.

#### **Drinks & Snacks**

- Athletes, managers/coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name.
- There should be no use of shared or team beverages.
- Teams should not share any snacks or food. Players should bring individual, pre-packaged food, if needed.

#### **Spitting, Sunflower Seeds, Gum, etc.**

- Sunflower seeds, gum, etc., should not be allowed in dugouts or on the playing field.
- All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.

#### **Personal Protective Equipment (PPE):**

- We suggest managers/coaches, volunteers, umpires, etc., wear PPE if applicable and possible, such as cloth face coverings and protective medical gloves.
- Players should not wear protective medical gloves on the field during game play.
- Players, especially at younger divisions, are not required to wear a cloth face covering while on the field during game play.
- Players will be permitted to wear a cloth face covering on the field during game play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian.
- Reasonable efforts will be made to make hand sanitizer available in dugouts and at concession stands.

#### **Dugouts**

- Dugouts will be closed during practices.
- During games, Managers/coaches and players should be assigned spots in the dugout or on the bleachers to maintain social distancing.
- Bleachers will be reserved for players only.
- Players are to stay at their assigned spots when on the bench or while waiting their turn to bat.

#### **Player Equipment**

- No personal player bat bags/equipment bags should be allowed in the dugout. Player equipment should be spaced accordingly outside the dugout to prevent direct contact.
- Players should have their own individual batter's helmet, glove, bat, and catcher's equipment.
- Measures should be enacted to avoid, or minimize, equipment sharing when feasible
- Some critical equipment may not be able to be obtained by every individual. When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned first and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before used by a new player. Increased attention should be paid to detailed cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).

- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent/guardian/caretaker, where applicable.
- Individuals disinfecting equipment are encouraged to use gloves while using disinfectants and follow the manufacturer's directions for use. All disinfectants should be stored properly, in a safe area, out of reach of children.

#### **Baseballs and Softballs**

- Baseballs and softballs should be rotated through on a regular basis, at least every two innings, to limit individual contact.
- Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
- Balls used in infield/outfield warm-up should be isolated from a shared ball container.
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball.

#### **Umpires**

- Umpires are permitted to be placed behind the pitcher's mound/circle to call balls and strikes if they choose. Umpires are encouraged to keep a safe distance from players as much as possible and wear protective gloves.
- If physically able, umpires are encouraged to wear cloth face coverings while umpiring.

#### **Limiting Spectator Attendance**

- If there is a game or practice prior to your event, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
- Until such time as Vermont directives regarding the number of people allowed to gather in one place increases, only players, coaches and officials will be allowed to attend games and/or practices. Currently (May 31, 2020) the maximum number of people allowed to gather in Vermont is 25.
- All spectators should follow best social distancing practices — stay six feet away from individuals; wear a cloth face covering; avoid direct hand or other contact with players/managers/coaches during play.
- Spectators should bring their own seating or portable chairs when possible.
- Bleachers will be reserved for players.
- A spectator with any of the following conditions should **not** attend a practice or game until evaluated by a medical provider and given clearance to do so:
  - Active COVID-19 infection
  - Known direct contact with an individual testing positive for COVID-19
  - Fever
  - Cough
- Those at [higher risk for severe disease](#) should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing. Such groups include:
  - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease.

- Those currently residing in a nursing home or long-term care facility
- Those over 65

#### **Public Restrooms**

- Public restrooms will **not** be provided during the 2020 season.

#### **Concession Stands**

- Concessions will be run in full compliance of local and state health and safety rules.
- Leagues will display posters and signs throughout the park to frequently remind visitors to take steps to prevent the spread of COVID-19. These messages will include information about:
  - Staying home if you are sick or do not feel well, and what to do if you're sick or feel ill.
  - Using social distancing and maintaining at least six feet between individuals in all areas of the park.
  - The [CDC has downloadable resources available](#) to post at public places; and leagues are encouraged to utilize additional resources from their state or local authorities.

#### **Member Communication**

- The league will disseminate information to all families, volunteers, and spectators about the Coronavirus risk and the efforts your league will be undertaking to mitigate those risks, as outlined above. Information will be disseminated by email and on the league website.

#### **Pre-Game Plate Meetings**

- If possible, plate meetings should be eliminated.
- Social distancing of six feet between individuals should be implemented during all pre-game plate meetings between teams and umpires.
- Plate meetings should only consist of one manager or coach from each team, and game umpires.
- All participants should wear a cloth face covering.
- No players should ever be a part of plate meetings.

#### **Limit League/Game Volunteers**

- For each game, there should only be the required team managers/coaches, umpires, and one (1) league administrator (i.e. Safety Officer, player agent, etc.) in attendance.
- Practices should be limited to the managers/coaches and players. Families are asked to stay in their vehicles.
- Scorekeeping should be done by team coaches or team parent/guardian via GameChanger. Proper social distancing should be practiced.
- Press boxes will follow social distancing guidelines.

#### **Field Preparation & Maintenance**

- Fields will be mowed, raked, and lined prior to teams and spectators arriving at the complex and after they depart. It is encouraged that volunteers already participating in the game (managers/coaches, umpires, and league administrator) perform these tasks to limit individuals at the site.

- Shared field preparation equipment will be sprayed or wiped with cleaner and disinfectant before and after each use.
- Maintenance crew will wipe down dugouts between games and practices
- Communal surfaces will be cleaned AND disinfected frequently and in between all facility uses, including practices and games.

**Waiver of liability**

- All participants will be asked to sign a waiver of liability (attachment 2 - CV Waiver).