

## AHYAA Return to Play Practice and Game Guidelines - Phase 4

**Purpose:** The purpose of this document is to provide return to play guidelines for AHYAA in 2020, addressing player/family health and safety concerns surrounding the COVID-19 pandemic. These guidelines are meant to provide a series of best practices and protocols to provide our participants a safe and structured environment to play and support the sport they love. Playing a sport during this time will have an inherent risk of potential exposure. Parents should understand and consider this risk when choosing to allow their athlete(s) to participate. It will be our intent to provide a great example to our young athletes, and thus we ask all participants to engage in these best practices. We will stay in-touch with federal, state and local guidelines to update this policy as they become available. Compliance to the policies and procedures in this posting are mutual responsibility of the players, their families/guardians, and the team manager/coach(es). Any required personal protective equipment-PPE (e.g., facial cloth masks, hand sanitizers, etc.) is the responsibility of the players and their families/guardians.

**Current CDC Guidelines:** Detailed explanation can be found [here](#).

- Wash/sanitize hands often
- Avoid close contact with others
- Avoid touching face (most notably eyes, mouth, nose)
- Cover mouth and nose with cloth face covering
- Cough/sneeze into elbow/use tissue (and immediately wash hands)
- Disinfect commonly used surfaces regularly

### **Individual Care:**

- Athletes and coaches with underlying health conditions as listed by the CDC should consider delay in participation. If you are unsure, please contact your physician/pediatrician.
- Wellness check each morning with parent (temperature taken, ask CDC screening questions)
  - Screening questions relating to fever, cough, shortness of breath, sore throat, loss of smell/taste, close contact with someone who has been diagnosed with COVID-19 in last two weeks
  - Fever of 100.4 or more – **STAY HOME** and call your medical provider
- If you don't feel well – **STAY HOME** and call your medical provider
- Wash hands prior to leaving house
- Come to field fully dressed (minus cleats)
- Any athlete or coach who prefers to wear cloth face masks should do so. Cloth masks are acceptable (medical grade not necessary) and can be worn when not doing heavy physical activity.
- Each player is responsible for their own hydration device that cannot be shared
- No sharing of equipment (Helmets, Bats, J Bands, Face masks) - Catchers gear if must be shared must be sanitized prior to use
- Bats and batting helmets should be cleaned after each practice and gloves left out to dry
- Shower and washing of clothes should occur immediately after practices/games

## Practices:

- There will be a minimum of a 15 minute window in between team practices. All coaches and players must leave the field 15 min prior to the other team arriving. Arriving team must not enter the field until the previous team has left.
- No more than 50 people are allowed on the field - parents/spectators must remain 30 feet
- 6 foot separation of participants within a group for all drills
- Upon arrival, all individuals should sanitize hands after getting cleats on (Each player is to bring sanitizer and coaches will have some available if you do not have your own)
- Equipment will not be stored in dugouts. Team and player gear will be placed along the fence line (inside of fence) with 10 foot spacing in between.
- Common Equipment (Balls, Tees, etc) will be cleaned prior to practice
- Dugouts are to be cleaned prior to leaving premises
- On-site spectators are not allowed at practices (you can watch from your car). Please drop off your athlete and arrive on time for pick up.
- Cloth mask must be worn if not able to socially distance (6 feet).
- No shared snacks or treats.
- Team huddles will be replaced by socially distanced interactions.
- A Player Log will be kept listing each participant of a given practice, for contact tracing purposes.
- A waiver must be signed by each parent prior to practicing.

## Games:

- There will be a minimum of a 15 minute window in between team Games. All coaches and players must leave the field 15 min prior to the other team arriving. Arriving team must not enter the field until the previous team has left.
- No more than 50 people are allowed on the field (field participants limited to the two teams, coaches, and umpire(s))
- Melas Fields
  - Teams stand behind dugouts and stay 6 feet apart
  - Fans watch games from behind the outfield fence. NO FANS IN THE PARK, NO EXCEPTIONS.
- All other Fields -
  - Unless the player bench area allows players to be 6 feet apart when in the bench area, do not use the bench area/dugout. Examples are Rec Meyer, Centennial #1, Rotary which all have enclosed dugouts and not enough room for a full team to sit. Stand behind the fencing or the backstops.
  - Fans must be 30 feet from all participants. It is recommended that fans position themselves down the foul line or in the outfield 30-ft from the field of play. It is recommended that non-family members sit at least 6 feet from others and wear masks if unable to maintain 6-ft distance. Anyone with underlying health conditions should avoid being the "on-site" spectator.
  - Fans are to enter the park at the time their team is ready to play
  - Fans will not be permitted behind home plate or near the dugouts
  - Fans are to vacate area immediately upon completion of game to allow for next teams spectators to arrive
- Cloth mask must be worn if not able to socially distance (6 feet).
- Players are allowed to wear cloth masks during the game but not required.
- Dugouts are to be cleaned prior to leaving premises (if they were used)
- No shared snacks or treats.
- Team huddles will be replaced by socially distanced interactions. No post game handshakes.

### Positive Case Considerations:

- If a coach or athlete tests positive they should contact their physician and appropriate public health authority to begin the contact tracing process.
- If the coach or athlete did not socially distance or wear a mask (if within 6 feet) during team interactions in the last 48 hours, then those in contact should be excluded from team activities for 14 days. Those who were in contact with individual and appropriate social distancing was maintained, may not have to be excluded per advice from their physician
- An individual may return to activity once physician's clearance is obtained.

### References:

"Restore Illinois: Youth Sports Guidelines", Issued May 24, 2020

<https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines3/youthsports.pdf>

"Restore Illinois -Phase 4 Revitalization - Youth and Recreational Sports Guidelines" - Issued June 22, 2020

<https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines4/youthsports.pdf>

<https://dceocovid19resources.com/assets/Restore-Illinois/postertext4/youthsports.pdf>

"2020 NFHS Guidance for Opening Up High School Athletics and Activities", [www.nfhs.org](http://www.nfhs.org), Accessed: 5/18/2020.

"How to Protect Yourself and Others," [www.cdc.gov](http://www.cdc.gov), Accessed 5/18/2020.

"Resocialization of Sport in St. Louis Region", Accessed 5/18/2020.

"Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19 (Interim Guidance)," CDC.gov. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>. Accessed 5/18/2020

"Guidelines for Opening Up America Again," Whitehouse.gov.

<https://www.whitehouse.gov/wp-content/uploads/2020/04/Guidelines-for-Opening-Up-America-Again.pdf>.

Published April 16, 2020.