

WESTMINSTER BASEBALL



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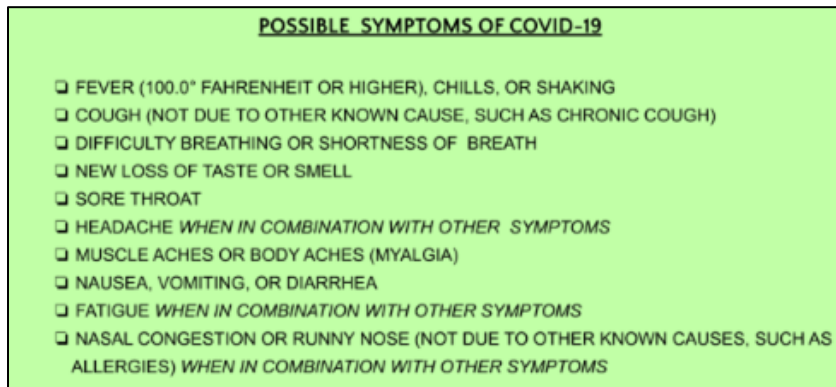
Coaches Quick Guide COVID-19 Safety Standards – Phase III Reopening September 2020

Help us keep our community safe and prevent the league from facing fines and penalties! This Guide is intended to help you navigate day-to-day safety protocol for practice and games in Phase III. The State Standards, as they are updated, and the Governor's Orders will always take precedence. [Go to Workplace Safety and Reopening Standards for...Supervised Youth Sports Leagues, Summer Sport Camps – Phase III, Step 1.](#)

The Board may decide to suspend the entire Fall Ball season if the State moves back to Phase II reopening or if there is widespread disregard for these standards. The Board reserves the right to suspend individuals, teams, or specific divisions that are not adhering to these standards.

Stay Home When Sick!

- ✓ We ask that coaches, players, and spectators stay home if *they or someone living with the player* has:
 - Been sick or exhibited COVID-19 symptoms within the past 14 days. Current list of symptoms is available here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>; or
 - Been asked by a doctor or a local public health official to self-isolate or quarantine due to potential COVID-19 exposure.



- ✓ Players exhibiting possible COVID-19 symptoms and anyone (teams, family members) in contact with that player will be quarantined until:
 - 14 days have passed; or
 - the symptomatic individual can produce proof of a negative test result for COVID-19. Test sites can be located at www.mass.gov/covid-19-testing; or
 - the symptomatic individual can produce a doctor's note stating that symptoms have been evaluated and are not related to COVID-19 and a test is not required.
- ✓ If the team was in close contact with a player with **confirmed COVID-19**, the entire team may be asked to get a test for COVID-19 and self-quarantine for 14 days after the last exposure to the person who tested positive, regardless of team member's test results. This state required regulation is due to the infectious period of COVID-19. A close contact is defined as being within six feet of the individual for at least 15 minutes, while the person was infectious.

- ✓ If a player develops **symptoms during a practice or game**, they should promptly inform Coaches or parents and must be removed from the activity and instructed to return home.
- ✓ If coaches or players have traveled outside of the current list of Lower-risk States, you must follow the quarantine and/or testing requirements of the [COVID-19 Travel Order](#).

On the Field

- ✓ Special [COVID-19 release waivers](#) must be completed by all players, coaches, and volunteers. Coaches will also keep track of who is at the field to assist with contact tracing. **Please keep these records for the season.**
- ✓ Cleaning supplies and **hand sanitizer** must be available in the dugout area. In addition to normal practice/game set up, set up sanitizer and cleaning station in the dugout. Upon arrival at the field, all players must **sanitize their hands** in the presence of their coach. We are encouraging all players to bring their own supply of sanitizer. If you forget or are unable to bring sanitizer, each coach will be supplied with some that can be made available to players. **Sanitize hands again when leaving.**
- ✓ Coaches and umpires are required to wear facial coverings and maintain social distancing of 6 feet from players, coaches, spectators, and other persons at all times.
- ✓ The **dugouts** can no longer be used by all players. If coaches choose to use dugouts, players must remain 6' apart and wear a mask at all times while in them. The rest of the players will have to line up along the fence line. Dugouts must be thoroughly cleaned before and after each use (bench and high touch areas).
- ✓ All **personal equipment**, including helmets, will not be allowed to be shared between players. All personal equipment and drink bottles *must* be labeled with the player's name. The league has some **helmets** (approx. 6 per team requested through your Coach) that players can borrow for the season; most players will need to purchase helmets. **Team bats** that need to be shared will be wiped with disinfectant between uses.
- ✓ Baseball / Softball is considered a Moderate Risk sport. All Level 1 activities (socially distanced group activities like drills and individual skill work) is allowed. For Level 2: Competitive Practices and Level 3: Competitions, we must modify play to limit contact or increase distancing for participants. **Batters must wear a mask to bat and may choose to wear a mask while on base. Deliberate contact must be eliminated. Umpires will call the game from behind the mound. Participants must wear facial coverings in any huddles or time-outs.**
- ✓ Shared **catchers gear** will be sanitized by an adult between players wearing the gear. Players who are more dedicated catchers, we will recommend that you get your own gear – but this is not required.
- ✓ Players and coaches will refrain from any handshakes, high fives, fist, elbow or chest bumps, and team celebrations. We understand that these are kids, and kids will be kids.
- ✓ There will be no shared food or drink for participants or spectators. The use of **candy, chewing gum and/or sunflower seeds** is not permitted by players, coaches, umpires, or spectators.

Around the Park

- ✓ Please refer to the attached **MA COVID-19 Checklist for Youth and Adult Amateur Sport Activities** for detailed standards related to: Social Distancing, Multiple Playing Surface Capacity Limits, Hygiene Protocols, Staffing & Operations, and Cleaning & Disinfecting.
- ✓ For team and group sports, **no more than 25 players or participants** can be on a single playing surface/area/court at any one time. The number of coaches and staff should be limited.
- ✓ **Spectators must wear facial coverings and maintain six feet of social distance at all times with no exceptions.** The number of spectators per player will need to be limited for games. **No more than 50 people** (excluding players, coaches, umpires) **can be at/in each field at any one time (both teams combined).**
- ✓ Bleachers can be used by spectators, but each household group must remain 6' apart and wear a mask.
- ✓ Hand sanitizer will be set up at locations around the park for players and coaches to use as needed.
- ✓ **Two people are allowed in the bathroom at a time.** Restrooms will be cleaned and disinfected in accordance with the [COVID-19 Outdoor Recreation Facility Restroom Cleaning Best Practices](#).
- ✓ **Snack Shack** will remain closed for Fall Ball.