



# Lenape Valley Baseball 2021 COVID Safety Plan

*Last Update 1/3/21*

## **Purpose**

All guidelines and best practices outlined within this document are meant for the best direction for the Lenape Valley baseball program to move forward with a start to the 2021 season. The overall safety of our players, parents and coaches is paramount and above anything else we do!

This document is fluid and will be updated to reflect the most current status of recreational sports in Pennsylvania as information is made available.

## **Resources**

The following resources have been referenced in the creation of this document:

- Center for Disease Control <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Pennsylvania Department of Health <https://www.health.pa.gov/Pages/default.aspx>
- Central Bucks School District <https://www.cbsd.org/2020-21>

## **Quarantine/Contact Requirements**

There will be a number of requirements in place to help reduce the risk of exposure to COVID:

- If a player/coach tests positive, the entire team will not have games or practices for 10 days.
- If a member of a player's household tests positive for COVID, that player is not permitted to play or practice with the team for 10 days. The parent/guardian shall immediately notify the team coach(es) and will provide status updates on test results as soon as possible.
- If a player/coach comes in close contact with someone that has tested positive for COVID, that player/coach is required to quarantine. Close contact includes the individual:
  - Being within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
  - Provided care at home to someone who is sick with COVID-19
  - Having direct physical contact with the person (i.e. hugged or kissed them)
  - Sharing eating or drinking utensils
  - Being sneezed or coughed on
- Any quarantine situation can be concluded:
  - After day 10 without testing
  - After day 7 after receiving a negative test result (test must occur on day 5 or later)



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## **Travel**

If a family travels (vacation, work, etc.) during the season, they must adhere to the following travel requirements:

- Pennsylvanians who are returning home after travel (from any state) are required to either quarantine for 10 days without testing, or to quarantine for 7 days with a negative test on or after day 5 of quarantine.
- Travel to another state occurs any time a person crosses into another state via air travel, public transit, personal vehicle, ride shares or taxis, and interacts with individuals in the other state.

## **Face Coverings**

- Face coverings - over both nose and mouth – are required for all coaches, staff, volunteers, umpires, parents, siblings, and spectators during entirety of practice and games.
- Players are not required to wear face coverings while playing in the games/practicing.
- Players are required to wear face coverings while on the bench during the game.

## **Physical Distancing and Behaviors**

- Coaches will attempt to create distance between players and coaches when providing direction and coaching.
- Coaches will attempt to create distance and spread kids out when running drills, when applicable.
- No touch rule – players should refrain from high fives, handshake lines, fist bumps, and other physical contact with fellow teammates and coaches.
- Non-participants/spectators should attempt to remain at least 6 feet apart and avoid congregating in large groups before, during, and after practices/games.
- Non-participants/spectators will not be permitted to sit behind the backstop or near dugouts/benches.
- Players should wait in their cars with their parents/guardians until just before warm-ups for practice/games to begin and return to cars immediately after practice/games are over.
- Players are strongly recommended to travel home with a member(s) of their immediate household. Carpooling is strongly discouraged.
- No spitting, eating seeds, chewing gum and eating any food is allowed during the activity or in the playing area. Players should be encouraged to cover coughs/sneezes with tissue or inside of elbow.
- Frequent hand washing/hand sanitizing are strongly recommended for players and coaches during the activity.
- Any team meetings should occur in a socially distant manner or virtually.



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## Pre-Practice/Game Requirements

- Prior to arrival to all games/practices, all coaches and parents/players must conduct a self-symptom assessment and temperature check. If the coach or player have a fever or demonstrate the symptoms listed below, it is the parent's responsibility to withhold their child from practice.
- As players and coaches approach the field to check-in they must wear a face covering. Once players clear check-in, they'll be able to leave the mask with their items and proceed to warm-up with the team.
- Upon arrival to the field, prior to all practices and games, all players, coaches, volunteers, and umpires are required to be screened for both temperature and the symptoms listed below. If a player, coach, volunteer, etc. have a fever and/or demonstrate any of the below symptoms, they cannot attend the current practice/game. That individual must leave the facility and not return until fever free or receiving a negative COVID test.
- Temperature and Symptoms that prohibit participation
  - Anyone with a fever of 100.4 degrees F or higher
  - Anyone experiencing COVID/FLU-like symptoms, such as fever, cough, shortness of breath, headache, runny nose, sore throat, muscle aches, chills, GI illness, loss of taste or smell, and diarrhea/abdominal pain.
- Parents should stay until their player has cleared check-in. Do not drop and go.

## Practice and Games

- No more than 25 persons are permitted on the field at one time.
- For each activity, it is recommended that coaches divide players into small groups/stations and establish rotating shifts when possible.
- During games, umpires (if applicable) will be located behind the pitcher and will attempt to socially distance themselves from players and coaches as much as possible.

## Equipment

- Sharing equipment is strongly discouraged.
- All players should have their own glove, batting helmet, and batting gloves. Sharing of these items are prohibited.
- Sharing baseball bats is discouraged, but not prohibited. At times, players like to use other bats to see if they are a better fit. However, if a parent does not want their child sharing their bat, they should notify their child and the coaches, and ensure their child takes proper precaution with their bat.
- Players must keep all of their equipment, when not in use, stored in their own equipment bag.



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- Sharing of water bottles, water coolers and food is prohibited. All water bottles must be clearly labeled with child's name.
- Between hitters, a coach will retrieve the bat and return it to the dugout/bench area.
- Teams will attempt to have multiple sets of catcher's equipment. If sharing equipment, the teams will sanitize equipment between uses and after games.
- Teams will sanitize baseballs before baseball activities

## **Confirmed Cases**

- Following a presumed positive test, direct contact or confirmed case, contact should be made to the LV Board at [COVID@lvbaseball.org](mailto:COVID@lvbaseball.org).
- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/ notifications.

**Failure to abide by these guidelines by any player, parent or coach could result in immediate dismissal from future baseball activities.**