



## Quad County Baseball & Softball Guidelines and Best Practices (For Players & Parents)

The CDC Health and Safety guidelines during COVID-19 should be followed if not addressed below. The Quad County will implement these guidelines and best practices indefinitely for our baseball and softball seasons with everyone's health and safety as our #1 priority. Please read all of the guidelines below:

### **Spectators & Participants:**

#### **Do not attend games/practices if you exhibit any of the following symptoms:**

- Fever (101.4 or higher) or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea.

#### **For anyone that has tested positive or thinks they have/had COVID-19:**

- You may begin practicing and playing games when all three of these guidelines are met:
  - 3 days with no fever and
  - Symptoms improved and
  - 10 days since symptoms first appeared

#### **For anyone who has been around a person with COVID-19:**

- It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days after exposure based on the time it takes to develop illness.

**\*\*guidelines above are taken from the CDC website\*\***

**If a player or coach tests positive for COVID-19 during the season, that age bracket and division has the right to take a 14 day absence from practices and games.**

### **Parent & Spectator Guidelines:**

- Players, coaches, umpires and anyone attending the game as a spectator are encouraged to wear a mask, but not required to do so.
- Games will require social distancing for spectators by sitting at least 10 feet apart from other non-family spectators.
  - Spectators are encouraged to bring your own seating for games. Please respect bleachers and seating that is blocked off.
- Any person that attends games or practices will be required to follow all guidance from coaches, umpires and signage at the fields in regards to the guidelines of social distancing and keeping everyone safe.
  - At each field, spectators will be required to sit no closer than 10 feet away from any entry point to the field, dugout, or out of bounds lines if there is no fence.
  - Spectators are encouraged not to sit behind home plate if possible
  - Family units will be asked to give at least 10 feet of space between other family units or spectators
  - In general, please limit the number of family members attending games/practices.
- Practices will mandate that social distancing takes place for spectators. We encourage you only drop off and pick up your player from the practices, but any spectators at practices must:
  - Stay off the field and fence throughout the practice
  - Avoid having your son/daughter interact with you DURING practice/games
  - Do not assist with activities/drills unless approved through coaches or league representative

## Player and Coach Guidelines:

- Establish and practice social distancing during the entire practice by keeping players and coaches 6 feet apart.
  - Examples: Stations throughout the field, stagger water breaks, sanitize equipment between player use, split practice time in half to limit player numbers on field
- Minimize use of player benches and bleachers. Use any open space available instead of the dugout (if possible). Players can bring their own chairs to sit in while not on the field if social distancing can still be in place.
  - Some fields will have labeled player zones where players can place their equipment and spend their time when not playing on the field.
- Players and coaches should practice good hygiene with frequently washing hands, using hand sanitizer, covering your mouth when you cough, **not touching your face**, etc.
- Do not share equipment between players if possible. If equipment must be shared, each community will provide each team with a disinfecting spray to use as necessary throughout practices and games.
  - Items to sanitize:
    - Bats between uses
    - Batting helmets between uses
    - Balls between innings
    - Catcher's gear between uses
    - Common touch points in the dugout
- Players and coaches are encouraged to bring hand sanitizer with you to practice and games to apply regularly between innings and after an at bat.
- Players are strongly encouraged to purchase/bring their own equipment for the season, specifically batting gloves and batting helmets.
  - Players with personal equipment should keep their equipment in a personal bag between uses at games/practices to limit sharing
- Before, during, and after practice, the baseballs or softballs will be sanitized between uses in cases where players/coaches did not use gloves or other protection to limit contact.
- **No team huddles, high-fives, or any other contact gestures that are unnecessary**
  - Encourage air-fives or verbal compliments
- For pre-game best practices:
  - Teams will be only be allotted 30 mins of warm ups prior to game time
  - Pre-game meetings will include only one coach from each team and one umpire, following 6 feet distance guidelines.
- For post-game best practices:
  - Coaches and players will be asked to line up on the first/third base line respective to their dugout and tip their hat to the other team as a sign of good sportsmanship.
  - Everyone will be asked to leave the field promptly after the conclusion of practice or game, please do not create crowds or large gatherings between fields
- No sharing of food, gum, snacks, etc.
  - No seeds will be allowed at the fields.
  - Gum must be disposed of in a garbage can located at the field.
- No team snack or common water coolers sharing post-practice or post-game.
- Water fountains will be shut off or taped over, please bring personal water bottles/sports drinks that are labeled with a player's name.
- No spitting on the fields or in the dugouts.
- For all baseball and softball leagues, there will be one umpire that will stand behind the pitcher to make all calls for the field.

OTHER GUIDELINES MAY BE ADDED AS MORE RESEARCH AND INFORMATION COMES IN...Any immediate questions or concerns about these guidelines should be directed to your coach. If an answer isn't found then please contact your city's representative in Quad County.