

# **Goodhue Baseball & Softball Association 2020 COVID Plan**

**The Goodhue Baseball/Softball Association has a current COVID plan for our players, coaches and parents to follow.**

In general, the youth and student programming guidance document includes recommendations for:

- Following social distancing. (6 feet)
- Encouraging and enforcing norms of health etiquette, including face coverings.
- Promoting health checks and screening of participants and staff/volunteers.
- Enforcing stay-at-home when sick, showing symptoms, or have been directly exposed.
- Ensuring policies are considerate of players, coaches, parents and ump's participating.
- Routine disinfection of high-touch items (balls, bats, helmets and other equipment).
- A waiver link will be provided for families prior to participation and must be signed
- Coaches will screen players prior to each practice for symptoms. (These will be recorded and kept in the coaches binder)

**The Minnesota Department of Health (MDH) recognizes that sports provide opportunities for youth to develop or maintain fitness, specific skills, mental well-being, and social-emotional health. MDH supports youth in engaging in sports, but it should be done in a way that will keep them safe. Goodhue Baseball/Softball Association is following recommendations from the CDC and MDH in creating rules to follow. Our association would like to focus on:**

- Skill development.
- Keep any “play” or interaction between players contactless.
- Do not have intermixing between groups.
- Do not participate in games or tournaments, even if these events are out of state where youth sports games/tournaments are supported.
- Games and competitions are not allowed at this time for these sports.

## **PRACTICES**

How can we practice social distancing?

- We will practice social distancing in all instances
- NO physical contact of any kind, including horse play, high fives, knuck, etc
- Groups of 8-9 players, plus 1 coach to a group (depending on team sizes and NO intermixing groups- groups will not exceed 10)
- Designate areas for each group to put their equipment (dugouts are OFF limits)

How can we offer function under a maximum participant number that might be applied? Levels could be 10 to 50

- We do not foresee having issues maintaining groups of 10 or less. As stated above, our recommended groups will have 8-9 kids. If the plan changes from practices to games, we would follow the recommended guidelines set forth by the MN Department of Health, Goodhue Public School and the City of Goodhue.

Will you be limiting or discouraging spectators/parents from attending practices?

- Parents and spectators are not allowed at practices, please remain in vehicles during pickup/dropoff.

How will you publish your COVID-19 plan to your association and set up a compliance contact to enforce the plan, specifically if fans, coaches, or players are not conformed?

- Our COVID-19 plan will be distributed via email to all families, coaches, and board members. **A waiver will need to be signed by a parent for each player and on file with the GBSA prior to the first practice.** Coaches will go over these guidelines in more detail at the first practice. We have designated a board member as our compliance contact, Jen Doerhoefer ~ President

Coaches are expected to adhere to and enforce by these guidelines. Coaches are to report any behavior that fails to meet these expectations. Issues should be brought to the attention of the Goodhue Baseball/Softball Association.

In the event the guidelines are not followed by players, coaches, or parents:

- 1st penalty: Verbal warning
- 2nd penalty: Removal from practice
- 3rd penalty: Removal from all future participation

## **Facilities/Equipment**

- What procedures will you be implementing to ensure the sanitation and disinfection of equipment and touch points for your activities?
- All age groups will be provided hand sanitizer and disinfectant wipes.
- Players are expected to wash/sanitize hands before and after each practice.
- Softballs will be disinfected before and after practice.
- All equipment: catcher gear, helmets, etc. will be disinfected before and after practice. Players are encouraged to have their own helmets (labeled) and wear batting gloves.
- We are discouraging sharing of equipment as much as possible. If sharing has to occur, we will clean the equipment between each use.
- No food or snacks (eg. sunflower seeds) are to be brought to practices. And players must have their own water bottles (labeled).

Have you investigated the availability of those supplies? If so, when are they available to receive?

All hand sanitizers, disinfectants, spray bottles and wipes will be supplied by the first practice.

What personal protective equipment and procedures will you be implementing for participants, coaches/instructors, officials, and spectators?

- Masking when appropriate (players and coaches will provide their own)
- Encouraging and enforcing norms of health etiquette
- Following social distancing (6 feet)
- No sharing of equipment when available (players encouraged to have their own helmets- labeled, batting gloves -worn, and must have their own water bottles- NO SHARING.)
- Disinfecting shared equipment between use (eg. bats)

## **Steps If We Suspect Symptoms In Players Or Coaches**

\*Coaches will need to screen players prior to each practice and log results for documentation.

If a player or coach has symptoms consistent with COVID-19, send home or deny entry and reference the exclusion criteria to determine when they may return. **Symptoms include: new onset cough or shortness of breath OR at least 2 of the following: fever (100.4°F or higher), chills, muscle pain, sore throat, loss of sense of smell or taste, and gastrointestinal symptoms of diarrhea, vomiting, or nausea.** If a person has a new symptom (for example, new loss of smell only) with no other diagnosis to explain it, they should stay home and talk to their health care provider about testing for COVID-19, even if it is the only symptom they are experiencing.

For players or coaches who received a positive laboratory test for COVID-19 or are awaiting results, please stay home at least 10 days since symptoms first appeared AND until no fever for at least 3 days without medication AND improvement of other symptoms. This may also require the pod (group practiced with) that were exposed to also be withheld from practice for 10 days.

Negative test result but symptoms with no other diagnosis: Stay home at least 10 days since symptoms first appeared AND until no fever for at least 3 days without medication AND improvement of other symptoms.