

## COVID-19 Preparedness Plan

Lakeville Baseball Association (LBA) is committed to providing a safe and healthy environment for all our members. To ensure that, we have developed the following Preparedness Plan in response to the COVID-19 pandemic. Coaches, parents, spectators, umpires, and players (Participants) are all responsible for implementing this plan. Our goal is to provide reasonable protective measures to limit risks for the potential transmission of COVID-19 on and around the field of play, and that requires full cooperation among everyone involved. Through this cooperative effort we can establish and maintain the safety and health of our participants. LBA coaches and team managers have our full support in enforcing the provisions of this policy.

Our Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines related to COVID-19 and addresses:

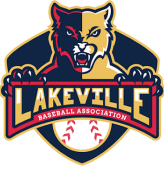
- prompt identification and isolation of sick persons;
- hygiene and respiratory etiquette;
- controls for social distancing;
- cleaning, disinfecting and decontamination;
- communications and training provided to coaches and players; and
- steps necessary to ensure effective implementation of the plan.

The MDH recognizes that sports provide opportunities for youth to develop or maintain fitness, specific skills, mental well-being, and social-emotional health. We all want to support youth engaging in sports, but we want to do it in a way that will keep them safe.

### COVID-19 screening and policies for participants

Participants should self-monitor for signs and symptoms of COVID-19 before leaving home. Stay home if you have a temperature exceeding 100.4 or have respiratory symptoms (i.e. cough, sore throat, or shortness of breath). Participants who are sick should notify their Program Director and follow [CDC-recommended steps](#). Participants should not return to play until the criteria to [discontinue home isolation](#) are met, in consultation with healthcare providers and state and local health departments. Participants who are well but who have a sick family member at home with COVID-19 should follow [CDC recommended precautions](#) including self-quarantine. Team personnel may screen players for symptoms upon arrival. Participants who appear to have [symptoms](#) or who become sick during an activity should be **immediately separated from other participants and sent home**.

Participants with underlying medical conditions or who have household members with underlying health conditions should take additional precautions to minimize face-to-face contact, maintain a distance of six feet from other participants, and/or use CDC approved Personal Protective Equipment (PPE) if possible.



If a participant is confirmed to have a COVID-19 infection, LBA will inform fellow participants of their possible exposure to COVID-19 while maintaining confidentiality and instruct fellow participants about how to proceed based on the [Public Health Recommendations for Community-Related Exposure](#).

## Hygiene and respiratory etiquette

Basic infection prevention measures are encouraged at all times including hand hygiene and respiratory etiquette. Participants should wash their hands for at least 20 seconds with soap and water frequently, but especially before and after activity, prior to eating and after using the toilet. Participants should use hand-sanitizer (of greater than 60% ethyl or 70% isopropanol alcohol) for hand hygiene in place of soap and water, as long as hands are not visibly soiled. Please review the [CDC's guidelines for proper handwashing](#).

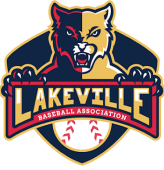
**Participants are prohibited from handshakes or high fives.**

Participants should cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately afterward. If participants are suffering from seasonal allergies, make sure to employ exceptional hand hygiene and respiratory etiquette, as they are likely to touch their face more frequently which may increase risk of exposure. CDC approved cloth face masks are recommended for all participants but are not required. Masks worn during play must be of one color and not distracting (i.e. neutral in color and no designs). **No spitting, chewing gum, or eating sunflower seeds as this may cause respiratory droplets while around others. No sharing of food or drinks is permitted.**

## Guidance for social distancing

The term “social distancing” refers to measures being taken to restrict where and when people can gather in order to stop or slow the spread of infectious disease. In general, 6 feet of separation is the distance that should be kept between people interacting within their community. Social distancing should be observed in youth programs through the following controls:

- Adapt practices to allow physical distancing of at least 6 feet whenever possible.
- Try to adhere to a staff (or volunteer) to participant ratio of 1:9. If social distancing cannot be attained within the group size, then the number of participants must be reduced.
- Within the program, create consistent pods of the same staff, volunteers, and participants with a **maximum number of 10 people in each pod**.
- Whenever possible, implement programming that refrains from intermixing pods. If intermixing of pods is necessary, limit the number of pods that intermix and keep records of participants that intermix.
- Wherever possible, hold activities outdoors and encourage participants to spread out.
- Avoid having areas easily accessible that would allow staff, volunteers, or participants to easily congregate in a limited space.
- When helping participants apply sunscreen or use equipment, ensure staff and volunteers are sanitizing hands between interactions.
- Reduce ride sharing or carpooling when possible.



- Stagger arrival and/or dismissal times.
- Consider dividing participant entry points rather than funneling all participants through the same entry space to limit the amount of close contact between participants in high-traffic situations and times.
- Adhere to facility or specific guidelines for COVID-19.

This guidance is based on the [MDH Guidance for Social Distancing in Youth and Student Programs](#).

## Cleaning and disinfecting

Regular housekeeping practices should be followed including routine cleaning and disinfecting of player equipment, softballs, bats, etc. Team personnel will carry disinfectant to be used before, during and after practices and games. Parents are encouraged to supply their players with antibacterial wipes and hand sanitizer to disinfect their equipment and clean hands. Players should refrain from sharing equipment in general. This includes but is not limited to bats, helmets, and catcher's equipment.

- Coaches are asked to sanitize surfaces in the L screen upon arrival.
- **Dugouts and King, Quigley and SMP will be blocked off and prohibited from use.** Players should hang their equipment along the fence line following proper spacing and distancing requirements.
- Players should use their own personal cooler. **Team coolers are prohibited.**
- Participants should hand sanitize following contact with other players, coaches, or shared equipment.
- Players should wear their batting gloves as much as possible, especially when handling a bat.
- **Sharing of catchers equipment and batting helmets is prohibited.**

## Communications and training

This Preparedness Plan will be communicated to all participants on or before the first day of organized activity. Additional communication and training will be provided to all participants on an ongoing basis. This Preparedness Plan will be updated, as necessary, to implement a phased approach to a safe return to play.

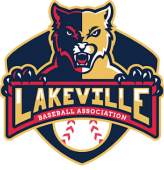
## Steps to implementing a safe return to play

LBA will develop safe return to play guidelines in a phased approach according to the CDC's recommendations along with state and local resources. This section will be updated with each phase to provide a clear outline of how practice and play should be implemented. The guidelines below are a supplement (in addition) to the COVID-19 Preparedness Plans outlined above.

### **APPROVED PHASE I (Groups of ≤ 10) – Scaled practices**

*Effective beginning Monday, June 8, 2020*

- Email sent to players, parents, coaches, and team managers detailing practice guidelines.



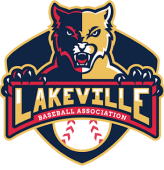
- Practices will be scheduled for each team. Due to limited field availability any ad-hoc practices should be scheduled with the LBA Fields Director.
- Practice times will be staggered from 5:00-6:30 and 6:45-8:15 pm (15 minutes of transition time).
- Within the practice, create consistent pods of the same staff, volunteers, and participants with a **maximum number of 10 people in each pod.**
- Parents or caregivers should not attend practices. If necessary to be at practices, ensure that proper social distancing is maintained between parents or caregivers.
- Focus on skill development.
- Keep any “play” or interaction between players contactless.
  - When there is a play at a base, the runner and fielder should resume physical distance immediately upon completion of the play.
- Discourage sharing of equipment as much as possible. If sharing has to occur, consider the equipment and type of use and consider cleaning equipment in between each use.
- Follow the outlined ratios for participants per field:
  - **Softball/Baseball field (40,000+ sq. ft.) – no more than three pods of ≤ 10.**
  - **Do not have intermixing between groups.**
- Players should hang their equipment on the fence along the two foul lines, maintaining a minimum of six feet apart.
- Do not participate in games or tournaments, even if these events are out of state where youth sports games/tournaments are supported.

This guidance is based on the [MDH Guidance for Social Distancing in Youth Sports](#).

### **DRAFT PHASE II (Groups of ≤ 50) – Games with limited spectators**

*Proposed effective date of Monday, June 15, 2020 **\*subject to change\****

- Email sent to players, parents, coaches, and team managers detailing game play guidelines.
- Games will be scheduled by the Metro Baseball League.
- Coaches are asked to sanitize surfaces in the dugout upon arrival (i.e. benches, bat rack, etc).
- Only players, up to three coaches per team, and the umpire(s) are allowed on the field of play.
- Batting team must not take the field until the entire fielding team is off the field.
- Each team must provide their own balls for when they are the fielding team, and they must be sanitized between each inning.
- Discourage sharing of equipment as much as possible. If sharing has to occur, consider the equipment and type of use and consider cleaning equipment in between each use.
- During a game, participants must maintain six feet of separation in the dugout. Participants not able to be in the dugout will be lined up down their respective foul lines or behind the backstop six feet apart.
- Spectators will not be allowed around the area of the backstop or dugouts.
- Umpires will be asked to officiate the game from behind the pitcher's mound, while practicing social distancing with all fielders to limit the number of people around home plate.
  - The umpire will take a position not any closer than six (6) feet from the pitcher in a space generally between the pitching plate and second base.



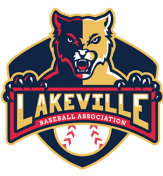
- The position should allow for easily seeing pitched balls through the strike zone and ability to move should a baseball be hit through their space.
- When there is a play at a base, the runner and fielder should resume physical distance immediately upon completion of the play.
- No huddles. Players that gather at the circle should stay outside the circle maintaining social distancing.
- At the pregame meeting and throughout the game, coaches, players and umpires will not be allowed to shake hands or have any physical contact with other participants.
- It is recommended for lineup and score card exchanges to be shared via photo or text.
- At the conclusion of the game, players will be asked to line up on their respective foul line and “tip their cap” as a salute to the other team to promote sportsmanship. **No handshakes, fist bumps or high fives.**
- Participants and spectators are prohibited from gathering in groups and confined areas.
- Whenever possible, participants should enter and exit through designated areas that are different from each other. In the event there is only one entrance, teams will need to be cautious and courteous at the point of entry by observing all social distancing rules.

This guidance is based on the [DRAFT Safe Play: Back to the Diamond](#) and is subject to change.

### **PHASE III (No limit on group sizes) – Games and tournaments with spectators**

*Effective date to be determined*

- There are no limits to group sizes.
- Sports go back to normal participation and operation.
- Vulnerable populations should continue social distancing and take precautionary measures.

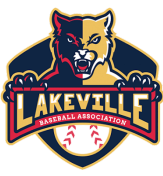


## Appendix A – Guidance for COVID-19 Preparedness Plan

### Participant screening questions

The following questions may be used by team personnel to screen for symptoms of COVID-19.

- Do you live with anyone who has tested positive for COVID-19?
- Do you live with anyone that is required to self-quarantine?
- Do you have any of the following respiratory symptoms?
  - Cough
  - Sore throat
  - Shortness of breath
- Have you taken any fever reducing medications (i.e. Tylenol) within the last 24 hours?



## **Appendix B – Resources for COVID-19 Preparedness Plan**

### **General**

[www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)

[www.health.state.mn.us/diseases/coronavirus](http://www.health.state.mn.us/diseases/coronavirus)

[Minnesota's Stay Safe Plan Chart](#)

### **Participants exhibiting signs and symptoms of COVID-19**

[www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

[www.health.state.mn.us/diseases/coronavirus/basics.html](http://www.health.state.mn.us/diseases/coronavirus/basics.html)

[COVID-19 Exclusion Guidance: Decision Tree for Symptomatic Individuals in Schools & Childcare Programs \(PDF\)](#)

### **Hygiene and respiratory etiquette**

[www.cdc.gov/handwashing/when-how-handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html)

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

<https://youtu.be/d914EnpU4Fo>

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

[www.health.state.mn.us/diseases/coronavirus/prevention.html](http://www.health.state.mn.us/diseases/coronavirus/prevention.html)

[www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](http://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

### **Social distancing**

[Guidance for Social Distancing in Youth and Student Programs \(PDF\)](#)

[Guidance for Social Distancing in Youth Sports \(PDF\)](#)

[COVID-19 Outdoor Recreation, Facilities and Public Guidelines](#)

### **Cleaning and disinfecting**

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)

[www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html](http://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html)