



COVID-19 Return to Play Safety Plan¹

West Seattle Baseball is committed to the health and safety of all participants, families, and the community. West Seattle Baseball will closely monitor the requirements, guidelines, and restrictions suggested and required by the State of Washington and local public health experts.² With the guidance and requirements as a guide, West Seattle Baseball has created the following Return to Play Safety Plan.

In the State of Washington baseball is defined as a “moderate risk” sport (Office of the Governor, 2020). Any person choosing to participate in baseball activities with West Seattle Baseball must follow the protocols and requirements as set out in the Governor’s “Roadmap to Recovery – Healthy Washington Plan” and the Sporting Activities – COVID – 19 Requirements as outlined by the Governor of Washington state. (Office of the Governor, 2021). This safety plan will be published on our league website and provided to all participants. We will monitor any changes in guidance by the experts and adjust our plan accordingly.

In conjunction with the above statement, West Seattle Baseball recognizes and adopts all COVID – 19 guidance from the state of Washington that is applicable to sporting activities. Specifically, this includes, but is not limited to the following more specific guidelines:

First, regarding masks:

1. All coaches, volunteers, and spectators must wear masks at all times.
 - a. Participants and spectators must follow state and local regulations related to COVID – 19 requirements and restrictions. All participants must maintain a safe 6 – foot distance whenever possible. All spectators present at training must maintain a safe 6 – foot distance whenever possible.
2. Participants are allowed to remove facial coverings for games only, and only when actively competing.
 - a. Participants not actively participating in the game, waiting on the bench or elsewhere, must wear a facial covering.
 - b. Participants may choose to wear a facial covering at all times.
3. Facial coverings must be worn at practices.
4. Umpires are allowed to remove their facial coverings if officiating requires them to run in the field of play.

¹ Effective as of March, 26, 2021.

² As part of our commitment to the safety of all community members, West Seattle Baseball will make changes as necessary, to the safety plan, in accordance with local and state law and regulations.

Second, specific field and administrative protocols will be followed:

1. Coaches will keep a roster of participants for every training session. As per state guidance, West Seattle Baseball will require all persons:
 - a. Stay home when sick or if a close contact of someone with COVID – 19.
 - b. Stay home if they feel unwell, show any signs of COVID – 19, or are a close contact of a confirmed case.
 - c. To be screened for signs/symptoms of COVID – 19 prior to participation.
 - d. To be screened utilizing a screening tool developed by the Centers for Disease Control (CDC). (See: Center for Disease Control, 2020). (See: attached screening tool and roster sheet).
 - e. Will be advised to contact their health care provider or other appropriate health care professional if they have symptoms of COVID – 19 or are a close contact of someone with confirmed COVID – 19.
 - f. Those who are excluded from training or contests due to COVID-19 symptoms or because they are close contacts must follow DOH and local public health isolation and quarantine guidance before returning to training.
 - g. Specific requirements for coaches:
 - i. All coaches must be screened and listed on the roster tracking sheet.
 - ii. The roster must include the name and phone number of every participant.
 - iii. The roster of attendance must be kept for a minimum of 28 days.
 - iv. One coach must screen all participants. Screening will include use of the attached screening tool. For age groups of Bronco (11 to 12 years old) and higher the player may be screened. For age groups of Mustang (9 to 10 years old) and lower the player must be screened with a parent or guardian present (See attached tool).
2. All participants will be required to bring individual hand sanitizer to training sessions. Coaches will provide extra hand sanitizer for participants who forget to bring their own.
 - a. Wherever possible coaches will also provide a handsanitizing bottle for use during high – touch activities such as playing catch, fielding drills, and pitcher and catcher practice.
3. There will be no sharing of equipment. All participants must have their own bat, helmet, and glove (see #4 below for catcher’s equipment exception).
 - a. In the event that an item of equipment is shared in violation of the above rule the piece of equipment will be immediately cleaned with a sanitizing wipe by the coach.
4. Catcher’s Equipment/Position
 - a. For the Shetland division there will be no use of catcher’s equipment nor the catcher’s position.
 - b. All divisions above Shetland: There will be no sharing of any catcher’s equipment during practices.
 - c. All divisions above Shetland: More than one player may use the catcher’s equipment in games with the following requirements and restrictions:
 - i. The catcher’s equipment must be sanitized by the coach or adult volunteer before and after each use.
 - ii. Due to the potential necessity of sharing catcher’s equipment in games, any participant (or their parent on their behalf) may refuse to play the position of catcher.

- iii. A participant who brings their own personal catcher's equipment will neither be required nor expected to share their equipment.
5. Participants are prohibited from any sharing of food or drink.
6. Participants may bring water or other beverages to training sessions. The bottle should be clearly labeled with the participant's name.
7. Participants will maintain a distance of 6 ft from each other whenever possible, but specifically:
 - a. Physical distance of 6 feet must be maintained between volunteers, and any spectators at all times with exceptions for training and medical emergencies. Six feet of distance must be maintained among athletes when not engaged in sporting activities, huddles and team meetings must be physically distanced.
 - b. No handshakes, huddles, high-fives, or close contact of any kind.
8. There will be no spitting or eating of sunflower seeds allowed.

Third, Specific protocols related to spectators and/or parents and guardians attending training sessions and games:

1. Spectators and Playfield Capacity: For outdoor competitions/games, up to 150 people are allowed per playfield. This includes athletes, coaches, officials, referees, trainers, and spectators.
 - a. Please note that this only applies to games played on Seattle Parks playfields. At this time, spectators are not permitted at Seattle Public Schools facilities.
2. A spectator is defined as any person who is not a player, coach, or umpire. All other persons, including scorekeepers, are spectators.
3. For the Shetland age group each child must have at least one parent/guardian with them present on the field. For this age group one parent/guardian must assist their child in:
 - i. Maintaining social distance.
 - ii. Batting and placing the ball on the tee.
 - iii. Gathering the child's equipment.
4. There is no travel required for participation in our recreational baseball league. Nevertheless, families will be encouraged to follow CDC guidelines including:
 - a. Travel to and from training sessions with only people living in the same household, and if not in the same household, travel in separate vehicles if possible.

Fourth, specific protocols related to requirements for Seattle Parks and Recreation field permits and reservations:

1. Players and coaches may not enter the playfield until the start of the reservation, and no equipment can be brought to the field until the start of the reservation. Waiting on the sidelines prior to the start of the reservation is not allowed. All players and referees must vacate the field within 15 minutes of the end of the reservation. All equipment and garbage must be removed from the field within 15 minutes of the end of the reservation.

References

Office of the Governor. January 8, 2021. Healthy Washington: Roadmap to Recovery. Retrieved from: <https://www.governor.wa.gov/sites/default/files/HealthyWashington.pdf>.

Office of the Governor. Original date: November 16, 2020. Updated: January 11, 2021. Sporting Activities: COVID – 19 Requirements. Retrieved from: <https://www.governor.wa.gov/sites/default/files/COVID19%20Sporting%20Activities%20Guidance.pdf>

Office of the Governor. March 22, 2021. Sporting Activities: COVID – 19 Requirements. Retrieved from: https://www.governor.wa.gov/sites/default/files/COVID19%20Sporting%20Activities%20Guidance.pdf?utm_medium=email&utm_source=govdelivery

Center for Disease Control. (2020). Coronavirus Self Checker. Retrieved: January 15, 2021. Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>

Seattle Parks and Recreation Quarterly Newsletter. (March 25, 2021).

WEST SEATTLE BASEBALL

COVID – 19 Screening Tool for Coaches	
Read each question to the participant.	Record Response on Roster Tracking Sheet

<p>Have you experienced any of the following symptoms in the past 48 hours:</p> <ul style="list-style-type: none"> • Fever or chills • cough • Headache • Sore throat • Fatigue • Muscle aches • Loss of taste or smell • Runny nose or congestion • Shortness of breath or difficulty breathing • Diarrhea • Nausea or vomiting 	<p>YES NO</p>
<p>Within the last 14 days have you been in close physical contact (6ft or close for a cumulative total of 15 minutes of longer) with:</p> <ul style="list-style-type: none"> • Anyone who is known to have laboratory – confirmed COVID – 19? Or, • Anyone who has any symptoms consistent with COVID – 19? 	<p>YES NO</p>
<p>Are you currently waiting for the results of a COVID – 19 test?</p>	<p>YES NO</p>

TEAM NAME:

DATE:

Participant Name (include coaches, players, any volunteers)	Phone Number	Screening Tool Response (please use a checkmark to indicate a NO response on all questions)*

