



COVID-19 Return to Play Safety Plan

West Seattle Baseball is committed to the health and safety of all participants, families, and the community. West Seattle Baseball is committed to following the guidance of the Office of the Governor and the public health experts.¹ West Seattle Baseball will closely monitor the requirements, guidelines, and restrictions suggested and required by the State of Washington and local public health experts. 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.” (Office of the Governor, 2021). We specifically note the state’s designation that: baseball is an outdoor activity, moderate risk sport, “permitted for practice and training only.” Pursuant to the Governor’s Roadmap to Recover – Healthy Washington Plan we will not allow any league games to be played during Phase 1, nor is any indoor training allowed. This safety plan will be published on our league website and provided to all participants. In addition, all parents/guardians/caregivers will be informed of the rules for spectators through a parent and coaches meeting prior to the start of the season.

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, all participants and spectators must follow state and local regulations related to COVID – 19 requirements and restrictions. Specifically, all participants, coaches, volunteers, umpires, and any parent/guardian/caregiver present must wear a cloth face covering at all times. All participants must maintain a safe 6 – foot distance whenever possible. All parents present at training must maintain a safe 6 – foot distance whenever possible.

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

¹ 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.

- a. Stay home when sick or if a close contact of someone with COVID – 19.
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- 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.
 - 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. For the Shetland and Pinto divisions of baseball there will be no use of catcher’s equipment during training sessions. There will be no use of the catcher position at training sessions.
 5. For the Mustang divisions and up only one player may be designated the catcher during a training session. The coach will sanitize the catcher’s equipment following the training session.
 6. Participants will not be allowed to eat during training sessions. If a participant must consume food during the training session they will be required to do so outside of the area for training.
 - a. No one will be allowed in the dugouts for any reason.
 7. Participants may bring water or other beverages to training sessions. The bottle should be clearly labeled with the participant’s name.
 8. Participants will maintain a distance of 6 ft from each other whenever possible, but specifically:
 - a. No handshakes, huddles, high-fives, or close contact of any kind.

- b. All player equipment will be kept outside of the dugouts in a spot designated for each player, a minimum of 6 ft from the designated equipment spot for the next participant.
9. There will be no spitting or eating of sunflower seeds allowed.

Third, Specific protocols related to spectators and/or parents and guardians attending training during Phase 1:

1. Spectators will not be allowed for age groups of Bronco (ages 11 – 12) and older.
2. Spectators will be allowed for age groups of Mustang (ages 9 – 10) and younger with the following restrictions:
 - a. Each participant is limited to one adult parent/guardian/caregiver.
 - b. The parent/guardian/caregiver is not permitted to participate in any way nor may they enter the playing field. They must maintain a physical distance of at least 6 feet between themselves and all others present.
3. 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>

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>

WEST SEATTLE BASEBALL

COVID – 19 Screening Tool for Coaches

Read each question to the participant.

Record Response on Roster Tracking Sheet

Have you experienced any of the following symptoms in the past 48 hours:

- Fever or chills
- cough
- Headache
- Sore throat
- Fatigue
- Muscle aches
- Loss of taste of smell
- Runny nose or congestion
- Shortness of breath or difficulty breathing
- Diarrhea
- Nausea or vomiting

YES NO

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:

- Anyone who is known to have laboratory – confirmed COVID – 19? Or,
- Anyone who has any symptoms consistent with COVID – 19?

YES NO

Are you currently waiting for the results of a COVID – 19 test?

YES NO

