



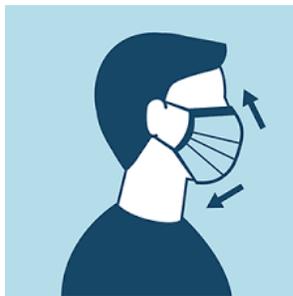
# Hudson Youth Baseball

## 2021 Season - COVID-19 Guidelines

In order to best protect the health and safety of all Hudson Youth Baseball (HYB) players, coaches, officials, and spectators, the following guidelines will be in place for the 2021 season in response to COVID-19: *(updated 3/28/2021)*

*Note: As additional or updated information for COVID-19 becomes available, both in the United States and in New Hampshire, we reserve the right to make additional changes or adjustments to these guidelines.*

- 1) SOCIAL DISTANCING 6-Feet:** To the greatest extent possible, all members of HYB should maintain safe social distancing, which means keeping a distance of 6-feet or more from others. *Exception: Members of the same household need not maintain the 6 foot requirement.*



- 2) MASKS:** All players, coaches and volunteers should bring a reusable/washable cloth face covering to wear over their nose and mouth when not actively engaged in a baseball activity and social distancing is not possible. All spectators should also bring a face covering to wear at the field when social distancing can not be maintained. Although not required, any player may choose to wear a face cloth covering during all games and practices except when pitching. Children Ages 5 and younger are not required to wear a mask under NH's current Mask Mandate.

- 3) DUGOUTS:** The dugout/bench areas may be used as long as the 6-ft distance can be maintained. Dugout/bench areas may be extended in order to provide for 6-foot separation of players during games. Coaches should avoid using these areas during practice. No spectators will be allowed in the dugout/bench areas during games.



- 4) BASEBALL EQUIPMENT:** It is recommended all players bring their own equipment to use including bats, gloves, helmets, catching gear, etc. There is no sharing of personal equipment. Coaches will maintain a limited supply of team equipment in the event a player is missing an item; each item will be disinfected before and after each use.

- 5) CONCESSION STANDS:** Concessions stands may be open throughout the season. All volunteers helping at the stands MUST wear masks and gloves when preparing any food in accordance with NH Restaurant/Food Service Guidelines. Any young children accompanying an adult in the concession stands must also wear a mask. Children may assist family members in the stand but shouldn't handle the preparation of food (adults only).

**6) NO SUNFLOWER SEEDS OR GUM CHEWING:** No sunflower seeds, gum chewing or sharing of any food or drinks between players is allowed during a game or practice.

**7) CLEANING/DISINFECTING:** To mitigate the risk of COVID-19 transmission, we will take additional steps to clean, disinfect and sanitize commonly-touched surfaces. Hand sanitizer will also be available in the dugout/bench areas and at each concession stand for volunteers & spectators.



**8) SCREENING PROCEDURES:** The team's Head Coach (or an Assistant Coach in his/her absence) will serve as the team's "Safety Director" and will attest that each other coach and player arriving to the field is cleared to play by asking the following questions of each:



a.) Do you have any of the following symptoms of Covid-19 that is atypical for you: *cough; shortness of breath or difficulty breathing; muscle pain; sore throat; congestion or runny nose; loss of taste or smell; vomiting; diarrhea; headache or a fever of 100.4 degrees Fahrenheit or higher?*

b.) Have you had any prolonged contact with anyone with a confirmed or suspected Covid-19 in the last 10 days?  
Note: "Prolonged contact" is defined as being within less than 6 feet of someone for 10 or more consecutive minutes.

c.) Have you traveled in the past 10 days either internationally (outside the U.S.) or by cruise ship?

**Any individual answering "YES" to any of the questions above MUST leave the field immediately and are encouraged to contact their healthcare provider.**

**9) TRAVEL:** The New Hampshire Department of Health & Human Services (DHHS) updated their Travel Guidance to no longer require a 10-day quarantine following domestic travel (within the U.S.) but still recommends those returning from travel limit public interactions if possible. Although not required, HYB will recommend that players returning from travel outside of New England wait 3-5 days to ensure no symptoms develop OR consider getting tested for Covid-19 (molecular-based or PCR test) before resuming baseball activities. Those returning from international travel or via cruise ship must still fulfill all required NH Quarantine guidelines.



**10) COVID Cases:** Any player or coach who tests positive or is classified by DHHS as a "close contact" of someone with Covid-19 must complete quarantine before resuming baseball activities.

- a) At least 10 days have passed since symptoms first appeared.
- b) At least 3 days (72 hours) have passed since recovery (recovery is defined as resolution of fever off of any fever reducing medications plus improvement in all other symptoms).

If you have any questions or concerns about any of the guidelines in this document, please contact our Board of Directors and/or HYB President Jeremy Drown at [hybregistrar@gmail.com](mailto:hybregistrar@gmail.com).

Sincerely,  
Jeremy Drown  
President - Hudson Youth Baseball

*These guidelines were created after careful review of the recommendations and guidelines published by the U.S. Centers for Disease Control (CDC); the New Hampshire Department of Health & Human Services (DHHS) and Babe Ruth National.*