



Hudson Youth Baseball

Policies Regarding COVID-19

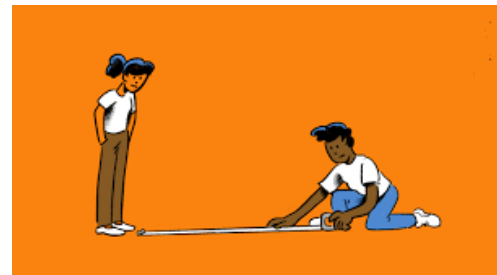
After careful review, and in order to best protect the health and safety of all Hudson Youth Baseball (HYB) board members, coaches, officials, players and families, the following policy changes will be instituted immediately in response to COVID-19, under **New Hampshire's Stay at Home 2.0 Amateur and Youth Sports "Return to Play" guidance**. Phase 1 of the guidance

allows for practicing of skills and drills at this time; all scrimmages, games and tournaments will be included in a later phase.

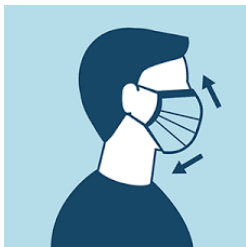
Adopted specifically for HYB, these new policies were created after review of the guidance, as well as from recommendations by the U.S. Centers for Disease Control (CDC); the New Hampshire Department of Health & Human Services (DHHS); the NH Economic Reopening Task Force; Babe Ruth National HQ and NH Babe Ruth. HYB has also worked closely with the Hudson Fire Department on an approved training program for all board members, coaches and officials. All HYB Board Members and Coaches will be provided education and training around safe practices as it relates to hygiene, cloth face covering use, social distancing, sanitation (cleaning and disinfection policies), and illness policies outlined in the Universal Guidelines and in this document.

Note: As more information surrounding COVID-19 becomes available, both in the United States and in New Hampshire, Hudson Youth Baseball hereby reserves the right to make additional changes or adjustments to these policies as is warranted.

- 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 at least 6 or more feet between each other at all times. Practices will be structured in such a way that the physical distancing requirements are maintained.
Exception: Members of the same household need not maintain the 6 foot requirement.



- 2) MASKS:** HYB coaches and board members should bring a reusable/washable cloth face covering to wear over their nose and mouth when social distancing is not possible and not actively engaged in a physical activity. Further, HYB recommends that spectators also wear face coverings when at the field and social distancing can not be maintained. Although not required, players may choose to wear a face cloth covering during practice or drills. The CDC guidelines allow for exceptions to face coverings including for younger children (ages 2 and under) and those for whom it may pose a significant health risk. All HYB board members and coaches will be receiving training on the proper use of and care of masks.



- 3) GROUPS OF 10:** In accordance with current guidance from the NH Reopening Task Force, practice groups will be split into “training pods” of no more than 10 individuals (players and coaches). Any teams larger than 10 will be broken down into smaller groups and separated during practice. To limit interactions there will be no switching of players between groups while practice is ongoing. There will be no indoor practices. Except in emergency situations or previously approved by the head coach, no one other than players or coaches should be on the field during practice. Parents are asked to notify the head coach if possible ahead of time when a child needs to leave early.



- 4) PRACTICE START & END TIMES:** Players are to arrive at the field no earlier than 15 minutes prior to practice time. Players arriving any earlier will be asked to stay with their vehicles in the parking lot until the appointed time. Coaches may arrive early in order to prep the field and set up equipment. No players will be allowed to enter the field without first being screened by the head or coach or a designated person (see below). Upon conclusion of practice all players and their families should gather their belongings and exit the field promptly. Coaches will be responsible for disinfecting and putting away any shared equipment and raking the field following usual protocols.

- 5) RESTROOMS:** Restrooms at Lions Field and porta potties at other fields will remain open but should be used for bathroom needs only. Please do not use the restrooms as a locker room to change. Cleaning and disinfectant efforts in the restrooms will be stepped up in frequency to meet the necessary guidance requirements. Hand sanitizer will be placed in the Lions Field bathrooms. Please follow all social distancing requirements when entering/exiting the restrooms. Parents/Guardians should accompany small children to the bathrooms at all times.



- 6) EQUIPMENT:** All players should bring their own equipment to use including bats, gloves, helmets, catching gear, etc. There is no sharing of personal equipment. Coaches may maintain a limited supply of team equipment in the event a player is missing an item; however it must be disinfected before and after practice. Baseballs will be disinfected according to CDC guidelines. Player's water bottles should be clearly marked.

- 7) CONCESSION STANDS & DUGOUTS:** During Phase 1, all concessions stands and dugouts will be closed off to players & families. Only HYB Board Members and coaches who need access for retrieving equipment or other items should enter a concession stand. The Board of Directors will make a future determination on concession stands and dugouts during Phase 2.
- 8) NO SUNFLOWER SEEDS OR GUM CHEWING:** No sunflower seeds, gum chewing or sharing of any food or drinks between players is allowed during practice.

- 9) PRACTICING SAFE HYGIENE:** All coaches, players, officials and spectators are encouraged to wash their hands before and after practice and/or use hand sanitizer periodically while also avoiding touching their face, eyes or mouth as much as possible. HYB recommends each player also bring their own small bottle of hand sanitizer to keep in their bags; however the head coach will maintain a supply of hand sanitizer with the team equipment. The CDC recommends that hand sanitizer should be at least 60% alcohol by volume to be effective against COVID-19.



- 10) SCREENING PROCEDURES:** The HEAD COACH (or Assistant in his/her absence) will serve as the team's "Safety Director" and will screen each other coach and player arriving to the field by asking the following questions:



- a). Have you been in close contact with any other person who has a confirmed case of COVID-19?
- b). Have you had a fever or felt feverish in the last 72 hours? No player or coach with a temperature higher than 100.4 degrees Fahrenheit can practice.
- c). Are you experiencing any respiratory symptoms including a runny nose, sore throat, cough, or shortness of breath?
- d.) Are you experiencing any new muscle aches or chills?
- e.) Have you had any changes in your sense of taste or smell?
- f). Have you traveled in the last 14 days either internationally, by cruise ship or domestically (within the U.S.) outside of NH, VT, ME on public transportation (bus, train, plane, etc.)?

All Board Members, coaches or players answering yes to any of the above questions must not participate and are encouraged to contact their healthcare provider. Under the guidance, anyone with a suspect or confirmed COVID-19 diagnosis will not be allowed to resume activities until:

- 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 any fever reducing medications plus improvement in other symptoms).

- 11) NEW WAIVER FORMS:** These guidelines have been formed in order to safely coach and train our players while minimizing the risk of transmitting the virus. However, we realize that in life, rarely is anything ever 100% guaranteed or perfect. Each family will need to sign updated waiver forms (either written or electronically) acknowledging the risks of playing ball this season.

If you have any questions or concerns about any of the guidelines in this document, please email our Board of Directors and/or HYB President Jeremy Drown at hybregistrar@gmail.com.

Sincerely,
Jeremy Drown - HYB President