

# RELL PROGRAM PARTICIPATION PLAN

*“Common sense above all else”*

The information in this document is not intended or implied to be a substitute for guidelines published by the New Jersey Department of Health but rather in addition to those guidelines. All content, including text, link and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, RELL makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to practice and competition.

**RELL Practice and Competition:** All players, coaches, staff, spectators and other attendees must adhere to specifically required guidelines from the New Jersey Department of Health ([NJ DOH Guidance for Sports Activities](#)).

## RELL Guidelines Prior to Practice or Competition:

- Screen athletes, coaches, staff and any other participants with a temperature check and health questionnaire prior to arrival at the field. Anybody showing symptoms of COVID-19 shall not be permitted to participate ([CDC symptom checklist](#)).
- Do not come to practice or competition if you or any member of your household are not feeling well or are showing symptoms of COVID-19.
- Do not come to practice or competition if you or any member of your household have been exposed to a person with COVID-19 within the past 14 days.
- Do not come to practice or competition if you are not comfortable with the guidelines set forth by the NJ DOH, RELL or the facility at which you are practicing/competing.
- Adults 65 years and older or people of any age with serious underlying medical conditions are strongly encouraged not to attend practice or competition at this time.

## RELL Guidelines During Practice or Competition:

- **Healthy Practices:** All players, coaches, umpires and spectators should practice “good hygiene” by regularly washing their hands with soap and water or using hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose and mouth. Players and coaches should avoid all but the essential contact necessary during practice or competition. Post-game handshakes should be replaced by a “tipping caps” as a sign of good sportsmanship.
- **Social-distancing:** Players, coaches, umpires and spectators should maintain 6-feet of distance whenever possible.
- **Face-coverings:**
  - **Coaches/Spectators:** Must wear face-coverings at all times when 6-feet of distancing is not possible.

- **Players:** Should not wear face-coverings when actively participating in vigorous activity during practice or competition. Players are encouraged to wear face-coverings when not engaging in vigorous activity or are in close-contact areas where distancing is not feasible (ie. in dugouts). Players are permitted to wear a face-covering any time if the player or their parent/guardian/caretaker deem it necessary.
- **Umpires:** Encouraged to wear face-covering whenever they're within 6 feet of players/coaches.
- **General/All:** Face-coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

**Players/Spectators:** The bleachers at each field will be designated for players only during practice/games. The bleachers will be marked off with tape to encourage social distancing when players are not on the field of play. All spectators are to stay along the outfield fences. No spectators shall be permitted in the bleacher area or gather behind the home plate area at any time.

- **Drinks & Snacks:** All players, coaches, spectators and umpires should bring their own food or beverages that are clearly labeled with their name. There should not be any shared food or beverages.
  - Sunflower seeds, gum, chewing tobacco etc., are not be allowed in dugouts or on the field. All players and coaches are to refrain from spitting at all times.
- **Player Equipment:** Players should use their own equipment whenever possible. If equipment must be shared, it should be cleaned and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before being used by a new player.
- **Baseballs:** Each team should use their own balls while in the field during competition.
- **Umpire Placement:**
  - **Minors/Majors:** Umpires on the 46/60 diamond for league games will call games from behind the mound. There will be 1 umpire on the field at a time.