



# **Mount Lebanon Baseball Association COVID-19 Return to Play Guidelines**

Rev. March 2, 2021

The following is provided in accordance with applicable guidance from CDC Considerations for Youth Sports <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html> and June 10 (including 11/2020 updates) Governor's Guidance: <https://www.governor.pa.gov/covid-19/sports-guidance/> Throughout our programming we will follow the latest guidance from the CDC. This information is also available at our website: [www.lebobaseball.org](http://www.lebobaseball.org).

**Universal changes that will continue to be applied include the following, with league-specific additional instructions in red where applicable, until further modified:**

### **MASKING**

Everyone involved in sport activities must wear a face covering, such as a mask, unless they fall under an exception listed in Section 3 of the Secretary of Health's Universal Face Covering Order. Coaches, athletes, and spectators must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Coaches, athletes, and spectators must wear face coverings while actively engaged in workouts and competition as well as when on the sidelines, in the dugout etc. unless they meet an exception in the Face Covering Order. See <https://www.governor.pa.gov/covid-19/sports-guidance/>

Coaches must wear face coverings at all times. Players shall wear face coverings at all times, even during play, unless the play is outdoors and the play dictates that all players will be separated by 6 '. Please monitor babies and children younger than 2 years old; anyone who has trouble breathing or is unconscious; anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance. Umpires may elect not to wear face masks, but must umpire a game from behind the pitcher's mound and stay 6 feet away from all players and coaches. Face coverings are required for all spectators, but especially those considered at higher risk for contracting COVID-19.

### **OCCUPANCY**

The association will adhere to the latest gathering limits. See <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Event-Occupancy.aspx>

The league creates schedules with staggered start times and 1:45 time limits to ensure there is time for players and coaches to exit the field area prior to the next teams starting. The MLBA reserves the right to set spectator limits, and in accordance with the County will be based on occupancy limitations.

### **LOCAL REQUIREMENTS**

All current guidance adhered to is from the CDC the PA Dept. of Health, the Allegheny County Health Department and Mt. Lebanon Municipality. See above.

## **CDC GUIDANCE**

The league reserves the right to consider the CDC guidance on consideration for youth sports to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Practices should be modified to reduce risk to the lowest level possible e.g. team practice with distancing instead of actual game play or grouped drills.

## **COVID CONTACT**

See below for all primary points of contact for all questions related to COVID-19:

<https://www.governor.pa.gov/covid-19/sports-guidance/>

### **Important Contact Information for Covid-19 related matters:**

Ian Smith, President  
info@lebobaseball.org  
412-392-7374

Don McKay, General Counsel, Travel Director  
don@mckaylaw.com  
412-414-7523

## **ACTION PLAN**

The community, league, or team must develop a plan of action in the event an athlete, coach, or official falls ill, make the plan publicly available, and explain it to the entire sport community.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

### **Suspected or Confirmed Cases of Coronavirus:**

In the event an athlete, coach, or official falls ill:

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact health officials about suspected cases or exposure.
- Contact your child's coach or the MLBA so we can anonymously communicate to the risk of exposure to the rest of the teams/families using our registration system.

Signs or symptoms of Covid-19 can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

## EDUCATION

Please educate your athletes, staff and families about the symptoms of COVID-19 and when to stay home. The MLBA will assist in training coaches regarding this plan, and athletes also should be educated on proper hand washing and sanitizing. <https://www.governor.pa.gov/covid-19/sports-guidance/>

### Stay Home when Appropriate and when awaiting test results

- Sick staff, families, and players should stay home without fear of reprisal.
- Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms or are awaiting test results.
- Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health, with testing advisable.
- Handwash with soap and water for at least 20 seconds
- If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older children who can safely use hand sanitizer).
- If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.

### Adequate Supplies

- If hand washing facilities are available, supplies will be provided including soap, paper towels, tissues, and no-touch/foot pedal trash cans. If hand washing facilities are not available, hand sanitizer with at least 60% alcohol (for coaches, staff and older players who can safely use hand sanitizer) will be provided.

Again, Signs or symptoms of Covid-19 can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Also, consider these quarantine recommendations provided by PA: [PAHAN-551](#)

## DISTANCING

Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes, coaches, and officials should not congregate. <https://www.governor.pa.gov/covid-19/sports-guidance/>

- Spectators will not be permitted to sit near the dugouts or on the bleachers. They should spread out along the left and right field lines in foul territory, or the outfield fence line where possible.
- We will request defensive coaches to coach from foul territory (off the field of play and away from the defensive players).
- Mound meetings may only consist of Pitcher/Catcher or Pitcher/Manager. No group mound meetings.

## **SCREENING/MONITORING**

Coaches and athletic staff must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

## **WATER BOTTLES**

All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used. <https://www.governor.pa.gov/covid-19/sports-guidance/>

- Players must bring their own water/beverage container, marked with their name. There will be no team water coolers or shared drinking stations.

## **SALIVA**

Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds. . <https://www.governor.pa.gov/covid-19/sports-guidance/>

- There is to be no spitting and everyone must cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds. Spitting of all forms will be prohibited. This includes spitting seeds, water, etc. We will also be prohibiting gum/candy/food in the dugouts and playing area.

## **PHYSICAL CONTACT**

Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

- Sportsmanship is still vital, so we will require a “tip of the cap” following the game in lieu of the handshake line.

## **EQUIPMENT**

Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users. Follow the CDC guidance for cleaning and disinfecting. <https://www.governor.pa.gov/covid-19/sports-guidance/>

- Sharing is discouraged for items that are difficult to clean, sanitize, or disinfect. Do not let players share towels, clothing, or other items they use to wipe their faces or hands.
- The association will supply adequate items of shared supplies to the extent possible (e.g., protective gear, balls, bats, water bottles); otherwise, limit use of supplies and equipment to one group of players at a time and clean and disinfect between use.
- Keep each player’s belongings separated from others’ and in individually labeled containers, bags, or areas.

## **SCHEDULING**

If multiple games are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained. Each individual game or practice at a complex must adhere to the gathering occupancy limits using the maximum occupancy calculator above. <https://www.governor.pa.gov/covid-19/sports-guidance/>

## **FOOD**

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry. <https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>  
<https://www.governor.pa.gov/covid-19/sports-guidance/>

MLBA reserves the right to not open concession stands during the seasons.

## **STAFFING**

Coaches should create a back-up staffing plan which should include cross-training staff and coaches and training all coaches and officials on safety protocols. <https://www.governor.pa.gov/covid->

## **TRAFFIC**

The league will limit entrance and exit traffic, designating specific entry to and exits from facilities where feasible. Protocols ensure staggered pick up and drop off for practice and events and ensure that athletes are not congregating while awaiting pick up and to ensure congregation or crowding does not occur on drop off. Pickups and drop offs should remain outside. Parents should not enter the facility. <https://www.governor.pa.gov/covid-19/sports-guidance/>

- To the extent possible, signs will be posted in highly visible locations (e.g., at entrances and exits, and in restrooms) that promote everyday protective measures and direct traffic.
- Athletes shall not congregate while awaiting pick up, nor should they crowd during drop off. Please maintain social distancing if walking in groups towards the fields. Parents should not enter onto any playing field during drop off or pick up and shall remain in the parking lot or spectator area (see above). If groups are visible during drop off, please delay and space your child's exit to avoid over-crowding.