

## UPLL Guidelines for Parents and Players Return to Play with COVID-19 Precautions

### 1. General Information

- UPLL will focus on the safety of our players, coaches, managers, and umpires by enforcing the below guidelines in the dugouts and on the field. We encourage spectators to follow the guidelines below, but UPLL representatives will not be patrolling the complex to enforce them. Spectators are asked to please make responsible decisions when attending practices or games at the UPLL Complex so that we may continue to enjoy a modified season.
- By attending practices, games, and other team activities at the UPLL Complex, there is a risk of being exposed to COVID-19. By adhering to the below guidelines, the risk of exposure is low.
- We understand that extended family members and friends may want to watch games, but at this time spectators will be restricted to those living in a player's immediate household. During practices, no more than one adult may accompany the player to the field and should remain in their vehicle during practice, unless their assistance is requested by the team manager or coach.
- Upper Providence Township's MacFarlan Park, which contains a total of three fields and a small pavilion with restrooms, will remain closed. The playground area in MacFarlan Park will also remain closed. Please keep players and other children off of these fields, picnic benches, and playground equipment.

### Before Arriving at the Complex/When to Stay Home

- Players, coaches, managers, umpires, and spectators should check their temperatures prior to arriving at the complex for practices or games. Do not attend practices or games if you have a fever over 100.4.
- If a player, coach, umpire, or spectator or **someone living in their household** experiences symptoms of COVID-19 (fever greater than 100.4, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea or vomiting, diarrhea) do not attend practices or games and follow local and state guidelines for self quarantine/isolation.
- If a player, coach, manager, umpire, or spectator has been exposed to someone who has tested positive for COVID-19, do not attend practices or games and follow local and state guidelines for self quarantine.
- If a player, coach, manager, umpire, or spectator receives a positive test result for COVID-19, do not attend practices or games and follow local and state guidelines for self isolation.
- **For any of the above situations, contact the League Safety Officer for guidance regarding returning to the complex.**

### Handwashing/General Hygiene

- At this time, UPLL does not have running water, sinks, or soap available for handwashing at the complex. Portable restrooms will be available on site.
- Team Managers will be provided with hand sanitizer, disinfecting wipes, and disposable gloves at the beginning of the modified season for players, coaches, and managers to sanitize their hands upon arrival to the complex. Spectators should bring their own supplies (hand sanitizer, etc) for personal use.
- All visitors should sanitize their hands upon arrival to the field.
- Players, coaches, managers and spectators are encouraged to sanitize their hands often, especially after blowing their nose, sneezing, coughing, or touching items which are frequently used by the general public (doorknobs, bathrooms, etc).
- Sunflower seeds, gum, etc., are not allowed in dugouts or on the playing field.
- All players, managers, and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.

## Face Coverings

- Players will not be required to wear face coverings while on the field or while at bat. Players will be required to wear face coverings while in the dugout.
- Face coverings should be brought from home, as they will not be provided by UPLL.
- Coaches, managers, and umpires will be required to wear face coverings while in the dugout or while on the field.
- Spectators should wear face coverings at all times.
- Players, coaches, managers, umpires, and spectators will be required to wear face coverings in all common areas, including bathrooms, throughout the complex.
- If you are unable to wear a face covering because of an underlying health condition, we ask that you stay home and refrain from coming to the complex for practices or games.

## Social Distancing

- All players, coaches, managers, umpires, and spectators should practice social distancing of six feet, wherever possible, from individuals not residing within their household, especially in common areas.
- Spectators should bring their own seating to the complex, as bleacher seating and the pavilion will not be available, and maintain a distance of at least 6 feet from other spectators and the dugouts.
- Players, with the exception of T-Ball, will be assigned seating in the dugout (batting order) and will be limited to sitting in their space on the bench. Players will be required to wear face coverings while in the dugout.
- T-Ball Players will be required to sit with parents/guardians instead of the dugout and will not be required to wear face coverings. Coaches, managers, and spectators are required to wear face coverings during T-Ball practices and games.
- Players, coaches, managers, umpires, and spectators should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. Post game "hat tipping" is allowed and encouraged.
- PJ's Park Press Box is limited to no more than 2 adults to announce and keep score, and a distance of 6 feet must be maintained. Children under the age of 18 are not allowed in the press box.

## Player Equipment

- Players should use their own individual batter's helmet, glove, and bat and not share these items with others. Parents/guardians are responsible for sanitizing the above items as needed.
- Shared catchers equipment must be sanitized in between use with disinfecting wipes provided to Team Managers. Baseballs and softballs should be rotated through on a regular basis, at least every two innings, to limit individual contact. Used balls will be kept in a separate container to be sanitized after the game or practice.
- Catchers should retrieve foul balls and passed balls when possible. Foul balls landing outside the field of play should be retrieved by participating players, coaches, managers, and umpires. No spectators should retrieve the ball.

## Concessions

- At this time, the UPLL Snack Stand will remain CLOSED.
- Individual food and drinks may be brought to the complex, but please refrain from sharing with those outside of your personal household.
- Players, managers, coaches, and umpires should bring their own personal drinks to practices and games. Drinks should be labeled with the person's name to avoid cross contamination.

## Field Arrival/Departure

- If a practice or game is ongoing on your designated field when you arrive at the complex, please remain in your car until the field has been vacated by the previous group. Do not congregate in common areas while waiting.
- Once a game or practice is over, please pack up belongings and leave the complex in a timely manner, usually within 20 minutes of event completion. Please do not congregate in common areas for team meetings or get together before or after practices or games.

### Contact Tracing

- If a player, coach, manager, umpire or spectator **or someone in their household** tests positive for COVID-19, please email the UPLL Safety Officer and follow local and state guidelines regarding self isolation.
- When the UPLL Safety Officer receives notification of a positive test, she will contact the Team Manager(s) whose team(s) have been in close contact with the positive individual to provide instructions about self quarantining. The privacy of the positive individual will be maintained in all communications.
- Teams which have been notified that they have been exposed to a positive COVID-19 case may not resume team activities or return to the complex until they have been symptom free for 14 days since the date of their last exposure.
- If an exposed individual develops symptoms of COVID-19, please contact your Primary Care Provider for guidance on testing and self-quarantine. Contact the UPLL Safety Officer for guidance regarding returning to the complex.

### Cleaning & Disinfecting

- The CDC reports that Coronaviruses on surfaces and objects naturally die in hours to days in typical indoor and outdoor environments. Warmer temperatures and exposure to sunlight will reduce the time the virus survives on surfaces and objects.
- Player equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent/guardian.
- When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment will be cleaned and disinfected with provided disinfecting wipes by team managers and coaches. Increased attention should be paid to detailed cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).

If you have any questions regarding these guidelines, contact the UPLL Safety Officer. By following these guidelines we can enjoy a modified baseball and softball season at UPLL. Thank you for your cooperation!

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