



The Boys of Summer COVID 19 Guidelines

These guidelines are subject to change and can be superseded by any Venue or League specific guidelines. These guidelines are also available at <https://www.theboysofsummer.org/Default.aspx?tabid=750795>

In an effort to keep this simple and easy to follow, we have distilled the various sources of guidance available thus far (primarily **CT COVID Sports_FitnessCenters_C4_V1.pdf** starting on page 15, from CT.gov) into some simple terms. We understand that allowing your son to return to play is a personal family decision and we respect your right to allow or not allow your son's participation. Specific venues that we will be playing at will have their own set of guidelines and we will inform you of those as we know them. The Boys of Summer Baseball expects all of us to abide by these rules to the best of our abilities, and we also expect a high level of personal responsibility in doing so. Our sole goal is to have a safe and fun baseball experience for all involved.

1. You should be self-screening yourself and your family for symptoms before you come to practices or games. Links to several online self-checkers.
 - a. <https://landing.google.com/screener/covid19>
 - b. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#>
 - c. <https://www.mayoclinic.org/covid-19-self-assessment-tool>
2. Physical Distancing
 - a. Coaches will follow physical distancing protocols during games and practices.
 - b. Players will follow physical distancing protocols when not on the field of play (dugout).
 - c. Players should bring their own chairs to be able to physically distance themselves in and around the "dugout" area.
 - d. Parents and spectators should abide by all social distancing guidelines.
3. Face Masks
 - a. Coaches and staff are required to wear a face mask or cloth face covering when unable to easily, continuously, and measurably keep 6 ft of physical distance from others, unless doing so would be contrary to his or her health or safety due to medical conditions.
 - b. Athletes are encouraged to wear face coverings when not engaged in active play. While engaged in the active play of sports or strenuous activities, athletes do not need to wear a face covering.
 - c. However, athletes shall bring their own face masks and wear them when unable to easily, continuously, and measurably keep 6 ft of physical distance from others, unless doing so would be contrary to his or her health or safety due to medical conditions.





Parent and spectators should bring and wear facemasks when unable to physically distance themselves to 6ft or more.

4. Huddles

- a. Players will not huddle at any point during the game/practice.
- b. Sportsmanship will continue in a touchless manner – no handshakes/slaps/fist bumps after games.

5. Food, Drinks, Equipment, Conduct

- a. All players and coaches shall bring their own food and water. Water bottles shall not be shared.
- b. NO – Seeds or Gum
- c. Avoid sharing of equipment
- d. NO-Spitting

6. Game and Practice times.

- a. Please arrive at your scheduled time and please leave the facility as quickly as possible after the game or practice is over to allow for staggered arrivals and departures with other teams and parents.

7. Exposure Guidelines.

- a. If your son or anyone in your family has been exposed or have been potentially exposed to COVID we recommend that you follow any guidance given as part of that exposure.
- b. Please inform you coach of the exposure and any guidance given.
- c. We would also recommend a 14 day quarantine or a negative COVID test before returning to your team.

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Additional reference:

https://portal.ct.gov/-/media/DECD/Covid_Business_Recovery-Phase-2/Sports_FitnessCenters-C4_V1.pdf

