

# **NOR-GWYN BASEBALL AND SOFTBALL**

## **Safety Guidelines for Practice/Games during COVID-19**

The Nor-Gwyn sign on the street says, "Crush the Curve". It is our goal to get the kids playing baseball safely, while following all the proven ways to prevent the spread of Coronavirus and keep everyone safe at the Nor-Gwyn Complex. We recognize that everyone has their own different level of sensitivities, but we ask you to respect the following organization guidelines at this time. It will take teamwork all the way around to make this happen in the Covid-19 environment.

### **What can our families do prior to arriving to the Nor-Gwyn Complex?**

- **Health Monitoring** – Daily self-evaluated at home wellness screenings need to be completed by all prior to entering the facility, especially our players. If a player, coach, family member, etc. exhibits any symptoms of Covid-19 (see below) they will not be permitted to attend practice or play in a game. Know when to stay home!
- **Symptoms** - a fever of 100.4 degrees or above, cough, tiredness, shortness of breath or difficulty breathing, muscle aches, chills, sore throat, loss of taste or smell, headache, chest pains
- **Waiver** – All coaches and players are **required** to complete and turn in the Nor-Gwyn Covid-19 Waiver
- **What to bring with you?** –
  - **equipment bag** with your players name clearly marked on all their personal equipment (gloves, bats, helmets, catching gear, etc.) There will be no sharing of equipment.
  - **face mask/covering**
  - **personal hand sanitizer** that contains alcohol – specifically, at least 60% ethanol or 70% isopropanol,
  - **personal water bottles/drink containers**
  - Please bring your own personal seating, the bleachers will be Closed to spectators
  - please leave sunflower seeds and gum at home to help prevent spitting
- **No Carpooling** -players will arrive only with members of their immediate families

### **Our Facility Guidelines**

- There will be NO nonessential visitors, spectators, or volunteers at practices in the **yellow phase**. There will be a limit of 25 people per field in the yellow phase.
- There will be a maximum Nor-Gwyn complex capacity of 250 people in the **green phase**, during games and practices, practicing all suggested social distancing guidelines (masks worn, 6-foot distances kept, etc.)
- **Traffic and Pedestrian control**
  - **Parking** – All vehicles are asked to park in lots surrounding the complex (our upper parking lot, Gwyn-Nor Elementary School, or Pennbrook Middle School)
  - **Parking** –
  - Connie Mack and Perky (Gwyn-Nor)

- Youth Baseball and Softball F1,2,4 (Upper Parking Lot)
- Youth Baseball and Softball F3, F6, F7 and Pennbrook (Pennbrook Parking Lot)
- **The Hostelley Field driveway entrance is Closed**
- There will be **no parking** behind the Hostelley Field House or within the walkways/driveways of the complex. Appoint designated player drop off and pickup locations
  
- **Pedestrian Traffic**
- For the **lower youth fields 1 and 2**, people will enter using the driveway between F1 and F2. People will exit using the road between F1 and Hostelley Field.
- For the **lower fields 3 and 4**, people will enter via the Pennbrook Middle School parking lot
- For **Hostelley Field**, people will enter using either the Hostelley driveway or the third base dugout gate
- **Drop off** -Pick up at the end of those roads accordingly to avoid cross pedestrian traffic.
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- **Player and Coach Field entrances**
- **Lower Fields 1, 2, 3, and 4** - No entrance or exit at dugout gates.
- F1: enter through Right outfield gate. Exit through Left outfield gate.
- F2: enter through Left outfield gate. Exit through Right outfield Gate.
- F3: enter through Left outfield gate, Exit though Right-Center outfield gate.
- F4: enter on Left outfield side. Exit on Right outfield side.
  
- **Hostelley Field** -Enter through dugout gate. Exit through 1st base side gate or right outfield gates.
  
- **Restroom facilities:**
  - Only one adult at a time or child with adult in each bathroom.
  - **Hostelley Field** - Men's and Ladies Restrooms
  - **Lower Fields** - limited bathrooms open
- **Hand washing stations:**
  - Hostelley Field – in Men's and Ladies Restrooms
  - Lower Fields – Hand washing station to be installed, temporary station inside the snack stand
- **Spectator Stands:** All spectator stands will be blocked off, with no seating allowed. Please bring your own personal seating
- **Snack Stands:** Both Snack Stands will be closed.
- **Signage** – Will be posted around the complex reminding players about healthy behaviors, proper hand hygiene, how to wear a face covering, etc. Parents are encouraged to review these behaviors with their players prior to each practice/game.
- **Misc.**
  - Limited hand sanitizer will be provided by Nor-Gwyn, but families are encouraged to bring their own
  - Please do your part by keeping your areas clean and disposing of trash in appropriate receptacles.

### **Practice and Game Guidelines for Players and Coaches**

- **Time Limits** – Practices and games will have specific, hard finish time limits to ensure that there is a minimal 30 minutes in between practices and games.
- **Dugouts** – Closed for all practices. Limited seating capacity and adhering to 6-foot separation during all games. Alternate seating areas for excess players will be utilized.
- **Batting Cages** – Players will maintain social distancing while waiting for their turn. The Batting practice pitcher will retrieve all thrown baseballs.
- **Practices** - Players and coaches are asked to arrive no sooner than 15 minutes prior to practices.
- **Game times** – Start times will be staggered to minimize field/complex congestion
- **Games** – Players and coaches are asked to arrive no sooner than 45 minutes prior to games.
- **Game Rules** – Rules may be amended to prevent the occasion of accidental collisions or proximity of players
- Each player/coach will be **required to have a cloth face covering** at every practice/game. Cloth face coverings should be worn whenever possible and when the player is not actively participating in the field of play.
- Each player/coach will keep a physical distance of 6 feet or more whenever possible during practices and games.
- Coaches are encouraged to break down into **smaller groups** for practices
- Coaches are asked to **limit team meetings/gatherings** with all team members present. If meeting is necessary, maintain social distancing of 6 feet apart and wear cloth face masks.
- No contact between teammates and individuals at practices/games. No high fives, handshakes, fist bumps, or hugs. In lieu of postgame handshake, teams are encouraged to lineup on foul lines and “tip your cap” as a sign of sportsmanship.
- Cleaning and disinfecting of frequently touched equipment and other surfaces will be done after each practice/game or during practice/game when necessary. If conducting group drills, a dedicated bucket of balls should rotate with group. Sanitizer will be provided by Nor-Gwyn.
- There will be no “hanging around” after games to prevent overlapping.
- Coaches are asked to spend no longer than 15 minutes performing post game field maintenance.

#### **Hitting the Change-Up**

Throughout the season as medical and governmental guidance changes, our policies will continue to evolve. All updates will be communicated to participants via email.

## **Nor-Gwyn Action Plan – When Someone Becomes Sick with Covid-19 Symptoms**

- **Advise Sick Individuals of Home Isolation Criteria**
  1. Insure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
  2. Sick coaches, staff members, umpires/officials, or players will not be permitted to return until they have met CDC's criteria to discontinue home isolation.
- **Isolate and Transport Those Who are Sick**
  1. Immediately separate coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath, loss of sense of taste or smell).
  2. Instruct individuals to go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick.
  3. Immediately separate individuals who have had close contact with a person who has symptoms and send them home as well, and follow CDC guidance for community-related exposure (see "Notify Health Officials and Close Contacts" below). If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.
  4. If necessary, arrange to transport anyone who is sick to their home or to a healthcare facility. If calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.
- **Clean and Disinfect**
  1. Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them. For outdoor areas, this includes surfaces or shared objects in the area, if applicable.
  2. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.
- **Notify Health Officials and Close Contacts**
  1. In accordance with state and local privacy and confidentiality laws and regulations, should notify local health officials, youth sports program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations.
  2. Work with local health officials to develop a reporting system (e.g., letter) Nor-Gwyn can use to notify health officials and close contacts of cases of COVID-19.

3. Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.