

# Apex Parks, Recreation and Cultural Resources Spring 2021 Youth Baseball and Softball Season Safety and Health Guidelines



## General:

- **Players, umpires, spectators, coaches, and staff with any of the following conditions should not attend a practice or game until evaluated by a medical provider and given clearance to do so:**
  - Active COVID-19 infection
  - Known direct contact with an individual testing positive for COVID-19
  - Fever
  - Cough
  - Those at higher risk for severe disease should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing. Such groups include:
    - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease.
    - Those currently residing in a nursing home or long-term care facility
    - Those over 65
- Any player who tests positive for COVID-19 and had participated in a game in the last 2 weeks is encouraged to share this information with the Department. The individual player will not be identified, but the Department would then let the rest of the team know about the potential for exposure. The department will follow our protocol for the player's eligibility and any possible game cancellations.

## Gameplay:

- Homeplate umpire stands behind mound to call balls and strikes
- Sunflower seeds, gum, etc., are not allowed in dugouts or on the playing field.
- All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.

## Handshakes/Personal Contact Celebrations:

- Players and coaches will take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- Teams should not conduct a handshake line after the game.
- Players, coaches, and families are asked to vacate the field/facility as soon as possible after the conclusion of their game, and to not congregate at or near the dugout to minimize unnecessary contact with players, coaches, and spectators from the next game.

## Drinks and Snacks:

- Athletes, coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name.
- There should be no use of shared or team beverages.
- Players should bring individual, pre-packaged food, if needed. There will be no shared team snacks.

## Masks and Social Distancing:

- When not on the field coaches and players will be required to stay six feet apart using the X's in the dugout and on the bleachers.
- All coaches, players, umpires, and staff are required to wear cloth face coverings at all times.

## Player Equipment:

- Player's bat bags will not be placed in the dugout. The bags will be placed along the fence behind the dugout and backstop to avoid direct contact and congregating in the dugout.
- Players are asked to bring their own equipment and should not share their personal equipment with other players.
- We will provide equipment such as helmets, catchers equipment and bats. These will be sanitized each time equipment is swapped with another player by a parent stationed in the dugout. (Sanitizer will be each dugout for both games and practices).
- Players should not share towels, clothing, or other items that they may use to wipe their face or hands. Players should also write their names in their hats so they do not get switched.

## Baseballs and Softballs:

- Each team will be given 12 balls to use throughout the season. This will decrease the number of shared balls between teams.
- *Gameday*: Two bags of balls will be placed at the Each team will be given a bucket of balls to use on defense.
- Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
- Balls used in infield/outfield warm-up will be isolated from a shared ball container.
- Foul balls landing outside the field of play will be retrieved by participating players and coaches. No spectators should retrieve the ball.

## Spread Out Scheduling of Practices and Games:

- 30-minute buffer time will be provided between games and practices to allow all participants to leave/arrive without overlapping.
- For practices, teams will have use of both dugouts to spread out equipment.
- If there is a game or practice prior to your event, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.

### Spectators:

- Spectators should bring their own seating or portable chairs when possible.
- All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; wear a cloth face covering at all times; avoid direct hand or other contact with players/coaches during play.

### Public Shared Spaces:

- Restrooms will be cleaned and disinfected on a regular basis.
- Touchpoints in the dugout will be disinfected between games.
- All bleachers, benches, shared equipment will be wiped down/disinfected between games.

### Post Information to Promote Everyday Preventive Actions:

- Posters and signs will be displayed throughout the park to frequently remind visitors to take steps to prevent the spread of COVID-19. These messages may include information about:
  - Staying home if you are sick or do not feel well, and what to do if you're sick or feel ill.
  - Using social distancing and maintaining at least six feet between individuals in all areas of the park.