

NYBSA COVID-19 Guidelines – Fall 2020

The following guidelines will be in place for the Fall 2020 baseball and softball seasons at Norcross Youth Baseball and Softball Association (NYBSA):

Purpose:

The purpose of these guidelines is to allow the return to youth baseball and softball while also reducing the risk of infection during the ongoing COVID-19 pandemic. These guidelines **do not supersede or replace any applicable local, state, or federal health guidelines or requirements** (hygiene, social distancing, limits on the size of group gatherings, etc.) that are in place or are put in place during the course of the season.

Information Distribution:

General updates to these COVID-19 guidelines or other important safety information will be disseminated by use of the organization's website (nybsa.net), emails to registered families, and by word of mouth via the coaches of each league.

Overall good hygiene recommendations for players, coaches, umpires, and spectators:

The following practices are recommended to mitigate transmission of communicable diseases, including COVID-19.

- Avoid touching your face.
- Washing hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after coughing, sneezing, or blowing one's nose. If soap and water are not available, CDC recommends consumers use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a face mask or covering at any time you are in public and unable to
- maintain social distancing.
- Avoid contact with other individuals (shaking hands, for example).
- Maintain a distance of 6 feet between you and others.
- Stay home if you feel sick and contact your health care provider.

Rules for players, coaches, umpires, and spectators experiencing any COVID-19 symptoms:

Any individual reporting or demonstrating symptoms of illness at any point should be removed from competition (or restricted from competition) and should seek guidance from his or her healthcare provider before returning to baseball or softball activities.

Prior to participation, all participants must meet all of the following:

- Refrain from participation if participant has any COVID-19 symptoms, including the following:
 - Fever (≥100.4 degrees F)
 - Cough
 - Shortness of breath
 - Less common symptoms: sore throat, congestion, nausea and vomiting, diarrhea, headache, muscle / joint pain, sudden loss of taste or smell, chills

- Refrain from participation if participant has had close contact with a sick individual or anyone with a confirmed case of COVID-19
- Refrain from participation if he/she had a documented case of COVID-19 in the last 14 days
- Refrain from participation if participant is currently demonstrating or suffering from any other ill symptoms

During practices or games, all participants must meet all of the following:

- Dugouts shall remain closed to players and coaches.
- Handshakes and high-fives are not allowed and should be avoided at all times.
- Physical contact should be avoided during and post activities.
- Social distancing should be ensured between players, coaches, and umpires on the during play and during any individual or group conversations
- No player, coach, or spectator should violate social distancing guidelines with an umpire at any time.
- Players shall not share equipment, especially helmets and/or masks.
- Use of masks or cloth facial coverings by coaches and players should be guided by local or national guidelines regarding public use.
- Spectators should remain off the field, practice proper social distancing and utilize masks or cloth facial coverings throughout the event in accordance with local and national guidelines. Additionally, it is strongly encouraged that only one adult spectator be in attendance for each family.
- Each coach, player, umpire, and spectator should have their own hand sanitizer. Players and coaches should disinfect their hands prior to and immediately after every team event and after any contact with a shared surface.

Post practices or games, all participants must meet all of the following:

- Any individual (player, coach, or umpire) that confirms a case of COVID-19 within 7 days of attendance of a practice or game shall notify their team coach and the NYBSA Player Agent immediately.

Policy for COVID-19 Exposure:

The following practices shall be followed after a COVID-19 exposure for players, coaches, or umpires.

Participants with confirmed exposure or direct exposure to participant diagnosed with COVID-19:

Exposure = closer than 6 feet for more than 15 minutes

Direct exposure = COVID positive person coughed on you even though you were only exposed for a short amount of time

Exposed participants shall quarantine for 14 days and monitor symptoms. Even with a negative test and no symptoms, exposed person should quarantine for 14 days while monitoring for symptoms because it may take several days to become positive. **Note that this may include an entire team.**

Participant with COVID-19 symptoms or positive test:

Participant with COVID-19 symptoms or positive test stay quarantined at home and avoid all baseball and softball activities until:

- Fever free for 72 hours without fever reducing medications
- At least 14 days have passed from the start of symptoms or positive test and COVID symptoms have significantly improved

OR

- Participant has 2 negative nasopharyngeal COVID tests collected at least 24 hours apart. Documentation of these tests shall be made available for team coach and NYBSA Player Agent prior to the completion of the 14-day window outlined above.