

# Lansdowne Boys & Girls Club Covid-19 Guidelines – Spring 2021

*(developed in cooperation with the Aldan Youth Club)*

## General Guidance

### Reporting or Questions

Please contact LBGC promptly at **baseball@lansdownebgc.org** if you, your child(ren) or another family member has, or potentially has, been exposed to Covid-19. LBGC is committed to contact tracing to the best of our ability. Your identity will be kept private if LBGC needs to notify players, coaches and other families of a possible Covid exposure through the tee-ball/baseball program. Please contact that same email address with any questions or concerns.

### Potential Exposure

Any player, coach, volunteer, umpire or spectator with any of the following conditions should not attend any practice or game until evaluated by a medical provider and given clearance to do so:

- active Covid-19 infection (positive test)
- known direct/close contact with an individual testing positive for Covid-19
- experiencing Covid-19 symptoms (e.g. fever, cough) or otherwise feeling ill
- those at higher risk for severe disease should consider consultation with their medical provider before attending a practice/game, and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and hand-washing

### Wash Your Hands Often

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Hand sanitizer will be provided for players, coaches and on-field volunteers, but players are encouraged to bring their own hand sanitizer for personal use.

### Cover Your Mouth and Nose with a Cloth Face Covering When Around Others

- You could spread Covid-19 to others even if you do not feel sick.
- Everyone should wear a cloth face covering when they are out in public. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
- The cloth face covering is meant to protect other people in case you are infected.
- Continue to maintain six feet between yourself and others. The cloth face covering is not a substitute for social distancing.

### Cover Coughs and Sneezes

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- Throw used tissues in the trash immediately.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### Social Distancing

- All players, coaches, volunteers, umpires and spectators should practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas. For situations when players are engaging in the sports activity, see On-Field Guidance above for more information.
- Avoid close contact with people who are sick.

### Self-Monitoring and Quarantine

- All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending a game or practice. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with Covid-19 should not attend any practice or game until cleared by a medical professional. Please stay home!
- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should only attend practices or games with permission from a medical professional.

## **On-Field Guidance for Players, Coaches, Volunteers and Umpires**

### Healthy Practices

- All players and coaches should practice good general health habits, including maintenance of adequate hydration, consumption of a varied, vitamin-rich diet with sufficient vegetables and fruits, and getting adequate sleep.
- Players, coaches, on-field volunteers and umpires should take measures to prevent all but the essential contact necessary to play the game. This includes refraining from handshakes, high fives, fist bumps, chest bumps, group celebrations, team lineups at the end of games, etc.
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game.

### Personal Protective Equipment

- Coaches, on-field volunteers and umpires should always wear a cloth face covering whenever applicable and possible.
- Players are not required to wear a cloth face covering while on the field during game play (or practice), but should wear cloth face coverings when in dugouts or other close-contact areas where recommended social distancing is challenging or not feasible. Cloth face coverings that can hang around the neck are recommended, if possible, so players don't have to keep track and can easily put on/take off as needed (e.g. with a lanyard, with straps that wrap around the head rather than the ears, or a gaiter – the CDC recommends double-layered).
- Players are permitted to wear a cloth face covering on the field during game play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian.
- Players should not wear protective medical gloves on the field during game play.

### Player Equipment

- No personal player equipment bags are allowed in the dugout. Player equipment should be spaced accordingly outside the dugout, or left with families during the game, to prevent direct contact.
- Measures should be enacted to avoid, or minimize, equipment sharing when feasible:

- Players are required to have their own glove, and encouraged – if possible – to have their own individual batter’s helmet and bat. Any individual equipment should be marked with the player’s name, kept separate from team bats and helmets, and should not be shared with other players unless they are members of the same household.
- Some critical equipment may not be able to be obtained by every individual, so it will be necessary to share equipment – e.g. bats, helmets, catcher’s gear. Players, coaches and other on-field volunteers should use team-provided hand sanitizer at the start of every practice and game. During games, they should also use hand sanitizer every time they enter the dugout between innings; and for practices, before every at-bat (players only). Equipment will be cleaned/sanitized as much as possible otherwise.
- Player’s individual equipment should be cleaned and disinfected after each game by a parent/guardian, where applicable.
- Players should not share towels, clothing, or other items that they may use to wipe their face or hands.

### Baseballs

- Balls used in infield/outfield warm-ups should be isolated from a shared ball container.
- Umpires should limit their contact with the ball, and catchers or other players on the field should retrieve foul balls and passed balls within the field of play.
- Foul balls landing outside the field of play should be retrieved by participating players or coaches. No spectators should retrieve foul balls.

### Drinks and Snacks

- Players, coaches, on-field volunteers and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person’s name to avoid confusion.
- Individuals should take their own drink containers home each night for cleaning and sanitation.
- There will be no shared or team beverages.
- Teams should not share any snacks or food. Players should bring individual, pre-packaged food, if needed.

### Spitting, Sunflower Seeds, Gum

- Sunflower seeds, gum, etc., are not allowed in dugouts or on the playing field at any time.
- All players, coaches and on-field volunteers are to refrain from spitting at all times, including in dugout areas and on the playing field.

### Umpire Placement

- Umpires are permitted to be placed behind the pitcher’s mound/circle to call balls and strikes. Umpires are encouraged to keep a safe distance from players as much as possible.
- If physically able, umpires are encouraged to wear cloth face coverings while umpiring.

## **Guidance for Spectators**

- All spectators should follow best social-distancing practices: stay six feet away from individuals outside their household; wear a cloth face covering whenever social distancing is not possible (except for children 2 and under, or for medical reasons); avoid direct hand or other contact with players, coaches or volunteers during practices or games.
- Spectators are encouraged to bring their own seating or portable chairs when possible.