

Long Valley Baseball Club

Health & Safety Guidelines

Program Preparation Plan 2021



*Board of Directors*



# Responsible Safety Guidelines

## GENERAL

All of the below guidelines for preparation to play have been taken directly from the below link to the NJ State return to play health and safety guidelines. <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

- Pursuant to Executive Order of the Governor of the State of New Jersey, use of Township fields, facilities and equipment are subject to the following requirements: 1. All non-collegiate and non-professional athletic practices and competitions that are conducted outdoors are subject to the current outdoor gathering limit of 200 persons. However, if the number of individuals who are necessary for a practice or competition, such as players, coaches, referees and two parents or guardians per participating athlete under the age of twenty-one, is greater than 200 persons, such a practice or competition may proceed, as long as no individuals are present who are not necessary for the practice or competition, such as spectators. All individuals (including sporting participants, coaches and spectators) shall remain six feet from one another at all times whenever not directly participating in any contact sporting competition or practice;
- 2. All individuals over two years of age shall wear face coverings whenever it is impractical to maintain a six-foot distance from one another, except when engaging in high intensity aerobic/anaerobic activities or as otherwise permitted by applicable Executive Order.
- 3. Participants in any sporting activity shall not be permitted to share any physical items, including equipment, with one another unless such physical items are sanitized before and after each participant's use.
- 4. Items 2 thru 4 above do not apply in relation to and as between: immediate family members, caretakers, household members, romantic partners; and event organizers or as otherwise excluded by Executive Order.
- 5. All sporting activities shall abide by the NJDOH Standards and Guidelines in place at the time of the activity.
- The Township retains discretion to open or close any public field or facility at any time. Failure to comply with this notice is grounds for immediate removal from Township Property without permission to return. Violators are subject to criminal prosecution under the New Jersey Defiant Trespasser Law, N.J.S.A. 2C:18-3(b). Violations can be reported to 908-876-3232 x 0.
- Each team will identify adult volunteers to help remind coaches, players and staff of social distancing. Use of signs, tapes or physical barriers can be used to assist with guiding social distancing requirements. This will include players only areas away from spectators if applicable.
- Prior to each practice or game, temperatures will be taken upon arrival to field. This will be taken at defined entry spot outside of field of play before any activity begins. This "entry spot" will be defined as outside the home dugout prior to entry onto playing field.
- We will have consistent groups of the same staff, volunteers, and athletes, and avoid mixing between groups.
- Everyone must adhere to 6 feet social distancing guidelines when interacting with players, coaches, and spectators. Face coverings must be used during times and places when social distancing is not possible including when arriving and departing the fields.
- Anyone experiencing symptoms or was in close proximity or contact with someone they know who has flu-like symptoms in the last 14 days must stay home.



- All coaches, players and team families attending practices & games must perform a daily self-symptom check prior to arriving to the field to verify that they do not currently have any flu-like symptoms and was not in close proximity or contact of someone they know who has flu-like symptoms in the last 14 days.
- Each team will use their own baseballs/softballs. Separate game balls will be used by each team and sanitized between each inning. Practice balls will be sanitized between each practice session.
- Each team will have hand sanitizer available for team coaches & players. Coaches & players will be use hand sanitizer in between practice drills/stations, innings, and at the end of the practice sessions or games.
- All bathrooms will have soap and hand sanitizer available (maintained by town).
- **The Health Dept stated the following: If new restrictions are required by executive order at a later date.**

## PLAYERS

- All players will be required to wear face coverings when not in the field of play and if they are within 6ft of another person, including when interacting with other players, coaches, spectators both on and off the field.
- We will educate athletes and coaching staff about when they should stay home and when they can return to activity.
  - 1. Actively encourage sick staff, families, and players to stay home. Develop policies that encourage sick employees to stay at home without fear of reprisal, and ensure employees are aware of these policies.
  - 2. Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.
  - 3. Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.
  - 4. Immediately separate coaches, staff, officials, and athletes with COVID-19 symptoms at any sports activity. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure.
  - 5. Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility.
- Daily temperature scan before entering dugout at entry spot located outside field of play.
- All players will maintain 6-foot distancing when not in the field of play.
- No touch rule: Players and coaches must refrain from celebratory physical contact with each other or opponents on and off the field of play. A hat tip or similar non-contact gesture will replace post game handshakes/high fives.
- Players must keep all equipment, food, and drinks in their baseball bags when not in use.
- Players are not permitted to share equipment, food, or drink. Seeds or chewing gum are not allowed.
- Spitting is not permitted.



## COACHES

- Each team's manager will ensure that their players, assistant coaches, and teams spectators are aware that they must follow the COVID-19 prevention measures including, but not limited to all mentioned herein. Anyone unable to follow these guidelines must stay home.
- All coaches will be educated on COVID-19 health and safety protocols prior to the resumption of athletic activities, including:
  1. Revised practice rules and regulations in place during COVID-19;
  2. The importance of staying home when experiencing symptoms of COVID-19 or residing with someone experiencing symptoms of COVID-19;
  3. Social distancing and face coverings;
  4. Proper hand hygiene;
  5. How to address a situation in which an athlete presents with symptoms of COVID-19; and
  6. How do address situations in which social distancing or other necessary requirements are challenged by athletes or parents/guardians/visitors.
- All coaches will be required to wear face coverings whenever they will be within 6ft of another person, including when interacting with players, other coaches, umpires, or spectators both on and off the field.
- Daily temperature scan before entering dugout at entry spot outside field of play.
- Teams will keep their own line up cards and not exchange them with their opponents

## UMPIRES

- Must wear face covering at all times.
- Must adhere to 6ft distancing guidelines, including when interacting with players, coaches, other umpires, or spectators both on and off the field.
- Daily temperature scan before entering playing field at entry spot outside of field of play.
- The "Plate Umpire" will be positioned behind the mound to call balls and strikes while maintaining 6 feet separation from the pitcher.
- Will not collect baseball line ups from coaches



## SPECTATORS

- We will communicate applicable details of the plan to parents/guardians and/or participants before commencing practices.
- Must adhere to 6-foot social distancing for anyone not in the same family
- Must not enter player areas on the field, behind the backstop, or in/around team dugouts and staging areas
- Must bring own seating in lieu of bleachers

- Recommended to wear coverings
- All family members and spectators will have a designated area in the outfield to watch the games while maintaining proper social distancing. Designated area will be outside of player only designated area.



## CONCESSION STAND

<https://food.unl.edu/article/concession-stand-food-safety-and-covid-19>

- LVBC Concession stand volunteers will be required to wear masks at all times.
- LVBC concession stand will follow all applicable local, state, and federal regulations and public health agency guidelines on mask use.
- LVBC will communicate to volunteers that they should not help if they are sick, have COVID-19 symptoms or have been in contact with someone that has COVID-19.
- All volunteers will be required to complete a temperature check upon arrival. Anyone with a temperature of 100.4 F or higher will not be permitted to volunteer.
- There will be a maximum of 2 volunteers inside the concession stand at one time and volunteers will exercise physical distancing whenever possible.
- Adult volunteers will not be permitted to have minor children inside the concession stand.
- LVBC will ensure the concession stand is adequately stocked with soap, paper towels, hand sanitizer and supplies for cleaning, sanitizing, and disinfecting.
- LVBC will encourage and provide access to handwashing and hand-sanitizing for volunteers.
- LVBC will have no self-service of food. LVBC will provide all disposable food service items such as individual salt/pepper, ketchup/mustard, cream, sugar, utensils, plates, cups etc.
- LVBC will provide and mandate the use of gloves, tongs, or deli-sheets to avoid touching food with bare hands.
- LVBC will clean and sanitize food-contact surfaces frequently.
- LVBC will disinfect high-touch surfaces frequently using an EPA approved product against the virus that causes COVID-19. Follow recommendations on the product label.
- LVBC will encourage spacing between customers while in line for service – including signage and floor/ground markings.
- LVBC will make available hand sanitizer to all patrons at the concession stand.

### *Field Preparation*

Each facility that will be used for practices will ensure:

- Signage posted in highly visible locations with reminders regarding social distancing protocols, face covering requirements, and good hygiene practices (e.g., hand hygiene, covering coughs);

- Reduced crowding and proper social distancing around entrances, exits, and other high-traffic areas of the field. These areas will be roped off as “Players Only Areas”
- Routine and frequent sanitization and disinfecting, particularly of high-touch surfaces in accordance with CDC recommendations;
- Have hand sanitizer or other sanitizing materials readily available at entrances, exits, benches, dugouts, and any other area prone to gathering or high traffic.

## *Conducting Practices and Game Play*

Coaches, staff, visitors and athletes will be required to abide by the gatherings limitations outlined in Executive Order No. 152 (2020), or the Order in effect at the time of competition.

- We will ensure screening of athletes, coaches, staff and others participating in practice sessions and games, via temperature check and health questionnaire, at the beginning of each session. This will take place at entry spot which is defined as outside field of play in front of home dugout.
- Players, coaches, staff, and volunteers showing symptoms of COVID-19 shall not be permitted to participate. If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home.
- Limit practice activities to those that do not involve person-to-person contact between athletes and/or coaching staff. We will accomplish this primarily through station drills
- Adhere to precautions outlined in the program preparation plan.
- Ensure that athletes and coaches adhere to social distancing while not actively involved in practice activities (on the bench, in the dugout, etc.). Consider assigning coaching staff to monitor sideline social distancing.
- If any equipment is provided by the operator, operators must minimize equipment sharing and clean and disinfect shared equipment at the end of a practice session using a product from the list of disinfectants meeting EPA criteria for use against the novel coronavirus. Do not permit athletes to share food, beverages, water bottles, or any equipment.
- Limit any nonessential visitors, spectators, staff, volunteers, and activities involving external groups or organizations as much as possible. Visitors and spectators should wear face coverings at all times, unless doing so would inhibit the individual’s health or the individual is under the age of two.
- Operators are encouraged to mark off spectator/chaperone viewing sites to allow for social distancing. Visitors showing symptoms of COVID-19 shall not be permitted to attend.
- Restrict spitting, handshakes, high-fives, team huddles, and any other close-contacting activities.

We will ensure all above protocols listed are adhered to as we work to ensure the health and safety of all of our athletes, coaches and spectators.

