

# COVID-19 Preparedness Plan for Sartell Baseball Association

Sartell Baseball Association is committed to providing a safe and healthy program for all our players, parents, coaches, spectators, umpires, and community members. To ensure we have a safe and healthy program, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Board Members, coaches, parents, and players are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our communities, and that requires full cooperation among our players, parents, and coaches. Only through this cooperative effort can we establish and maintain the safety and health of our members and programs.

Players, parents, and coaches are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. Sartell Baseball Association Board Members have our full support in enforcing the provisions of this policy.

Our players and coaches are our most important assets. We are serious about safety and health and keeping our players playing and coaches coaching. Player/coach involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our players/coaches in this process by discussing our plan as a Board of Directors that consists of both coaches and parents of our youth players. Our COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines, federal OSHA standards related to COVID-19 and Executive Order 20-48, and addresses:

- hygiene and respiratory etiquette.
- engineering and administrative controls for social distancing.
- cleaning, disinfecting, decontamination and ventilation.
- prompt identification and isolation of sick persons.
- communications and training that will be provided to coaches and players.
- management necessary to ensure effective implementation of the plan.
- protection and controls for pick-up and drop-off.

## Screening and policies for players/coaches exhibiting signs and symptoms of COVID-19

Players/parents have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess players' health status prior to entering the field and for players to report when they are sick or experiencing symptoms.

The following questions should be reviewed at home prior to leaving for a practice or game:

- What is the players temperature (if it is higher than 98.6, SBA recommends that player does not attend practice that day?)
- Does the player have any symptoms of COVID-29 including, but not limited to, fever, chills, cough, shortness of breath, or difficulty breathing, fatigue muscle or body aches, new loss of taste or smell,

sore throat, congestion, runny nose, nausea, vomiting, or diarrhea? If answer is yes, player should not attend practice/game.

- Has the player been exposed to anyone who has been diagnosed with COVID-19 in the last 14 days? If answer is yes, then player should not attend practice/game.
- Has the player been exposed to anyone with symptoms of COVID-19? List of symptoms is shown in above question. If answer is yes, then player should not attend practice/game.

If the player cannot attend practice due to any of the above items, it is the parents responsibility to report this to the head coach of the team immediately.

Screening of players is the responsibility of the parents.

Sartell Baseball Association has implemented leave policies that promote players staying at home when they are sick, when household members are sick, or when required by a health care provider to isolate or quarantine themselves or a member of their household. Players will not be penalized for staying home due to fever, high temperatures, sick, not feeling well, exposure to another person with COVID-19 related systems, etc. It is SBA's belief that health is of the utmost importance. Accommodations for players with underlying medical conditions or who have household members with underlying health conditions have been implemented. Please inform your coach of any underlying health conditions at the first practice so they can encourage social distancing for you whenever possible. People with underlying health conditions are encouraged to wear masks as required and when possible.

Sartell Baseball Association has also implemented a policy for informing players/parents if they have been exposed to a person with COVID-19 at their practice/game (if/when allowed) and requiring them to quarantine for the required amount of time. If a player has been diagnosed with COVID-19, please quarantine for 14 days. If at any time a player has symptoms of COVID-19, please get tested immediately. If player has had high exposure (consistent time within 6 feet) of someone with COVID-19, monitor yourself for symptoms and quarantine for 7 days if no symptoms exist. If player has had medium exposure (consistent exposure with social distancing), monitor yourself for symptoms and quarantine as needed if symptoms exist. If player has had low exposure (very little exposure with social distancing), monitor yourself for symptoms.

In addition, a policy has been implemented to protect the privacy of players' health status and health information. Teams and parents will be notified when a player has tested positive for COVID-19. Coaches will make that communication with their own teams. Coaches are to keep any and all health-related issues private as they are exposed to them besides positive cases of COVID-19. Cases of COVID-19 need to be communicated to players/parents so they understand and can assess what their exposure level has been with that particular person.

## Handwashing

Basic infection prevention measures are being implemented at our fields at all times. Players are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their practice/game (if/when allowed), prior to any mealtimes and after using the toilet. All spectators and visitors to the fields will be required to wash or sanitize their hands prior to or immediately upon entering the facility. Bathrooms are at entrances and locations in the fields so they can be

used for soap and water, as long as hands are not visibly soiled. Hand sanitizer can also be used by players/coaches/spectators. Hand sanitizer is the responsibility of each player/parent/coach.

At public restrooms, soap and water are provided. When soap and water are not available, it is the players/parents/coaches responsibility to provide their own hand sanitizer.

## **Respiratory etiquette: Cover your cough or sneeze**

Players, coaches and visitors are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and to avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in provided trash receptacles and wash or sanitize their hands immediately afterward. Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all players, coaches and visitors. Coaches are to remind players to cover coughs and sneezes, and avoid touching their face whenever possible. Players should wear batting gloves on both hands whenever possible to avoid touching hands to commonly used surfaces.

## **Social distancing**

Social distancing of six feet will be implemented and maintained between players, coaches, and visitors in the fields through the following engineering and administrative controls:

- We will rely on parents and spectators to respect, implement, and maintain social distancing outside of the baseball field itself.
- Coaches will do their best to keep social distancing between players as they are able.
- Players are to minimize and avoid contact with frequently used objects (bats and balls).
- Dugouts should be extended down the foul lines when social distancing is not attainable in the dugout.
- Players are to wear batting gloves on both hands whenever possible to avoid touching of same surfaces.
- Players are to pair up with one person at the first practice and are to be catch partners, and remain catch partners for the remainder of the season.
- We will discourage carpooling as a means to maintain social distancing at all times.
- Each family is encouraged to provide one canister of disinfectant wipes or spray (and towels) for their team for disinfecting frequently touched objects (bats and balls) to use throughout the season.
- Pitching machines will be used as much as possible to avoid pitchers/catchers touching same surfaces.
- All players, coaches, and spectators are encouraged to arrive at your practice/game time as requested by your coach, and exist immediately after the practice or game.
- Players will be responsible to provide their own batting helmets, fielding gloves, batting gloves, and bats. This will avoid sharing of baseball equipment. Players are also responsible to provide their own mask (when/if needed).
- Teams will be provided with two sets of catcher's gear. At each practice or game there should be only two catcher's used whenever possible so catching gear can be disinfected between games.
- Coaches are required to provide their own mask and encouraged to wear it at all times.
- Players are to provide their own chairs to be used between innings in the team areas behind home plate area since dugouts are not to be used.

- Gathering of groups will be discouraged at all areas of the park.
- We will encourage arrival and departure at times scheduled to avoid gathering before or after practices and games.
- Masks will be encouraged when social distancing is not attainable.
- Parents and caregivers should not attend practice or games (if/when allowed). If necessary for them to attend practice/games (if/when allowed), ensure to maintain proper social distancing and sit in areas dedicated for spectators as shown in aerial view at the end of this document.

## **Cleaning, disinfection, and ventilation**

Regular housekeeping practices are being implemented, including routine cleaning and disinfecting of frequently touched objects (bats and balls). Frequent cleaning and disinfecting will be conducted in high-touch areas, such as bats, baseballs, and catching gear. Coaches and parent volunteers will be asked to disinfect frequently touched objects as much as possible. Baseballs are the highest frequently shared object, and will be cleaned/disinfected after each practice/game (if/when allowed). Bats are to be cleaned/disinfected after each use. Helmets are not to be shared. Catching gear should be cleaned/disinfected prior to sharing.

Each family on a team will be encouraged to provide one container of disinfectant wipes or spray (with towels) to be used by the team throughout the season. Since all baseball activities are outside, fresh air is consistently provided for all participants. No indoor programs are scheduled or planned and are discouraged.

In addition to the above items, each player should carry hand sanitizer with them to each practice/game (if/when allowed). Coaches are to have one sanitizing break per practice to encourage sanitizing of players/coaches hands.

## **Communications and training**

This COVID-19 Preparedness Plan was communicated via email, posted on the Sartell Baseball Association website, and posted on the registration for all registered families. Additional communication and training will be ongoing by meeting with coaches who can then communicate this plan to their teams and provided to all players/parents who did not receive the initial training. Instructions will be communicated to spectators and visitors about: how drop-off and pick-up will be conducted to ensure social distancing between the players, coaches, and spectators. The required hygiene practices; and recommendations that customers and visitors use face masks when dropping off and picking up. Players and spectators will also be advised not to enter the baseball park if they are experiencing symptoms or have contracted COVID-19. This will be communicated on the player registration for parents, and they must agree to following this plan in order to continue with their registration. Coaches are to monitor how effective the program has been implemented by communicating back to the Sartell Baseball Association Board. Coaches and players are to work through this new program together and update the training as necessary. This COVID-19 Preparedness Plan has been certified by the Sartell Baseball Association Board of Directors and was posted on the Sartell Baseball Association website and registration page. It will be updated as necessary.

Certified by:

Mark Dingmann  
President  
Sartell Baseball Association

## Appendix A

### Resources:

MDH: Guidance for Youth Sports –

<https://www.health.state.mn.us/diseases/coronavirus/schools/youthsports.pdf>

CDC: Considerations for Youth Sports – <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

MDH: Minnesota’s Stay Safe Plan – <https://mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-plan.jsp>

MDH: Guidance for Social Distancing in Youth and Student Programs –

<https://www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf>

### Social distancing

CDC: [www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html)

MDH: [www.health.state.mn.us/diseases/coronavirus/businesses.html](http://www.health.state.mn.us/diseases/coronavirus/businesses.html)