

Amended 6/24/2020



Dear City of Inver Grove Heights Park and Recreations Department:

Here are the proposed safety plans for the IGH Baseball Association and are subject to change based on Governor Waltz's recommendations. IGH Baseball Association, in accordance with MDH guidelines for youth sports, has put together the following guidelines as we return to practice. These guidelines were updated with the latest information from the Stay Safe MN plan posted by the Governor. (<https://mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-plan.jsp>).

## **Inver Grove Heights Baseball Association**

### **COVID-19 Proposed Safety Guidelines**

*\*subject to change\**

The coronavirus pandemic is first and foremost a human tragedy, affecting hundreds of thousands of people. It is also having a growing impact on the child and parent activities as well as the youth baseball and softball industry. The guidelines below are intended to provide legislators and decision makers with information about how we intend to alter youth baseball and softball in a joint effort to loosen restrictions, while implementing strict safe and healthy social distancing guidelines. Being mindful of the factors of public health, social distancing, and societal well-being will allow thousands of youth baseball and softball players the opportunity to establish some semblance of normalcy as we continue to move forward in safely adjusting the dials in Minnesota.

The safety guidelines listed below are proposed additional measures to be taken before, during, and after a youth baseball and softball practices. All other key prevention strategies by the CDC and Minnesota Department of Health will be strictly followed, in order to promote safe and healthy social distancing.


#### **APPROACH FOR RETURN TO PLAY:**

- Players and Coaches must complete a self-evaluation symptom assessment before coming to practice and anyone showing signs of symptoms must stay home and notify your head coach, so they are able to track timing for return to play outlined below.
  - **Symptoms consistent with COVID-19 include:**
    - New onset or worsening cough **OR**
    - Shortness of breath **OR**
    - At least two of the following symptoms: fever (100.4F or higher); chills; muscle pain; headache; sore throat; new loss of taste or smell
  - The MDH has published a decision tree for anyone showing symptoms on return that can be found here (<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>) The main two paths are listed here but please refer to the link to the Exclusion Guidance document for additional details
    - If Tested for COVID-19; you will need 2 negative tests in a row at least 24 hours apart
    - If not Tested for COVID-19; you must be symptom free without aid of medicine for at least 3 days **AND** at least 10 days have passed since your symptoms first appeared
  - Siblings and household members of anyone with symptoms should also stay home for 14 days unless the person showing symptoms is cleared using the COVID test process as explained above
- Full team practices are with the latest update to Phase III from the State POD sizes have increased from 10

to 25. While this allows for practices with the full team, physical distance guidance and avoidance of contact between players is required.

- Everyone should ensure safe social distancing of 6' or greater when entering and exiting the field as well as on the field and bench areas.
- Run drills that refrain from intermixing groups and refrain from physical contact.
- It is highly recommended that team personnel carry hand sanitizer and disinfectant wipes with you to be used before, during and after the games, whenever appropriate, such as if/when you come into contact with the ball or any other players, coaches, or shared equipment.
- Please wear your batting gloves as much as possible, especially when handling a bat.
- Refrain from sharing equipment in general. This includes but is not limited to bats, helmets, gloves, water bottles, and catcher's equipment.
- Players and coaches will supply their own water bottles, labeled with their own names.

Sincerely,

A handwritten signature in blue ink, appearing to read 'JP Ostebo', written over a faint circular stamp.

Jeremiah Ostebo, President  
Inver Grove Heights Baseball Association