

Eastview Baseball - Return to Play Plan

As of 2/1/21

This plan outlines the practical application of prevention strategies to reduce the spread of COVID-19 for participants in the Eastview Baseball program. Our core guiding principles will balance participation in small groups receiving baseball clinical instructions with the prevention of COVID-19 infection and spread. Precautionary measures will include the following:

- Stay home if you have any signs of illness including fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, fatigue, congestion, or loss of taste or smell. Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea.
- Wash or sanitize hands frequently
- Stay 6 feet from others whenever possible
- Wear a mask
- Get tested when sick

This document discusses prevention tactics that will be put in place in 4 specific circumstances:

- 1) Traveling Tryouts
- 2) Practices
- 3) Home Tournaments/Game
- 4) Away Tournaments/Game

Specific requirements for the facility, evaluators, players, coaches, officials, parents/spectators and volunteers are outlined below; however, all people that interact with our program will need to self-monitor for symptoms of COVID-19, which include:

- Fever of 100.0°F or greater
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If any individual associated with Eastview Community Baseball (EVCB) (coach or player) starts to exhibit any of the symptoms above, they are required to immediately halt all participation and stay at home. EVCB strongly encourages the individual to get tested and report the potential illness to eastviewtravelingbaseball@gmail.com or evaabaseballinhouse@gmail.com or any EVCB Board Member.

If the test comes back positive the following set of actions will occur:

- **Positive test result for a Player:** Player's family immediately communicates to Head Coach. Head Coach will communicate news to the EVCB Program Director. Head Coach will then communicate to the team that a member of the team has had a positive test using a standard MDH template that protects all Personal Health Information (PHI). EVCB program director will send communication to Minnesota Department of Health (MDH) to expedite recommendations on any required quarantine period for the rest of the team. Practices and/or tournaments will

not be suspended during this time, but players may elect to forego any team activity without 2 penalty (e.g. reduced playing time in games). EVCB expects a response from MDH within 24 hours. Recommendations on any required quarantine will then be provided from EVCB directors to coach, players, and parents for that team.

- **Positive test result for a Coach (Head or Assistant)**: Immediately communicate information about positive tests to the Program Directors. Communicate with EVCB Program Director regarding any opponents that they have scrimmaged against or played against in a tournament up to 2 days prior to symptoms and/or 2 days prior to positive test. Head Coach will then communicate that a coach has tested positive (using provided MDH template) and that MDH is currently evaluating whether additional quarantines are necessary. Team activities may continue until appropriate guidance is provided by MDH. Players may choose not to participate during this time without penalty (e.g. reduced playing time in games).
- **Positive COVID-19 test result for an evaluator, parent, spectator, official, volunteer or member of a player's immediate household**: Impacted individual will be required to refrain from EVCB activities for a minimum of 10 days from start of symptoms and no fevers for 72 hours with improvement in other symptoms. Members of their immediate household will be required to refrain from any EVBA events for 14 days. Members of a confirmed positive player's team may also have to quarantine for 14 days if they have had close contact (<6 feet for >15 minutes) with the infected player within 7 days of onset of symptoms or 2 days of the positive test. Final determination of team quarantine will be given by program director following guidance provided by the MDH. The impacted individual will be contacted by the MDH to begin contact tracing protocols. The EVBA Board will notify the Eastview Athletic Association (EVAA).

Program Directors will communicate to MDH via email regarding a positive test. Will await guidance regarding need and length of potential quarantine for the rest of the team. Will notify coaches and families regarding any required quarantine period. Will notify any other organizations that had teams who participated against the team involved. All persons who are at risk of severe illness from COVID-19 will be strongly encouraged to stay at home and to refrain from attending or participating in EVCA activities. These protocols are based upon the most current "Stay Safe" guidance available from the Minnesota Department of Health (MDH), Minnesota Youth Athletic Services (MYAS), CDC and District 196. They are subject to change as recommendations change during the course of the pandemic.

All persons who are at risk of severe illness from COVID-19 will be strongly encouraged to stay at home and to refrain from attending or participating in EVCB activities. These protocols are based upon the most current "Stay Safe" guidance available from the Minnesota Department of Health (MDH), Minnesota Youth Athletic Services (MYAS), Metro Baseball League (MBL) CDC and District 196. They are subject to change as recommendations change during the course of the pandemic.

1) Traveling Tryouts

A) Facilities

1. EVTB will use two indoor facilities for tryouts. Traveling baseball tryouts will take place at (The Cages in Burnsville and Savage Dome). These are private businesses which EVCB contracts with to provide space and evaluate players to form teams.
2. Players will enter and exit through different entrances if allowable by the facility.
3. Players will enter and exit the facility in a timely fashion and not congregate outside or inside facility

4. Following a player's designated time, they must exit the facility immediately

B) Players

1. Players must conduct a daily symptom assessment prior to attendance with parents oversight and stay home if experiencing symptoms
2. Hand washing for a minimum of 20 seconds with soap or hand sanitizing, is strongly recommended before, during and after the clinic times
3. Players are encouraged to bring their own hand sanitizer. Limited hand sanitizer stations will be present at strategic locations in the facility. Whenever possible, all players must maintain six feet distance before and after clinics from anyone outside their household
4. Players must refrain from physical contact with teammates, opposing players, coaches, and spectators (e.g. high fives, fist bumps, etc...)
5. Arriving at any indoor facility, players must wear face coverings that cover nose and mouth.
6. Each player will bring their own water bottle to clinics, use of private water fountains is not recommended at this facility.
7. No more than 50 players will be permitted in any indoor facility at one session time
8. Players will be separated into smaller pods inside the cages facility to limit exposure between players and instructors.

c) Evaluators

1. Must conduct a daily symptom assessment and stay home if experiencing symptoms
2. Hand washing for minimum of 20 seconds with soap or hand sanitizing, is strongly recommended before, during and after the tryout
3. Evaluators will need to bring their own hand sanitizer
4. Evaluators will wear masks during the evaluation period when players are in the arena.
v. Physical contact will not be completely avoided, but evaluators will modify drills to eliminate unnecessary physical contact when the same result can be accomplished with non-using an alternative, low/no contact drills
5. Evaluators will limit touches to an individual player's and use their own baseball equipment to demonstrate drills

d) Coaches

1. Only EVTB board members and provision coaches will be allowed to evaluate players at the facility. Board members and coaches who serve dual roles on board and as coaches. These individuals will not be in the facility during the actual tryouts.

e) Parents/Spectators

1. No parents or spectators will be allowed in any indoor facility to view the clinic or tryouts.
2. Modified drop off and pick up procedures for parents will be instituted
3. Any EVCB/parent meetings regarding clinics and the program will occur either outside, with appropriate social distancing, or via an alternative technology platform (e.g. Zoom, YouTube, etc...).

f) Equipment

1. Players will bring their own baseball gear. (helmet, bat, glove)

2) Practices

a) Facilities

1. EVCB will conduct practices largely within (City of Apple Valley facilities); however, other district fields and private locations may be used based on availability
2. EVCB will follow all district regulations with respect to practice facilities.
3. EVBA will report back to the City if facilities need additional sanitizing or cleaning procedures
4. Restroom facilities may be unavailable or limited for emergencies only

b) Players

1. Must conduct a daily symptom assessment prior to attendance with parental oversight and stay home if experiencing symptoms
2. Hand washing for minimum of 20 seconds with soap or hand sanitizing, is strongly recommended before, during and after the practice
3. Players will need to bring their own hand sanitizer
4. Players should arrive for practice at the required time
5. Whenever possible, all players must maintain six feet distance before and after practice from anyone outside their household
6. Players must refrain from physical contact with teammates, opposing players, coaches, referees, and spectators (e.g. high fives, fist bumps, etc...)
7. Arriving to the field and immediately following practice, players are strongly encouraged to wear face coverings
8. Each player will bring their own water bottle to practice, use of public water fountains is not recommended
9. No more than 30 players will be permitted on one field at a time
10. Players should leave the facility in a timely fashion following practice and not congregate inside or outside the facility

c) Coaches

1. Must conduct a daily symptom assessment and stay home if experiencing symptoms
2. Hand washing with soap or hand sanitizing, is strongly recommended before, during and after practice
3. Head Coach and up to three Assistant Coaches are allowed to attend (4 coaches total)
4. Coaches must wear a mask that covers their nose and mouth to and from practice but can go without a mask during practice if he or she stays 6 feet away from players as much as possible (In the event masks or face coverings are required by the State of Minnesota, local governmental entities or a sport's statewide governing body, they will be required for EVCB coaches as well)
5. Encourage low contact drills at practice and enforce social distancing measures when possible vi. Repeatedly remind players not to touch their faces
6. Refrain from high fives, handshake line, and any other physical contact with fellow coaches, opposing coaches, players, referees, and spectators
7. While players are responsible for bringing hand sanitizer, Coaches should also have hand sanitizer available for players before, during and after practice

8. Encourage good hygiene measures that include washing hands, covering coughs or sneezes, and not touching their face
9. Coaches should utilize sanitized EVCB baseballs and equipment to demonstrate drills.

d) Parents/Spectators

1. No parents or spectators will be allowed at any time on the field or school area
2. Modified drop off and pick up procedures for parents; wherever possible, set up a one way in, one way out scenario
3. If a Parent would like to talk with any of the coaches, the Parent should reach out via phone, text or email to the coach so a mutually agreed upon time to meet can be determined.
4. Parents of inhouse ages (PreK-2 grade) can stay and watch practices socially distanced down the lines and in the outfield area.

e) Equipment

1. Players will either bring their own equipment
2. All baseball will be sanitized with spray before and after practice.
3. All player equipment (e.g. water bottles) must be individually owned, labeled and not shared between players
4. Team equipment (baseball equipment, catchers gear, etc.) will be sanitized at regular intervals and sharing only occurs when necessary

3) Home Tournaments/Games

a) Facilities

1. EVCB will conduct its home tournament largely within District 196 (City of Apple Valley facilities); however, other district fields and private locations may be used based on availability
2. Maximum of 250 people per designated area defined by the facility and/or district;
3. Signage should promote physical distancing including directing foot traffic and outline spectator areas
4. EVCB will report back to the City if facilities need additional sanitization or cleaning procedures
5. Restroom facilities may be unavailable or limited for emergencies only
6. Clean and sanitize the bench area before and after each game

b) Players

1. Must conduct a daily symptom assessment prior to attendance with Parents oversight and stay home if experiencing symptoms
2. Hand washing for minimum of 20 seconds with soap or hand sanitizing, is strongly recommended before, during and after the game
3. Players will need to bring their own hand sanitizer
4. Whenever possible, all players must maintain six feet distance before and after game from anyone outside their household
5. Players should remain distanced by 6 feet from each other while sitting on bench and wear masks when possible.

6. Players must refrain from physical contact with teammates, opposing players, coaches, referees, and spectators (e.g. high fives, fist bumps, etc...)
7. Arriving to the field and immediately following games, players must wear face coverings
8. Each player will bring their own water bottle to games, use of public water fountains is not recommended
9. No more than 30 players will be permitted on one field at a time or as dictated by local city regulations.
10. Players should leave the facility in a timely fashion following games and not congregate inside or outside the facility

c) Coaches

1. Must conduct a daily symptom assessment and stay home if experiencing symptoms
2. Hand washing with soap or hand sanitizing, is strongly recommended before, during and after the game
3. Team meetings should not occur near the court but rather an area that allows for appropriate social distance
4. Head Coach and up to three Assistant Coaches are allowed to attend (4 coaches total)
5. Coaches must wear a mask that covers their nose and mouth to and from the gym but can go without a mask during the game if he or she stays 6 feet away from players as much as possible (In the event masks or face coverings are required by the State of Minnesota, local governmental entities or a sport's statewide governing body, they will be required for EVBA coaches as well)
6. Repeatedly remind players not to touch their faces vii. Coaches must refrain from physical contact with players, opposing players and coaches, referees, and spectators (e.g. high fives, fist bumps, etc...)
7. While players are responsible for bringing hand sanitizer, Coaches should also have hand sanitizer available for players to use before, during and after games
8. Encourage good hygiene measures that include washing hands, covering coughs or sneezes, and not touching their face
9. Coach will keep an accurate log of opponents so, if players on either team test positive for COVID within 14 days after the game, they can call the other team to report
10. Huddles during pre-game, postgame, and between innings should be property distanced

d) Umpires

1. Must conduct a daily symptom assessment and stay home if experiencing symptoms
2. Hand washing with soap or hand sanitizing, is strongly recommended before, during and after the game
3. Masks required while not actively participating on the field; allowed to remove face coverings once on the field
4. All officials must maintain six feet distance, whenever possible, from another person
5. Limit touches to players/catcher during the course of the game.
6. Refrain from physical contact with coaches, players, and spectators

e) Parents/Spectators

1. Must conduct a daily symptom assessment and stay home if experiencing symptoms
2. Hand washing with soap or hand sanitizing, is strongly recommended before, during and after the game
3. Spectators will be limited to 3 spectators per player or 35 spectators per team. Allowed spectators will be designated on each side of the dugout and social distance through the field. No spectators will be allowed behind the backstop to view the game.
4. Spectators must stand or bring their own chair
5. Must maintain six feet distance from any other person, outside of your household
6. Face coverings are required for the entire duration the spectator is inside the facility and when entering and leaving the facility.

f) Volunteers

1. Must conduct a daily symptom assessment and stay home if experiencing symptoms
2. Hand washing with soap or hand sanitizing, is strongly recommended before, during and after the shift
3. If provided, concessions will be limited to pre-packaged items only
4. All volunteers wear masks and gloves for entire shift
5. Volunteers will ensure adequate hand sanitizer is available at all times

g) Equipment

1. Game baseball and equipment should be sanitized before, during and at the completion of the game.
2. Each player should bring their own equipment to use and not share items.

4) Away Tournaments/Games

a) Facilities

1. Will follow the guidelines outlined by the hosting facility in terms of capacity
2. All other social distance guidelines will remain in place

b) Players

1. Must conduct a daily symptom assessment prior to attendance with Parents oversight and stay home if experiencing symptoms
2. Hand washing for minimum of 20 seconds with soap or hand sanitizing, is strongly recommended before, during and after the game
3. Players will need to bring their own hand sanitizer
4. Whenever possible, all players must maintain six feet distance before and after game from anyone outside their household
5. Players must refrain from physical contact with teammates, opposing players, coaches, referees, and spectators (e.g. high fives, fist bumps, etc...)
6. Arriving to the field and immediately following games, players must wear face coverings
7. Each player will bring their own water bottle to games, use of public water fountains is not recommended
8. No more than 30 players will be permitted on one field at a time
9. Players should leave the facility in a timely fashion following games and not congregate inside or outside the facility.

10. Players and parents are encouraged to return to their car or maintain safe distance from others in-between games.

c) Coaches

1. Must conduct a daily symptom assessment and stay home if experiencing symptoms
2. Hand washing with soap or hand sanitizing, is strongly recommended before, during and after the game
3. Team meetings should not occur near the court but rather an area that allows for appropriate social distance
4. Head Coach and up to three Assistant Coaches are allowed to attend (4 coaches total)
5. Coaches must wear a mask that covers their nose and mouth to and from the field but can go without a mask during the game if he or she stays 6 feet away from players as much as possible (In the event masks or face coverings are required by the State of Minnesota, local governmental entities or a sport's statewide governing body, they will be required for EVCB coaches as well)
6. Repeatedly remind players not to touch their faces
7. Coaches must refrain from physical contact with players, opposing players and coaches, referees, and spectators (e.g. high fives, fist bumps, etc...)
8. While players are responsible for bringing hand sanitizer, Coaches should also have hand sanitizer available for players to use before, during and after games
9. Encourage good hygiene measures that include washing hands, covering coughs or sneezes, and not touching their face
10. Coach will keep an accurate log of opponents so, if players on either team test positive for COVID within 14 days after the game, they can call the other team to report
11. Huddles during pre-game, postgame, and between innings should be properly distanced

d) Parents/Spectators

1. Must conduct a daily symptom assessment and stay home if experiencing symptoms
2. Hand washing with soap or hand sanitizing, is strongly recommended before, during and after the game
3. Spectator limitations will be defined by hosting site
4. Must maintain six feet distance from any other person, outside of your household v. Face coverings are required for the entire duration the spectator is inside the facility

e) Equipment

1. Game baseball and equipment should be sanitized before, during and at the completion of the game.
2. Each player should bring their own equipment to use and not share items.

EVCB is committed to doing what we can to promote a safe environment for its players, parents, and coaches to have a safe, successful season of baseball. EVCB will be working closely with the Coaches and The Cages to provide support and guidance from MYAS, MBL, The Cages, MDH, and the CDC as COVID related situations arise.

Refunds: The EVCB has discussed the fluid nature of this environment at length and is committed to handle each family's financial investment with the utmost care. If there are stoppages in weekly clinics,

tryouts or partial season fees, we will be able to provide prorated refunds in some form. We will continue to work with each individual family and will be accommodating.

As new information becomes available from the Minnesota Department of Health, MYAS, MBL and/or District 196, EVCB is committed to sharing it and making any changes required to continue our tryout and spring season in the safest way possible. EVCB will be in communication with all participants' families if/when changes to our program need to be made. If at any point you have questions or concerns, please contact:

Traveling Program Director: Tony Walker – eastviewtravelingbaseball@gmail.com

In-House Director: Teresa Schlueter - evabaseballinhouse@gmail.com

Assistant Program Director: Nick Repke - nickrepke@gmail.com

Clinic Program Coordinator: Dan McGrath – EVTravelBaseballCooperstown@hotmail.com

Additional Resources:

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

<https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

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