

Mountainside

Junior Baseball Organization



COVID-19 & Disease Management Plan

2021

Overview:

Mountainside Junior Baseball Organization (JBO) is an officially chartered organization in good standing with the Westside Youth Baseball organization, a regional district of the Junior Baseball Organization Inc. (JBO). Mountainside JBO maintains ongoing and adequate liability insurance through Westside Youth Baseball. Which covers our fields, indoor facilities, players, coaches, and Board of Directors.

Mountainside JBO plans to hold customary Baseball Activities that provide safe athletic conditioning and skill development to the youth players registered in the Mountainside JBO Baseball program. The goal will be to prepare players for regular season games and tournaments, when they are allowed under state law, by incorporating a variety of training activities, including field practice, indoor practice, skills training and clinics, batting cage work, and other customary baseball activities. We will use COVID specific preventative measures and protocols outlined by our public health authorities, local and state governments, as well as our JBO governing body to properly go about the aforementioned activities safely and seamlessly.

The Mountainside JBO Baseball Board and associated Coaches are not providing medical advice and understand that every family will need to assess their own readiness to return to the field. We are merely looking to create a conduit to allow our youth to participate in the great sport of baseball and provide some normalcy to their lives. Although we are creating an atmosphere that is safe for all players, no player will be discriminated against by any other player or coach if they are not comfortable returning to play.

Mountainside JBO Communicable Disease Management Plan incorporates the requirements of the following authorities: - Oregon Health Authority, Governor Kate Brown, Westside Youth Baseball, THPRD, as well as any and all local and state governing authorities.

General Requirements:

1. Mountainside JBO will always follow local & state health guidelines.
2. The league will continue to monitor and abide by OHA, Governor Brown's and any and all related local, state and national requirements.
3. Mountainside JBO will abide by the COVID Policy created by and mandated by Westside Youth Baseball, our governing youth baseball authority.
4. Mountainside JBO will monitor and enforce adherence to this policy by players, coaches, umpires, volunteers, and fans ongoing. Deviation from the plan is prohibited.
5. Mountainside JBO will maintain health and COVID tracking records of all league participants, including players, coaches, and volunteers.
6. Mountainside JBO will report all positive tests, traced and/or suspected COVID-19 cases to its board of directors, to the Westside Youth Baseball Secretary, VP and President via email in order to maintain proper communication and tracking.
7. League participants, including players and coaches, will be health checked upon arrival to baseball activities- including temperature check. This would include practices, clinics,



and games. Whether indoors or outdoors. Any individual who has related symptoms and/or who doesn't pass the temperature check will be asked to immediately leave and seek proper medical assistance.

8. The league will utilize modified traditional baseball conditioning and drills to incorporate prevention measures, requirements, and best practices. These would include drills that may place players in close proximity to each other over prolonged periods of time.
9. Mountainside JBO will encourage a culture where health and safety are prioritized over convenience and competitiveness. The league will encourage understanding and adaptability when changes to the rules, requirements and schedules occur.
10. Coaches will ensure the safe and correct application of any potentially harmful disinfectants and keep these products away from children.
11. Coaches will follow social distancing guidelines, implementing activities and structure that nourish physical distancing and safety.
12. Coaches will ensure all players and parents are familiar with this entire document and all requirements before they can participate in Baseball Activities. Coaches are encouraged to hold an online meeting to review the requirements. Each family will be required to sign off that they have received, read and understand all contents of this document. Records of this will be maintained by Mountainside JBO.
13. All participant families will notify the President of Mountainside JBO (www.mountainsidejbo.com), Jeff Mixon (president@mountainsidejbo.com), of any potentially negative changes in health of any family member or if a league member wishes to advise or express concern regarding the league's baseball activities and Disease Management Plan. Additionally, the league's Safety Officer, Ed Mastripolito (equipment@mountainsidejbo.com), is to be notified, providing a dual and swift communication protocol.

General Participation Requirements:

1. All players must be registered with the Mountainside JBO program and be current on all fees. This ensures they are covered properly by the league's insurance policy.
2. Players and coaches must be Mountainside JBO approved regarding background checks and training certifications.
3. Players and coaches will complete a "Pre-Activity Screening" at home before every baseball activity. The Pre-Activity Screening will consist of the following items:
 - a. Temperature check - Mountainside Baseball has contactless thermometers for participant arrivals.
 - b. Check for shortness of breath, difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.
4. No players or coach will attend activities if they have a known exposure to COVID-19 within the preceding 14 days.
5. Players and coaches will stay and remain home for at least 10 days after any illness onset and until 72 hours after fever is gone, without use of fever reducing medicine, and COVID-19 symptoms (fever, cough, shortness of breath, and diarrhea) are improving.



6. Individuals with a fever greater than or equal to 100.4° F will not be allowed to participate and should stay home.
7. If a player or coach develops a new cough (e.g., unrelated to pre-existing conditions such as asthma), fever, shortness of breath, or other symptoms of COVID-19 during the activity day/class session, they will be isolated away from others immediately, and sent home as soon as possible.
 - a. While waiting for a sick child to be picked up, a coach will stay with the child in a location isolated from others. The coach will remain as far away as safely possible from the child (preferably at least 6 feet), while remaining in the same location.
 - b. The affected individual will remain home for at least 10 days after illness onset and until 72 hours after fever is gone, without use of fever reducing medicine, and COVID-19 symptoms (fever, cough, shortness of breath, and diarrhea) are improving.
8. OHA Guidance is continually changing. The most up to date information as well as FAQs can be found at the OHA Covid website. <https://govstatus.egov.com/OR-OHA-COVID-19>

Record Keeping and Notification:

1. The Mountainside JBO organization will maintain copies of all Daily Participant Lists (Appendix A) for 5 weeks after the activity date. Copies or scans to be provided to the President and Safety officer of the league weekly.
2. Parents and coaches will notify the head coach and the Mountainside JBO President of any player that develops new symptoms, including coughs (e.g., unrelated to pre-existing conditions such as asthma), fever, shortness of breath, or other symptoms of COVID-19 and do so within 2 weeks of a baseball activity.
3. Mountainside JBO will report and consult with the Local Public Health Authority if anyone who has entered an activity is diagnosed with COVID-19, per any required protocols and mandates.

COVID-19 Information, Symptom Tracker & Protocols:

1. COVID-19 Symptoms and what to look for (per CDC Guidelines). People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
 - a. Fever or chills
 - b. Cough
 - c. Shortness of breath or difficulty breathing
 - d. Fatigue
 - e. Muscle or body aches
 - f. Headache



- g. New loss of taste or smell
 - h. Sore throat
 - i. Congestion or runny nose
 - j. Nausea or vomiting
 - k. Diarrhea
 - l. Online self-checker- CDC:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
 - m. Please report to the league any and all symptoms that your player or family member may have or have had.
2. Symptom, Positive COVID Test, & Quarantine Guidelines:
 - a. Better Safe than Sorry- be cautious with any symptoms. If any symptoms are present, please stay away from practice, games, and team or league functions. By attending any of the aforementioned, others become at extreme risk.
 - b. If anyone in your household has tested positive for COVID-19, stay clear of any practices, games and team or league functions until you have quarantined for the appropriate day total and your family physician has signed off on your return to activity.
 - c. The league will do everything in its power to carefully monitor its players and coaches for COVID-19 symptoms. However, it is a team effort, and we need the assistance of all of our families to keep our players and coaches safe. So, please use the utmost discretion to monitor for symptoms and let the league know of them.
 3. Notification & Contact Tracing- All league members, including players and their families, coaches, and other volunteers will be notified by email and/or phone if an individual who has been present at any of their Mountainside JBO practices, games and team and league events has contracted COVID-19 and has a confirmed positive test (within 10 days of positive test). Along with this, any and all appropriate steps will be taken to ensure proper quarantine is undertaken and that widespread infection is avoided.
 4. For any COVID-19 Positive Test, please contact the Washington County Department of Health. They can be reached at 503-846-4402. They're after-hours contact is 503-412-2442. Along with individual families alerting the county, the Mountainside JBO board will do the same.

Physical Distancing:

1. Baseball activities will support recommended social distancing, striving to maintain at least 6 feet between individuals. When not possible to remain distanced, other precautionary measures will be taken, such as wearing masks, using hand sanitizers, and avoiding physical contact.
2. Parents are not allowed to remain in the Baseball Activity area after check-in and dropping off their children. Mountainside JBO will only monitor the immediate area of the activity and will not monitor public areas outside the activity boundaries, as that is not feasible nor safe.



3. Coaches will wear masks/cloth face coverings if a 6-foot separation cannot be maintained from other coaches or players.
4. Players are encouraged to wear masks/cloth face coverings when arriving, departing, and anytime a 6-foot separation cannot be maintained.

General Baseball Activity Guidelines- Players & Coaches:

1. Only players and coaches are allowed on the practice or game fields- no parents who have not been authorized as coaches, assistants, or league representatives are allowed and will be asked to vacate the premises.
2. League participants, including players and coaches, will be health checked upon arrival to baseball activities. This would include practices, clinics, and games. Whether indoors or outdoors.
3. All participants- players, coaches, team parents and any other league volunteer- must wear masks in and around the baseball field and immediate premises. Only once they are in safe distancing may they temporarily remove them for instruction and practice.
4. Coaches will be responsible for administering hand sanitizer to players and coaches throughout activities, including practices and games. There will be a bottle of sanitizer on the bench, where players will be required to sanitize each time they've entered the dugout. This constant sanitizing will ensure shared balls and other gear remain germ free.
5. Baseballs will be cleaned and/or disinfected whenever possible. Extra baseballs will be available to facilitate cleaning intervals during activities. Sanitizing and baseball use management will be administered by coaches and volunteers.
6. Hand sanitizer will be used throughout activities and will be available on all team benches and/or in close proximity to practice activities where a bench is not available. Players will be reminded continually to properly sanitize their hands between sessions or innings.
7. No handshaking/celebrations: Players and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
8. Participants will not be sharing playing equipment, bats, gloves, fielder's mask, batting helmets, water bottles, and other equipment when possible.
9. Coaches will clean, sanitize, and disinfect frequently touched surfaces (for example, balls, tees, and nets)

Check-in / Check-out- Practices & Games:

1. Coaches will record each player on the Daily Participant List (Appendix A) when the player arrives at the field and when they depart.
2. Each player will be given a temperature and symptom check at their arrival.
3. Where possible, parents should remain in their vehicle, drop off/pick up and/or remain safely distanced away from the playing field. Additionally, coaches should escort the players to their parents' cars to avoid larger crowds at pickup time if parents choose to remain in their vehicles and/or for drop off/pick up.



4. After checking in, each player will place their equipment in a designated spot on the fence or field. Preferably with a foot or so space between one set of gear and the other.
5. For games, Mountainside JBO will adhere to the state guidelines for maximum outdoor activity attendance. At present (Feb 10, 2021), no more than 50 total attendees, including players, coaches, volunteers and parents are allowed at a single baseball field at any given time. These guidelines are fluid and subject to change based on overall state COVID cases and revised guidelines and mandates.
6. Mountainside JBO will do all it can do to prohibit parties from congregating in parking lots and/or in field areas for periods longer than is reasonably necessary to load baseball gear and to enter/exit vehicles.
7. OHA Guidance is continually changing. The most up to date information as well as FAQs can be found at the OHA Covid website. <https://govstatus.egov.com/OR-OHA-COVID-19>

Equipment & Gear:

1. Each player will be required to bring their own individual equipment. No equipment will be shared between players, where possible.
2. The exception to #1 is Catcher's gear, which is commonly shared between players, because many teams will not have kids who have their own dedicated gear. When this is the case, best sanitizing practices will be employed, including the sanitizing of equipment between usage by 2 different players.
3. Coaches will designate locations for each player to place their individual equipment before the players arrive and will ensure they stay in those locations throughout the athletic contest.
4. Team equipment (balls, nets, tees) will be designated for each group of players, where possible. If equipment must be shared between groups, it will be sanitized before and after use by coaches only.
5. Coaches will be responsible for setting up, handling, and sanitizing team equipment. Players will not move or handle team equipment.
6. Coaches will be responsible for administering hand sanitizer to players and coaches throughout activities, including practices and games. There will be a bottle of sanitizer on the bench, where players will be required to sanitize each time they've entered the dugout. This constant sanitizing will ensure shared balls and other gear remain germ free.
7. Each player will sanitize their equipment after each baseball related activity- including games, practices, and clinics.

Food and Drinks:

1. The use of candy, chewing gum and/or sunflower seeds is not permitted by players, coaches, or umpires.
2. Players will supply their own drinks. The players' drinks will be kept with their equipment at their designated individual equipment spot. All drink containers must be labeled with the player's name to avoid cross contamination.



3. No team snacks are to be provided by parents or coaches- before, during or after practices or games.
4. During water/beverage breaks, players and coaches are to try to maintain suggested social distancing- which at present, is 6 feet.

Ongoing Updates & Advancements:

The Mountainside JBO COVID & communicable disease policy is subject to change as guidance from the State of Oregon and pandemic conditions evolve. Major changes to the policy will be communicated to our league members ongoing.

We will do our very best to update information on our website and provide these updates in a timely manner via email, social media, or through our coaches and team parents.

Violations to the policy will be addressed in accordance with the MJBO Bylaws and are subject to strict sanctions and reprimands. Including losing the privilege to play for Mountainside JBO.

We thank you for your attention to our policy and welcome the chance to allow our area youth to play the great game of baseball by adhering to it!

Contact:

Please contact the following with any questions or concerns:

- Ed Mastropolitano- League Safety Officer: equipment@mountainsidejbo.com
- Jeff Mixon- League President: president@mountainsidejbo.com

References:

Additional information as to relevant Federal, State, & Local Government Official Guidelines can be found here:

- https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html?CDC_ArefVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fdaily-life-coping%2Fyouth-sports.html
- [https://coronavirus.oregon.gov/Pages/default.aspx?utm_source=GOV&utm_medium=egov_redirect&utm_campaign=https:%3A%2F%2Fgovstatus.egov.com%2for-covid-19](https://coronavirus.oregon.gov/Pages/default.aspx?utm_source=GOV&utm_medium=egov_redirect&utm_campaign=https:%3A%2F%2Fgovstatus.egov.com%2For-covid-19)
- <https://shredsystems.dhsoha.state.or.us/DHSForms/Served/le2351E.pdf>
- <https://govstatus.egov.com/OR-OHA-COVID-19>



Agreement:

By signing below, I state that I understand the Mountainside JBO COVID-19 & Disease Management Plan and I agree to abide by the outlined requirements and regulations above.

Parent/Guardian

Date

Player

Date

Coach/Volunteer

Date

