

# Safe Return To Play

## Nebraska Baseball and Softball



### Mandatory

#### Arrival to Venue

- **All participants, spectators, and employees must adhere to six-foot physical distancing while at the facility/course.**
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.
- No team water coolers or shared drinking stations.
- Compliant game balls must be designated to each team for use while that team is playing defense.
- Prior to competitive tournaments, event owners must alert the local health department of the event.
- These requirements must be shared prior to the event with all players, coaches, spectators, officials, and employees prior to their arrival at the venue

#### Practice

- **Coaches and players must adhere to physical six-foot distancing except when the ball is in play.**
- Parents must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.
- No team water coolers or shared drinking stations
- Restrict or limit sharing for equipment
- Sanitize equipment before and after practice
- Athletes should bring individual water containers.

#### Athletes

- **Must adhere to six foot social distancing practices off the field of play.**
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.
- Must not share water or equipment. Belongings should be used only by the individual owner or operator including, but not limited to water bottles, gloves, bats, hats, and other on- and off-field gear.
- No touch rule – players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.
- No spitting or eating seeds, gum, other similar products.

### Recommended Best Practices

- Lineups should be entered online or by spoken word and recorded by officials/umpires without exchanging any physical documents with coaches or players.
- Athletes are strongly recommended to travel to the venue alone or with a member of their immediate household.
- Athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household, if possible. Face coverings are strongly recommended for individuals traveling to and from the venue.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.
- Hand washing or hand sanitizing, in the absence of soap and water, are strongly recommended for athletes during the games.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

## Mandatory

### Spectators

- **Must adhere to six foot social distancing practices. This includes in and around bleachers for anyone not in the same family.**
- Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.
- Must not enter player areas (on the field of play, bench areas or behind home plate).

### Coaches

- **Must adhere to six-foot social distancing practices.**
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.
- No spitting or eating seeds, gum, or other similar products.
- No touch rule – coaches should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line. • Must ensure that players are following COVID-19 -related prevention measures included herein.

### Umpires/ Officials

- **Must adhere to six-foot social distancing practices when interacting with players, coaches, and spectators off the field of play.**
- Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.
- Must avoid exchanging documents or equipment with players, coaches, or spectators.
- Umpires calling balls and strikes should allow adequate distance behind the catcher while still able to perform their duty.

### Leaving the Venue

- Individuals should not congregate in common areas or parking lot following the event or practice
- Umpires should adhere to social distancing practices when interacting with players, coaches, and spectators off the field of play. • Individuals should not exchange items

### Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact Designated Organizational Leader and Head Coach
- Organization contact the local health district about suspected cases or exposure.
- Organization must maintain a complete list of coaches, players, and employees present at each event to include the date, beginning and ending time of the event, plus name, address, and phone contact to be made available upon request from local health district.

## Recommended Best Practices

- Hand washing or hand sanitizing, in the absence of soap and water, is recommended strongly during the games.

- Individuals over the age of 65 or with underlying health conditions should avoid attending games in person.

- Coaches should ensure the players are adhering to social distancing in dugouts and other seating areas and wearing face coverings while not actively participating on the field of play.

- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

- Digital check-in and registration for all events.

- Umpires calling balls and strikes should allow adequate distance behind the catcher while still able to perform their duty.

- Umpires call the game from an area in the field and not from behind home plate

- Athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household, if possible. Face coverings are strongly recommended for individuals traveling to and from the venue.

- Team meals should only occur in compliance with the guidelines issued for restaurants in the state of Nebraska.

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/ notifications.

- Once testing is readily available, test all suspected infections or exposures.

- Following testing, contact local health department to initiate appropriate care and tracing

#### Resources

Center for Disease Control (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Governors Guidelines: <https://governor.nebraska.gov/press/gov-ricketts-announces-relaxed-directed-health-measures-additional-regions-issues-guidance>