



Eagan In-House Baseball 2021 Guidelines

COVID-19 (Updated: May 10th, 2021)

All players and parents are required to understand these guidelines and follow them. The safety guidelines listed below are proposed additional measures to be taken before, during, and after a practices/games/tournaments. All other key prevention strategies by the CDC and Minnesota Department of Health should be followed, in order to promote safe and healthy social distancing.

Self-Screening

- Players and Coaches must complete a self-evaluation symptom assessment before coming to practice, games or tournaments and anyone showing signs of symptoms must stay home and submit the “COVID-19 Reporting Form” on the Eagan Baseball webpage, so we 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 receive a negative test **OR** alternative diagnosis from a doctor and follow their suggestion for return.
 - If not Tested for COVID-19; you must quarantine for 10 days and be symptom free for 24 hours before returning.
 - 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

Positive Test Results

- Anyone testing positive for COVID-19 should immediately inform your head coach and submit the “COVID-19 Reporting Form” on the Eagan Baseball webpage. They should follow the imposed isolation period provided by the MDH of 10 days from first symptoms or from the test date if asymptomatic.

Close Contact

- Anyone who is exposed outside of baseball and is considered “Close Contact” should submit the “COVID-19 Reporting Form” on the Eagan Baseball webpage and stay away from team activity until contacted by the Covid Task Force to discuss timelines for return to play. While each case is different the main ways to return are:
 - **COVID test:** Quarantine for 5 days and have a negative COVID test result on or after the 5th day after the last exposure before returning on the 8th day after the last exposure. Note: The day of exposure is day 0.
 - **Do not get a COVID test:** Quarantine for 10 days without any symptoms before returning on the 11th day after the last exposure. Note: The day of exposure is day 0.

Mask / Other Safety Protocols

- According to updated guidelines masks are recommended but are not required for coaches, players, or parents.

Topic	Required	Recommended
Equipment	<ul style="list-style-type: none"> Disinfect shared bats, helmets, balls, catcher's gear after each practice and game Disinfect shared catcher's gear in between each player during practices and games Fielding teams will use their own balls during games and joint practices 	<ul style="list-style-type: none"> Parents should purchase personal helmets and bats for their athletes if possible Do not share personal bats or helmets if possible
Coaches and Players	<ul style="list-style-type: none"> Players and coaches are not required to wear masks Do not share water bottles or snacks No spitting, chewing gum, or eating sunflower seeds No touch rule – high fives, handshake line etc.. Tip of the cap to the opposing team to show sportsmanship and non-contact celebrations Respect others who choose to always wear masks When there is a play at a base, players should resume physical distance as soon as reasonably possible 	<ul style="list-style-type: none"> Use personally supplied hand sanitizer during practices and games Wear masks if it is the best approach for you or your athletes
Parents	<ul style="list-style-type: none"> Masks are not required Do not share snacks with other families or players 	<ul style="list-style-type: none"> Use personally supplied hand sanitizer when washing hands with soap and water isn't possible Supply masks for your athlete if you are most comfortable with them wearing masks while playing. Respect families who choose to take this approach Maintain social distancing when possible
Umpires	<ul style="list-style-type: none"> Masks are not required Must avoid handshakes, exchange of documents, or equipment with any other person. Tip of cap to show sportsmanship Do not share water bottles or snacks No spitting, chewing gum, or eating sunflower seeds 	<ul style="list-style-type: none"> Use personally supplied hand sanitizer during games Wear masks if it is the best approach for you