

Carrboro Recreation Parks & Cultural Resources Department

Fall or Spring Baseball – COVID 19 Guidance

(Resource: Little League Baseball)

General Guidance

Wash Your Hands Often:

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Players are encouraged to bring their own hand sanitizer for personal use. Hand sanitizer should be placed in all common areas off-field for easy use.

Cover Your Mouth and Nose with a Cloth Face Covering When Around Others:

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face covering when they have to go out in public, for example in public areas around baseball fields and parks.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face covering is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker, as it is important for these facemasks are available for those professionals needing that personal protective equipment.
- Continue to keep six feet between yourself and others. The cloth face covering is not a substitute for social distancing.

Cover Coughs and Sneezes:

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash immediately.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60 percent alcohol.

Social Distancing:

- All players, coaches, volunteers, umpires/staff, and spectators should practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas.
- Avoid close contact with people who are sick.
- Stay home as much as possible.

Self-monitoring and quarantine:

- All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each activity.
- Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend any baseball activity until cleared by a medical professional.
- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should only attend activities with permission from a medical professional.

On field Guidance

Healthy Practices:

- All players and coaches should practice good general health habits, including maintenance of adequate hydration, consumption of a varied, vitamin-rich diet with sufficient vegetables and fruits, and getting adequate sleep.

No Handshakes/Personal Contact Celebrations:

- Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, and group celebrations. It is suggested teams lining up outside the dugout and tip caps to the opposing team as a sign of good sportsmanship after a game.
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game, ideally within 15 minutes.

Drinks and Snacks:

- Athletes, managers/coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name.
- Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.
- There should be no use of shared or team beverages.
- Teams should not share any snacks or food. Players should bring individual, pre-packaged food, if needed.

Personal Protective Equipment (PPE):

- All players, coaches, spectators, and umpires/staff, etc., should wear PPE whenever applicable and possible, such as cloth face coverings.
- Players should wear cloth face coverings when in close contact areas and in places where recommended social distancing is challenging or not feasible, such as in dugouts.
- Players should not wear protective medical gloves on the field during game play.
- Players will be permitted to wear a cloth face covering on the field during game play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian.

Dugouts:

- The dugout area will be used as a walk thru for players and coaches only.
- Coaches and players should be assigned spots on the bleachers so that they are at least six feet apart and must be placed behind a fence.
- Players are to stay at their assigned spots when on the bleacher or while waiting their turn to bat.
- Players and coaches should wear a cloth face covering while in the bleacher area.

Player Equipment:

- No personal player bat bags/equipment bags should be allowed in the dugout. Player equipment should be spaced accordingly outside the dugout to prevent direct contact.
- Players should have their own individual batter's helmet, glove, bat, and catcher's equipment.
- Should a participant not own a bat or helmet, a limited supply is available for check out by the Recreation and Parks Department. Due to limited supply, this will be available on a first come first serve basis and will be collected at season's completion.
- Measures should be enacted to avoid, or minimize, equipment sharing when feasible.
- Some critical equipment may not be able to be obtained by every individual. When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned first and then disinfected and allowed sufficient time to dry before used by a new player. Increased attention should be paid to detail cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).
- Players should not share towels, clothing, or other items that they may use to wipe their face or hands
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent/guardian/caretaker, where applicable.
- Individuals disinfecting equipment are encouraged to use gloves while using disinfectants and follow the manufacturer's directions for use. All disinfectants should be stored properly, in a safe area, out of reach of children.

Baseballs:

- Baseballs should be rotated through on a regular basis to limit individual contact.
- Balls used in infield/outfield warm-up should be isolated from a shared ball container.
- Foul balls landing outside the field of play should be retrieved by participating players or coaches, No spectators should retrieve the ball.

Spitting, Sunflower Seeds, Gum, etc.:

- Sunflower seeds, gum, etc., should not be allowed in dugouts or on the playing field.
- All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.

Facility & Spectator Guidance

Scheduling of Team Placements, Practices and Games:

- A Team placement session will end after 1 hour and 15 minutes as to allow sufficient time between sessions (if more than 1 is scheduled on a given day) to facilitate the complete evacuation of individuals from a previous team placement session before the next group enters the playing field.
- Team practices will be scheduled 1 day per week starting at 6pm. No team will be scheduled before or after a practice. Practice on a Saturday will be scheduled as to allow for sufficient time to vacate a facility prior to the next team entering a field.
- No teams may scrimmage against one another.
- Games will be scheduled as to allow sufficient time (if more than 1 is scheduled on a given day) to facilitate the complete evacuation of individuals before the next team enters a playing site.
- Players/families/spectators are instructed not to show up to fields more than 30 minutes before game time.
- If there is a team placement session, practice, or game prior to your child's activity, coaches, players, and spectators are encouraged to stay in their vehicles or at recommended social distances as to prevent overcrowding of spectator spaces and walkways.
- Please thoroughly clean and clear field sites.

Limiting Spectator Attendance:

- All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; wear a cloth face covering; avoid direct hand or other contact with players/coaches during play.
- Spectators should bring their own seating or portable chairs when possible as bleachers and dugouts near the field will be reserved for coaches and players only.
- A spectator with any of the following conditions should not attend a practice or game until evaluated by a medical provider and given clearance to do so:
 - Active COVID-19 infection
 - Known direct contact with an individual testing positive for COVID-19
 - Fever
 - Cough
- Those at risk should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing. Such groups include:
 - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromised, chronic kidney disease, and chronic lung disease.
 - Those currently residing in a nursing home or long-term care facility
 - Those over 65

Public Restrooms:

- Access to public restrooms should be limited if possible.
- A “one-in-one-out” policy, where only one individual is permitted within the restroom at one time, should be implemented to ensure adequate distancing in the confined restroom space.
- Public water fountains will not be available for use.