

# Mountville Youth Athletic Association

## 2020 Baseball Safety Program

**Due to current circumstances surrounding Covid-19, MYAA Baseball is implementing guidelines to ensure the health and safety of all players, coaches and families.**

As always, the MYAA strives to provide a safe and healthy environment for the youth of the community to participate in organized sports and to protect volunteers as they guide them through MYAA sponsored activities.

Therefore, IN ACCORDANCE WITH THE CDC'S (CENTER FOR DISEASE CONTROL) GUIDELINES pertaining to "CDC Considerations for Youth Sports," the MYAA has adopted and will follow the "2020 MYAA Baseball Safety Program."

*We understand there may be differing opinions about the necessity for such guidelines. But we all share one important and common goal — providing an opportunity for our youth to finally play baseball this season. To make that possible, we need everyone's full cooperation in adhering to the "2020 MYAA Baseball Safety Program" outlined here.*

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**COVID-19**

### **POINT OF CONTACT**

MYAA's Designated Point of Contact for COVID-19 issues or concerns is Derek Woods.

If a MYAA player is currently showing signs of COVID-19 or has been in close contact with an individual testing positive for COVID-19 within the last 14 days, that individual should be removed from all MYAA activities **immediately** and Derek Woods should be contacted **immediately**.

**Derek Woods,**  
MYAA Baseball  
Commissioner

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# 6 CDC Guiding Principles / MYAA Requirements

In accordance with guidance from the CDC's "Considerations for Youth Sports"\*, all MYAA teams will be required to follow the safety requirements of the 2020 MYAA BASEBALL SAFETY PROGRAM.

Portions of the MYAA's program are taken directly from the CDC document\*. Included is an explanation of how these portions pertain to MYAA baseball. Direct verbiage from the CDC "Considerations for Youth Sports" is *italicized in red*.

**It is imperative that we all follow these guidelines to ensure the safety of players, coaches, spectators and those using the facilities at other times.**

## 2020 MYAA BASEBALL SAFETY PROGRAM

### 1 DESIGNATED COVID-19 POINT OF CONTACT

#### THE CDC SAYS

*Designate a youth sports program staff person to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.*

*Consistent with applicable law and privacy policies, having coaches, staff, umpires/officials, and families of players (as feasible) self-report to the youth sports organization if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.*

#### MYAA RESPONSE

MYAA's Designated Point of Contact for COVID-19 issues or concerns is Derek Woods. (see page one)

### 2 SOCIAL DISTANCING

#### THE CDC SAYS

*There are a number of actions youth sports organizations can take to help lower the risk of COVID-19 exposure and reduce the spread during competition and practice. The more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread.*

#### MYAA RESPONSE

- Focus on social distancing to help minimize the spread of COVID-19. All MYAA coaches will properly instruct players on social distancing and require players to follow safe practices.
- At practices and games, coaches will remind players about the need for social distancing and how it protects all of us.

**SOCIAL DISTANCING** while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout).

#### THE CDC SAYS

*During times when players are not actively participating in practice or competition, attention should be given to maintaining social distancing by increasing space between players on the sideline, dugout or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.*

- *Keep each player's belongings separated from others' and in individually labeled containers, bags, or areas.*
- *Identify adult staff members or volunteers to help maintain social distancing among youth, coaches, umpires/referees, and spectators (if state and local directives allow for spectators).*
- *Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.*
- *Create distance between players when explaining drills or the rules of the game.*

#### MYAA RESPONSE

- Players and coaches are required to remain 6 feet apart while in the dugout area. Some players/coaches may be required to stand in an area outside of the designated dugout.
- Players are required to store their equipment 6 feet apart.
- In the event of a delay (i.e. for weather issues) players must take all their equipment and return to their respective vehicles. Players should not be tightly clustered in a dugout during any weather delay or extended game/practice delay.
- Unnecessary contact between players/coaches should be discouraged.
- When explaining a drill or game situation, please maintain social distancing between players and coaching staff.

- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.

### 3 WHAT TO DO IF SOMEONE GETS SICK

#### THE CDC SAYS

##### *Advise Sick Individuals of Home Isolation Criteria*

- *Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC's criteria to discontinue home isolation.*
- *Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.*
- *Immediately separate coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure (see "Notify Health Officials and Close Contacts" below). If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.*

#### MYAA RESPONSE

- Coaches and athletic staff must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- All MYAA coaches are required to notify Derek Woods immediately if a player is removed from any organized MYAA event for concerns relating to COVID-19.
- Any individual removed from a MYAA event must contact Derek Woods immediately and may not return to any MYAA organized event until safety concerns are remedied

#### Staying Home When Appropriate

#### THE CDC SAYS

- *Educate staff and player families about when they should stay home and when they can return to activity*
- *Actively encourage sick staff, families, and players to stay home.*

- *Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.*
- *Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.*

#### MYAA RESPONSE

- MYAA requires that if a player is sick or showing signs of COVID-19, that he/she stays home from any MYAA event, and contacts his/her head coach prior to the next scheduled event.
- Coaches may not penalize players for missing practice(s) or game(s) due to health concerns.

### 4 MAINTAINING HEALTHY & CLEAN ENVIRONMENTS

#### THE CDC SAYS

##### *Cleaning and Disinfection*

- *Clean and disinfect frequently touched surfaces on the field, court, or play surface (e.g., drinking fountains) at least daily, or between uses as much as possible. Use of shared objects and equipment (e.g., balls, bats, gymnastics equipment) should be limited, or cleaned between use by each individual if possible.*
- *Develop a schedule for increased, routine cleaning and disinfection.*
- *Identify an adult staff member or volunteer to ensure proper cleaning and disinfection of objects and equipment, particularly for any shared equipment or frequently touched surfaces.*
- *Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.*

##### *Adequate Supplies*

- *If hand washing facilities are available, support healthy hygiene by providing supplies including soap, paper towels, tissues, and no-touch/foot pedal trash cans. If hand washing facilities are not available, provide hand sanitizer with at least 60% alcohol (for coaches, staff and older players who can safely use hand sanitizer).*
- *If practices or competition facilities must be shared, consider increasing the amount of time between practices and competitions to allow for one group to leave before another group enters the facility. If possible, allow time for cleaning and/or disinfecting.*

##### *Coughing, Sneezing, Spitting*

- *Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow.*

## MYAA RESPONSE

- MYAA will require cleaning/disinfecting of equipment and facilities moving forward. All MYAA used facilities will have appropriate supplies in field sheds (coaches closet at VMP in concessions).
- All head coaches will receive a bag of supplies for away games to adequately clean dugouts/equipment while playing on the road. If any supplies run low, please let Derek Woods know.
- It would be nice to think that our areas have been cleaned prior to our use, but we can't assume that. Therefore, all dugout areas should be cleaned prior to player usage and after a team practice or game, this includes visitor dugouts on game days.
- Teams arriving for a practice when a team is already utilizing a field can use the opposite dugout area for equipment.
- Until dugouts have been cleaned by an assigned coach or parent, players should place all equipment OUTSIDE the dugout area maintaining 6 feet between bags.
- All baseballs must be disinfected at the end of practice so they are dry and ready for the next team event.
- If at any time, catcher's gear is shared between players, it will need to be disinfected before the next player uses it.
- Please promote hand-washing when accessible and available.
- No sunflower seeds will be permitted for the current season.
- Players must be instructed to cover coughs and sneezes with the inside of their elbow.

## 5 APPROPRIATE SIGNAGE

### THE CDC SAYS

- *Post signs in highly visible locations (e.g., at entrances and exits, and in restrooms) that promote everyday protective measures and describe how to stop the spread of germs*

### MYAA RESPONSE

- The MYAA will post appropriate signage at all facilities.
- Coaches must remind all families that following posted safety signs, as well as posted facility signage, ensures MYAA has fields to use for this season and in future years.
- Should a sign be destroyed or removed, please notify a MYAA Board Member.

## 6 FACE COVERINGS

### THE CDC SAYS

- *Teach and reinforce the use of cloth face coverings. Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Face coverings may be challenging for players (especially younger players) to wear while playing sports. Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.*
- *Wearing cloth face coverings is most important when physical distancing is difficult.*
- *People wearing face coverings should be reminded to not touch the face covering and to wash their hands frequently. Information should be provided to all participants on the proper use, removal, and washing of cloth face coverings.*
- *Note: Cloth face coverings should not be placed on:*
  - *Babies and children younger than 2 years old;*
  - *Anyone who has trouble breathing or is unconscious;*
  - *Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance.*

### MYAA RESPONSE

- MYAA will encourage coaches, parents, and spectators to wear face coverings in accordance with state and local guidelines/restrictions.
- All registered families will receive communication from the MYAA regarding face coverings and also have access to the MYAA 2020 Baseball Safety Program via Mountville.org.
- MYAA PLAYERS ACTIVELY INVOLVED IN SCHEDULED PRACTICES/GAMES **WILL NOT BE REQUIRED TO WEAR FACE COVERINGS BUT MAY DO SO AT THEIR OWN DISCRETION. IF A FACE MASK IS NOT WORN, PLAYERS MUST MAINTAIN SOCIAL DISTANCING AS MUCH AS POSSIBLE.**
  - Due to the natural social distancing that occurs within the sport, many players will be at an appropriate social distance during the course of practices/games.
  - Coaches should be mindful of all players' physical activity during the course of practices/games and how face coverings could affect a player's air intake.