



On June 10, 2020, the State of Pennsylvania Issued Guidance for all sports permitted to operate during the COVID-19 Disaster Emergency to ensure the safety and health of employees, athletes, and the public all participants must follow safe hygiene and social distancing practices, avoid unnecessary physical contact, and clean and disinfect equipment and facilities.

PA Green Guidance went into effect on June 26, 2020. **To read the guidance in its entirety, please click [HERE](#).**

If you have questions about the CP Guidelines or have a special request, feel free to reach out to Erin Pregel (908) 247-8180.

GUIDELINES ARE SUBJECT TO CHANGE BASED ON LOCAL, STATE & CDC RECOMMENDATIONS.

Rules (for CP Rec and Travel) to minimize risk for PLAYERS AND COACHES

- 1) Parents of all players (including visiting teams) must sign a statement before the season stating that they have read and intend to follow these & future versions of CP COVID-19 Guidelines.
- 2) Each team for every practice will have a designated parent to serve as “Safety Rep” to work with the parents and coaches to ensure guidelines are followed (This person can change from practice to practice). Some of the responsibilities of the Safety Rep are summarized at the bottom of this list.
- 3) Limit the size of practices/games to no more than 250 individuals. Only coaches and players are on/near the fields during practices/games. Families should locate in the outfield area and should maintain appropriate social distance. No parents can be on the bleachers or within 10 feet from the designated player areas. Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
- 4) Players should wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.
- 5) Stay Home When Sick. Individuals that have been diagnosed with COVID-19 should stay home until a doctor provides approval for their return to play. Individuals in close contact with a person with COVID-19 should also stay home for 14 days after exposure and monitor their health.
- 6) A parent must check their child for Covid symptoms before leaving for practice, and a parent must accompany the player to the field to confirm with the Team Safety Rep that their child appears healthy. The safety rep will have a team checklist and record/document the health of the players & coaches. For players 16 & 17 years of age (who might be driving to the game on their own), the parent must send a text message or call the safety rep confirming health status before the player arrives at the fields. Players 18 years of age and older can confirm their own health status to the safety representative. For teams visiting CP, a parent of visiting players and coaches of the visiting team will also have to confirm that they are healthy before entering the field.
- 7) Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible. The state requires that when you cannot consistently social distance a mask should be worn. On the rare occasion when a coach needs to be within 6 feet to instruct, or when a base coach needs to be within 6 feet to provide a message to a runner: the amount of time should be minimized, the coach must wear a mask. We recommend that all players have a face mask. They are not required to wear them unless

within 6 feet of another player or coach. A gaiter-style mask is recommended as the player can easily pull the mask up when necessary. Base Coaches should consider hand signal interactions rather than close verbal instruction. *For those choosing to use gaiters, CDC recommends a gaiter with two layers; folding the gaiter to make two layers is acceptable. (Read more by clicking [HERE](#)). For additional information from the Pennsylvania Department of Health, please visit the website by clicking [HERE](#).*

- 8) People wearing face coverings should not touch the face covering and should wash their hands or use hand sanitizer 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.
- 9) No more than 4 people in the dugout at a time (players+coaches). Safety Representative & coaches can work together to space players/player-provided chair/equipment by 6 feet. It is recommended that the Pony & Quick Ball Players stay with their parents and the next two players up to bat sit on either end of their bench. Safety Rep and Coach can work together to determine if there is a better solution for the Pony & Quick Ball players.
- 10) The umpire will be positioned behind the pitcher. The umpire association has made this a requirement.
- 11) Do not share equipment/food/beverages/water bottles or coolers. Please assist us by labeling your child's gear. All gear should be returned to the bag after each use. If you do not have your own gear, then reach out to the league to see if we can help. NOTE: Our instructional divisions will not utilize the catcher's position this season. All players should come to the fields dressed and ready to play with baseball/softball shoes on.
- 12) Refrain from physical contact during celebrations (no handshakes, fist bumps, elbow bumps). We suggest a hat tip for the end of the game.
- 13) Coaches - If working in small groups, be mindful of keeping the kids with each other, rather than switching groups or mixing groups.
- 14) Coach in the dugout is responsible for picking up the running batter's bat by the barrel and returning it to the dugout. Once the batter/runner returns to the dugout, they should retrieve their bat and return it to their bag.
- 15) Dugouts & bleachers will be sanitized by the safety rep or parent volunteer at end of each practice/game.
- 16) We will not disinfect/clean baseballs or softballs during practices or games.
- 17) Restroom facilities will be cleaned regularly, and sanitizer will be filled. If the hand sanitizer is not filled, please inform your coach, safety rep. or snack stand attendant.
- 18) Enforce proper hand hygiene. CP will provide hand sanitizer (60% alcohol) and have adequate supplies available. Players should use hand sanitizer anytime they are entering or leaving the field as well as before eating or drinking. Parents will be encouraged to put hand sanitizer (60% alcohol) in their player's bags.
- 19) Do not allow spitting. Gum and sunflower seeds are prohibited for all (players, coaches, parents, umpires). Cover coughs and sneezes with a tissue or use the inside of the elbow. Used tissues should be thrown in the trash and hands washed/sanitized immediately.
- 20) Track and report practice attendance – coaches (both teams), players (both teams), umpires

- 21) Limit the use of carpools or vanpools. When riding in an automobile to a sports event, encourage players to ride to the sports event with a person living in their same household.
- 22) Traveling outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others. This is the case particularly if a team from an area with high levels of COVID-19 competes with a team from an area with low levels of the virus. Youth sports teams should consider competing only against teams in their local area (e.g., neighborhood, town, or community). Under no circumstances should a team travel to areas currently in shutdown. Travel teams should follow as many of the rules outlined in this guidance document as possible while traveling to minimize the risk to CP players, coaches, and parents.
- 23) Leave the complex within 10 minutes after practices or games...(no post-practice talks/no huddles). Please remember to maintain social distance while exiting the complex.
- 24) Safety rep will help to ensure social distance AT ALL TIMES between players and:
 - other players
 - coaches
 - other parents

Tasks for Team Safety Rep at practices & games:

- Record players, coaches, umpires as healthy when entering the field on a Team attendance/health status sheet
- Remind players, coaches, and parents about social distancing (batting cage waiting line, 1:1 instruction, addressing the team)
- Remind players about using hand sanitizer – at health check-in, when entering or exiting the field, before getting food or drink
- Encourage teams to leave the field promptly after practices or games
- Oversee sanitization of dugouts & bleachers
- Safety Rep can solicit other parent volunteers to help

If you or a close contact becomes sick with COVID-19 please stay home & report your situation immediately to Erin Pregel (908) 247-8180.