



MSHYB Program Participation Plan

The information in this document is not intended or implied to be a substitute for guidelines published by the New Jersey Department of Health but rather in addition to those guidelines. All content, including text, link and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, MSHYB makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to practice and competition.

MSHYB Practice and Competition: All players, coaches, staff, spectators and other attendees must adhere to specifically required guidelines from the New Jersey Department of Health ([NJ DOH Guidance for Sports Activities](#)). Furthermore, because MSHYB teams utilize both Gero Park and private fields for practice and competition, additional requirements may be in place based on guidelines set forth by the hosting township, county or private facility. Any additional guidelines should be provided to the visiting team by the hosting team prior to their arrival with adequate notice.

MSHYB Guidelines Prior to Practice or Competition:

- Screen athletes, coaches, staff and any other participants with a temperature check and health questionnaire prior to arrival at the field. Anybody showing symptoms of COVID-19 shall not be permitted to participate ([CDC symptom checklist](#)).
- Do not come to practice or competition if you or any member of your household are not feeling well or are showing symptoms of COVID-19.
- Do not come to practice or competition if you or any member of your household have been exposed to a person with COVID-19 within the past 14 days.
- Do not come to practice or competition if you are not comfortable with the guidelines set forth by the NJ DOH, MSHYB or the facility at which you are practicing/competing.
- Adults 65 years and older or people of any age with serious underlying medical conditions are strongly encouraged not to attend practice or competition at this time.
- Travel to a state of the NJ Travel Advisory List must be disclosed to MSHYB and the player and/or coach must quarantine for a total of 14 days upon their return. <https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>
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MSHYB Guidelines During Practice or Competition:

- **Healthy Practices:** All players, coaches, umpires and spectators should practice “good hygiene” by regularly washing their hands with soap and water or using hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose and mouth. Players and coaches should avoid all but the essential contact necessary during practice or competition. Post-game handshakes should be replaced by a “tipping caps” as a sign of good sportsmanship.



- **Social-distancing:** Players, coaches, umpires and spectators should maintain 6-feet of distance whenever possible.
- **Face-coverings:**
 - **Coaches/Spectators:** Spectators are encouraged to wear face-coverings at all times, particularly when 6-feet of distancing is not possible. Coaches must wear face-coverings at all times.
 - **Players:** May wear face-coverings when actively participating in vigorous activity during practice or competition, as tolerated. Players must wear face-coverings when not on the field of play, such as waiting to bat or are in close-contact areas where distancing is not feasible.
 - **Umpires:** Must wear face-covering whenever on the field. “Plate” umpires calling pitches will be expected to wear surgical masks under the lower half of their standard protective facemask.
 - **General/All:** 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.
- **Drinks & Snacks:**
 - There will not be any food permitted at Gero Park. Beverages are permitted but not to be shared.
 - Sunflower seeds, gum, etc., are not allowed in Gero Park. All players and coaches are to refrain from spitting at all times.
- **Player Equipment:**
 - Players should use their own equipment whenever possible. If equipment must be shared, it should be cleaned and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before being used by a new player.
- **Baseballs/Softballs:**
 - Each team should use their own balls while in the field during competition.
- **Umpire Placement:**
 - **46/60:** Umpires on the 46/60 diamond for league games will call games from behind the mound. There will be 1 umpire on all 46/60 league games.
 - **50/70:** Umpires on the 50/70 diamond will call games from behind the plate. There will be 2 umpires on all 50/70 games.
 - **60/90:** Umpires on the 60/90 diamond will call games from behind the plate. There will be 2 umpires on all 60/90 games.



Covid-19 Positive Diagnosis Protocol:

- If a player, coach or umpire reports that they are Covid-19 positive, MSHYB will maintain the confidentiality of the individual at all times while mitigating the situation.
- The families and coaches of the affected team will be notified immediately.
- Anyone who came into close contact with the infected individual will be required to quarantine for 14 days. Close contact is defined as being within 6 feet or less of the Covid+ person for 10 minutes or more, or if you had any direct contact (e.g. a hug or kiss) or if you had direct contact with infectious secretions (e.g. were coughed or sneezed on).
- Anyone who had proximate exposure shall be required to self-monitor for symptoms for the same 14 day period, but will not need to quarantine.

Covid-19 Close Contact Exposure:

- Close contact is defined as being within 6 feet or less of the Covid+ person for 10 minutes or more, or if you had any direct contact (e.g. a hug or kiss) or if you had direct contact with infectious secretions (e.g. were coughed or sneezed on).
- This is regardless of whether the contact was indoors versus outdoors, or whether masks were or were not worn by one or both parties, as per the CDC guidelines.
- If a player, coach or umpire had a one-time close contact with a Covid+ individual within 2 days prior to, or after their onset of symptoms, a 14 day quarantine is required from the time of that contact.
- If a player, coach or umpire had a one-time close contact with a Covid+ individual who was asymptomatic, within the 2 days prior to their positive test or within 10 days afterwards, a 14 day quarantine is required from the time of that contact.
- If the player, coach or umpire lives with a person who is Covid+ and can fully self-isolate from them, they must quarantine for 14 days from the time they began self-isolation.
- If the player, coach or umpire lives with a person who is Covid+ and cannot fully self-isolate from them, they must quarantine until 14 days following that persons complete resolution of symptoms (i.e. the entire symptomatic period plus an additional 14 days). If that person is asymptomatic, the quarantine period is a total of 24 days following the positive test. If someone else in the house becomes sick during that time or has a positive test, the quarantine period restarts.



Return to Play Guidelines:

- After a one-time close contact, the player, coach or umpire may return after their 14 day quarantine is completed.
- If the player, coach or umpire lives with the Covid+ person, they must both complete the quarantine period outlined in the prior section and must have a negative PCR test at the end of their quarantine to return to play.
- If the player, coach or umpire is Covid+, they must meet all of the following criteria to return:
 1. It has been at least 14 days since symptoms initially started, or at least 10 days from positive test if asymptomatic.
 2. They have been afebrile for at least 72 hours without fever-reducing medications.
 3. Respiratory symptoms (cough, sneezing, and shortness of breath) have fully resolved.
 4. Negative Covid PCR test.

Exceptions:

- If a player, umpire or coach had a confirmed positive Covid test within the last 3 months and has met all criteria in the Return to Play Guidelines section, they do not need to quarantine again if they have a subsequent Close Contact exposure. If it has been more than 3 months since their positive test, then they must follow all above guidelines.
- If a player, umpire or coach has a Covid-19 test done for any reason, they may not participate until they have received their test result, and it is negative.