

SAFETY PLAN

Kelso Youth Baseball Return to Play Safety Plan

2/7/2021

EXECUTIVE SUMMARY

The health and safety of all Kelso Youth Baseball players, coaches, families as well as the baseball community is our first priority. The information here is not intended to substitute for professional medical advice, and it does not supersede any directives or restrictions issued from local, state or federal authorities. The purpose of this Safety Plan is to provide detail for the KYB Return to Play protocols, processes, and procedures. It is determined that strict adherence to the protocols set forth in this document provide for the health and well-being of players, coaches and volunteers. This plan is being created in response to Washington State Governor's Office communication released on Monday February 1, 2021 as it relates to Sporting Activities.

GENERAL INFORMATION AND GUIDELINES

This Safety Plan contains detailed information, rules, and procedures pertaining to all facets of our operations and how we will conduct ourselves over the next weeks and months. Additionally, KYB has adopted several new policies in response to current conditions. Our hope is that in time, many of these rules, policies, and procedures will be lifted or removed and that the sport of baseball returns to something closer to how we remember it. With many more details to follow, here are 10 important rules to remember:

1. Be smart: if you are sick, stay home and monitor for Covid-19 symptoms. For full list of symptoms see [COVID-19 symptoms](#). This applies to everyone: players, coaches, and parents.
2. Screening: Before practice and games, players, parents and coaches will be responsible to self-screen by completing necessary health check. Parents will be responsible to not send players who have (1) Covid-19 related symptoms, [COVID-19 symptoms](#). (2) if they have been identified as a close contact with a confirmed case of COVID-19 (defined as within 6 feet for 15 minutes or more, (3) if they have been Covid-19 tested in the last 10 days, or (4) if they have been told by a medical professional to self-monitor, isolate or quarantine.

3. Sanitize: have hand sanitizer available to use when soap and water are not available and encourage hand washing with soap and water for at least 20 seconds before and after all activities, and especially after touching shared objects or blowing you nose, coughing or sneezing. Avoid touching your eyes, nose and mouth. All high touch surfaces will be disinfected frequently.
4. Group play: all activities will be limited to the maximum number allowed in the current phase.
5. Physical play: We will facilitate baseball activities that help eliminate physical contact. All drills and small-sided games will have as little physical contact as possible.
6. No high-fives, handshakes, or hugs: as much as we want to physically connect, this is not a safe practice for anybody right now.
7. Masks: All participants including coaches and other volunteers MUST wear masks at all times. No exceptions.
8. Drop-off/pick-up: parents should remain in the car for drop-off and pick-up. No spectators will be allowed during Phase 1.
9. Water bottles: to minimize accidental sharing of water, players must keep their water bottles in their own bag when not in use.
10. Have fun, stay positive: everyone is looking to each other to stay calm, supportive, and compassionate during this time.

POLICIES

As part of our response to COVID-19 and Return to Play, Kelso Youth Baseball has created or expects to create several new policies. Many of these take effect immediately while others are timed to coincide with phase advancement.

NEW POLICIES, EFFECTIVE IMMEDIATELY (PHASE 1)

1. Illness or suspected Illness: If any player, coach, or volunteer of KYB feels sick, exhibits symptoms of COVID-19, or suspects direct exposure to COVID-19, they must stay away from practices, meetings, and any other activity that would bring them into contact with another KYB person.

In all situations,

a. Individual must self-isolate for ten (10) days or otherwise directed by their healthcare provider.

b. Immediately notify team, coach and Board President.

c. Review the “[What to do if you have confirmed or suspected Covid-19](#)” document published by the Washington State Department of Health and follow recommended protocols.

d. KYB strongly encourages any individual who suspects they may have COVID-19 to get tested and seek advice from a medical professional as soon as possible.

2. If anyone in an assigned player training group is diagnosed with COVID-19, then the entire group must self-isolate from training for a total of at least ten (10) days. Players and coaches who are tested for COVID-19 may return sooner, if a medical provider provides written confirmation that the player tested negative and releases the player in writing to resume training.

3. Screening: Prior to being admitted to a field/facility, all players and coaches must go through a screening process at home prior to admittance. This will include answering a few questions and may include a thermal temperature scan.

4. Masks should always be worn.

5. Only coaches, authorized volunteers, and players are allowed on and around the training facilities. All other persons, including family members and guardians, are prohibited from loitering near the fields or facilities and must remain in their vehicles.

6. NO TEAM TRANSPORTATION OR OVERNIGHTS. Until further notice, no team may schedule or attend any tournament or other team activity that requires team transportation or an overnight stay. All players must find transportation to KYB events.

7. No more than 6 players are allowed in a training area at the same time. Players who are grouped together must stay within the same group for the duration of Phase 1. While determining which team members will make up a group, the coach (and team manager, if needed) should take into consideration teammates who carpool to/from practice and teammates who are socializing outside of the field.

PHASE 2 POLICIES ONCE COWLITZ COUNTY IS APPROVED

All policies from Phase 1 are still in effect unless specifically removed or changed.

1. The 6-player limit is lifted for outdoors: Full-team practices may commence. If indoor batting practice, must insure 25% of fire code occupancy rating is maintained.
2. For complexes with more than one field or area of play, 75 people are allowed per field of play. This count includes players, coaches, referees and spectators. Masks are required for everyone. Spectators from different households should stay physically distant, 6 feet or more if possible.
3. Competitions are allowed for Baseball.

PLAYER SAFETY

Players and player families will receive instructions from KYB regarding personal safety and protocols in place during Phase 2.

Instructions include the following: Players Should:

- Take temperature daily. If a player is feeling ill, has a fever above 100.3 degrees F, or is exhibiting any symptoms, please keep the player home and notify KYB representative immediately.
- Wash hands thoroughly before and after training, and any contact outside your home.
- Bring and use hand sanitizer with you at every practice and game. Players should sanitize their hands at the beginning and end of each practice or game.
- Players should avoid carpooling, if possible. However, if carpooling is done it should be limited to players in the same group for the duration of Phase 2. Please advise the team's coach of carpool situations. Once a carpool group is established, please do not switch to a different carpool group.
- Do not touch or share anyone else's equipment.
- Bring your own equipment and label it as your own.
- Practice social distancing and place bags and other equipment in specified areas at least 6 feet apart from teammates' equipment during sessions.

- When possible, players should store their equipment in their bag/backpack when not in use
- Wash and sanitize all equipment before and after every training session.
- No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.
- DO NOT share water. Keep water bottles in their own bag when not in use.
- A roster of every player, staff and volunteer present at each practice, training session or game will be maintained to assist with contact tracing in the event of a possible exposure. These rosters must be kept on file for 28 days after the practice, training session or game.

Kelso Youth Baseball has established the following policy regarding players exhibiting symptoms of COVID-19 or who suspect exposure: If someone in your household or someone whom you know that your player(s) had contact with is diagnosed with COVID-19, you must follow Department of Health and CDC guidelines which include:

1. Player must self-isolate for ten (10) days and be fever free for 24 hours without the use of fever reducing medications or otherwise directed by their healthcare provider.
2. Immediately notify team and league officials.
3. Review the [“What to do if you have confirmed or suspected Covid-19”](#) document published by the Washington State Department of Health and follow recommended protocols.
4. Player(s) may only return sooner if a medical provider provides written confirmation that the player(s) tested negative for COVID-19 and releases the player(s) in writing to resume training.

FIELD LOGISTICS AND PROCEDURES

All coaches, players, and families will receive clear instructions about how fields will be set up during Phase 2 and the protocols and procedures related to each field.

GENERAL RULES

1. Volunteers and coaches should park in areas that do not create congestion around the designated pickup/drop-off zones
2. Please do not arrive to the field more than 5 minutes prior to your player's assigned start time. Please also make sure that you are prompt to be at the designated pickup zone ON TIME.
3. Carpools should be limited strictly to player groups and players should always stay in the same carpool. This group should be communicated to the coach so that the group can be assigned to the same practice times. Players carpooling should be wearing masks during their travel together and inside of the car.
4. Fields will be setup by the assigned coaches for each practice. Volunteers should not be used for field setup; however, if it is necessary to have a volunteer perform this, all setup activity must be complete and the volunteer clear of the field prior to player arrival.
5. Players are to place their equipment and bags in designated areas and no closer than six feet apart. If possible, all player equipment should be stored in their bags when not in use.
6. In complying with the State and with KYB, during phase 2 we will divide our training areas in a way that provides spacing for small groups of players and compartmentalization. Specifically, these small groups should never come within 12 feet of one another. The exception would be for base runners and fielders. Coaching staff will provide instruction to limit lead-offs and stealing during phase 2. All players should maintain 6 feet of separation when on the field of play unless applying a tag for an advancing runner.

COACHING PROTOCOLS

All coaches will receive training and documentation on the protocols and procedures of our Safety Plan. Each coach will be required to acknowledge (in writing) that they have received and understand the training material prior to engaging their team(s) on the field.

All coaches must:

- As with players, coaches should be screened prior to arriving on the field.
- Ensure the health and safety of players. Inquire how the athletes are feeling, send them home if they act or discuss feeling ill. If players are sent home, the coach must alert the KYB President and give them details.
- Follow all established federal, state, and local protocols.
- Ensure all athletes have their individual equipment (gloves, bat, water bottles, bag, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least 6 feet apart in the designated areas
- In the event that a player needs to use KYB batting helmet the coach will be responsible to insure that the player disinfects the helmet following use.
- Coaches must strictly enforce social distancing per the current phase guidelines. Physical contact should be discouraged.
- Coaches must always wear a face mask per current phase protocol and social distance from players when required.
- Wash and sanitize your own equipment after every session.
- Increase your communication with parents; they need to know what you are doing as a coach and league to maintain their safety.

KYB has established the following policy regarding coaches exhibiting symptoms of COVID-19 or who suspect exposure: If a coach suspects exposure to COVID-19 or is exhibiting any symptoms, he/she should:

1. Immediately notify KYB President

Board President: Stephen Mode by phone or email- kybpresident@gmail.com

2. Self-isolate for ten (10) days and be fever free for 24 hours without the use of fever reducing medications or otherwise instructed by your healthcare provider.

3. Review the “[What to do if you have confirmed or suspected Covid-19](#)” document published by the Washington State Department of Health and follow recommended protocols.

4. Coaches may only return sooner if a medical provider provides written confirmation that the coach tested negative for COVID-19 and releases the coach in writing to resume training.

COMMUNICATION PLAN

Kelso Youth Baseball has established the following communication plan related to Return to Play, this Safety Plan document, COVID-19, and related issues. These documents will be made available for all coaches and parents and will updated and modified when relevant changes to protocols and guidelines from Governor Inslee, CDC or Washington Department of Health. For any situation not covered by this communication plan, please contact Board President Stephen Mode via email at kybpresident@gmail.com.

Plan updated:

2/28/2021_____