

Topic Phase 3 as of 3/22/21	Washington State COVID 19 Phase 3 requirements (mandated by state)	District 9 Interlock/ Interleague Rules
1. Masks for players and coaches/volunteers	Moderate contact outdoor sports athletes allowed to remove facial coverings for competitions. Facial coverings must be worn by athletes when training or when not actively competing in a game or match against another team or when on the bench waiting to play. Coaches, trainers, and officials must wear face coverings at all times.	<p>All volunteers and coaches will be required to wear masks when on the field and spectators* expected to follow the governor's directions by following mask mandate.</p> <p>Players, when engaged in play, are not required to wear a mask</p> <p>Players, in dugout (or bench) must wear mask.</p>
2.Masks for officials	Officials and referees supervising low or moderate contact outdoor competitions allowed remove their facial coverings if officiating requires them to run in the field of play.	Going to/from the field, umpires must wear a mask.
3.Physical Distance (all phases)	Physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times with exceptions for training and medical personnel and volunteers performing their medical duties. Six feet of distance must be maintained among athletes when not engaged in sporting activities, huddles and team meetings must be physically distanced.	<p>Plate umpire cannot be positioned behind the plate (i.e. stand behind the mound instead)</p> <p>When off the field, social distance 6 ft when not actively in the field of play</p> <p>When on the field, engaged in play, exception to social distance permitted to allow game to be played</p> <p>Priority of seating goes to players (i.e. bleachers are the dugout)</p> <p>Dugouts can be used, as long as there is 6 ft between people</p>

		<p>(people walking past in a dugout is permissible to allow more than 1 person in the dugout)</p> <p>There will be no exchange of lineups or any contact during the pregame meeting between umpires and managers. The plate meeting will follow social distancing guidelines. Teams are encouraged to go “book to book” (the umpire will not keep a lineup), and any lineup issues will be resolved by the plate umpire and the official scorekeeper.</p>
<p>4.Hygiene (all phases)</p>	<p>Require athletes, coaches, umpires/referees and any other paid or volunteer staff to practice good hygiene including washing their hands frequently and covering their sneezes and coughs.</p> <p>Wash hands often with soap and water for at least 20 seconds before and after practice, especially after touching shared objects or blowing your nose, coughing, or sneezing.</p> <p>Avoid touching your eyes, nose, and mouth.</p> <p>If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content.</p> <p>Cover all surfaces of your hands and rub them together until they are dry.</p> <p>Athletes should not share water bottles, uniforms, towels, or snacks and should not spit (saliva, sunflower seeds, etc.).</p>	<p>Players (with financial support of the league as needed) will supply their own helmet, bat, glove, catcher equipment (if league provided equipment, it will be sanitized between uses)</p> <p>Foul balls are retrieved by players</p> <p>No sunflower seeds, peanuts, or spitting allowed</p>

5.Outdoor spaces	Outdoor training, practices and competitions allowed outdoors for low, moderate, and high risk sports. Maximum 200 people allowed at competitions, including spectators.	
6.Handwashing (all phases)	Provide handwashing or hand sanitizing stations at training and contest locations.	Provide hand sanitizer (to each team and/or field 60-95% alcohol content) players are encouraged to have a personal hand sanitizer with them in their bags.
7.Cleaning (all phases)	Clean high touch surfaces and disinfect shared equipment before and after each use. Ensure restrooms are cleaned and disinfected regularly. Current CDC guidance for cleaning and disinfection for COVID-19 states that disinfectants should be registered by the EPA for use against the COVID-19. Find the current list here: List N: Disinfectants for Use Against SARS-CoV-2 (COVID-19). Disinfectants based on hydrogen peroxide or alcohol are safer than harsher chemicals. The University of Washington has a handout with options for safer cleaning and disinfecting products that work well against COVID-19.	Teams on the field will provide their own ball, and balls will be changed out each inning (umpires will not maintain gameballs)  Active passways (i.e. dugout door)can be left open, no player in the doorway.
8.Ventilation (all phases)	Outdoors locations are preferred to indoors locations, and should be utilized to the greatest extent possible to allow for maximum fresh air circulation and social distancing. Outdoor structures, in order to be considered outdoors, should have no more than two walls to provide appropriate ventilation unless they meet this ventilation requirement; Structures can have three walls if another opening exists that is large enough to create cross ventilation.	
9.Outdoor	For outdoor competitions without	

<p>competitions max occupancy</p>	<p>permanent seating; Facilities or complexes with more than one field or area of play are allowed a maximum of 150 people per field or area of play, including spectators.</p> <p>All spectators of different households are to remain physically distant, 6 feet or more, as much as possible.</p>	
<p>10.Sick Person</p>	<p>Stay home when sick or if a close contact of someone with COVID-19 Updated 2.1.2021 5   P a g e Athletes, coaches, umpires/referees, spectators and any other paid or volunteer staff should be required to stay home if they feel unwell, show any signs of COVID-19, or are a close contact of a confirmed case. All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening should consider symptoms listed by the CDC. Any person with symptoms of COVID-19 or who is a close contact of someone with confirmed COVID-19 should not be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional. Those who are excluded from training or contests due to COVID-19 symptoms or because they are close contacts must follow DOH and local public health isolation and quarantine guidance before returning to training or contests. People with underlying health conditions should consult with their medical provider regarding participation in athletic activities.</p>	<p>Leagues will receive an affirmation from each parent that they agree to never bring a child/person to a field that have any covid symptoms</p>
<p>11.Contact tracing</p>	<p>Keep a roster of every athlete, staff and volunteer present at each practice, training session, and contest to assist with contact tracing in the event of a possible</p>	<p>If a positive covid case is reported within 3 days of an interlock game, the president of the covid positive person's league will report findings to the</p>

	<p>exposure. Similarly keep a roster and seating chart for each travel group. Attendance rosters and seating charts must be kept on file for 28 days after the practice, contest, or trip.</p>	<p>other league's president.</p>
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Central/Puget Sound Region covid numbers will be used for district 9 in regards to the phase we are in and the accompanying restrictions

We will follow the recommendations of our local authority regarding changes (more or less restrictive) based on covid rates in our community. If restrictions lessen, we will reconvene via zoom or email to discuss changes before implemented.

\*For the public: (spectators) An order from the secretary of health requires Washingtonians to wear face coverings in public spaces and shared spaces, both indoors and outdoors. Examples include hotel or apartment hallways, outdoors where many people are gathered such as parks, playgrounds or popular walking paths, and in a restaurant when not seated and eating. People are individually responsible to comply with this order.

<https://coronavirus.wa.gov/information-for/you-and-your-family/face-masks-or-cloth-face-covering>

Non-essential travel such as out-of-state team or individual travel for sporting activities are subject to quarantines as detailed in the [Governor's Travel Advisory](#). Stay home when sick or if a close contact of someone with COVID-19