

# COVID-19 Preparedness Plan for BPAA Baseball SUMMER 2021

**Brooklyn Park Athletic Association (BPAA) Baseball** is committed to providing a safe and healthy environment for all our players, coaches and parents. To ensure we have as safe and healthy workplace, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Coaches, players and parents are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our practices, on our fields and in our communities. This requires full cooperation among our coaches, players and parents. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our association.

Coaches, players and parents are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. **BPAA Baseball** coaches, players and parents have our full support in enforcing the provisions of this policy and we encourage our coaches, players and parents to ask questions, raise safety and health concerns and offer suggestions related to the plan and its implementation.

Our families and players are our most important assets. We are serious about safety and health and keeping everyone safe at **BPAA Baseball**. Involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our board members along with our coaches/players in this process by asking **coaches/players to send their feedback to our COVID Compliance Manager, Liesl Bures, [BPAABaseballCOVID@gmail.com](mailto:BPAABaseballCOVID@gmail.com)**. **All questions or concerns will be answered directly, shared with the broader group, or integrated within the plan.** Our COVID-19 Preparedness Plan follows State of Minnesota Industry Guidance for youth sports, Centers for Disease Control and Prevention (CDC) Guidelines, federal Occupational Safety and Health Administration (OSHA) standards related to safety and health precautions required in response to COVID-19 and applicable executive orders.

**MYAS Safe Play: Back to the Diamond, 2021 Baseball and Softball COVID-19 Safety Guidelines will be followed: \*updated 5/7/21**

[2021-back-to-the-diamondupdatedasof5-7.pdf \(myas.org\)](https://www.myas.org/2021-back-to-the-diamondupdatedasof5-7.pdf)

**MN Stay Safe: COVID-19 Organized Sports Practice and Games Guidance for Youth and Adults will be followed: \*updated 5/6/21**

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

## 1. Social distancing – maintaining six feet of physical distancing

\*Social distancing of six feet will be implemented and maintained between players on the field and in the dugout/bench when not playing through the following administrative protocols:

- Social distance at 6 feet as much as possible while playing and always when not actively playing, including in the dugouts/bench area.
- When there is a play at a base, the runner and fielder should resume physical distance immediately upon completion of the play

- Avoid high fives, handshake lines and group huddles. A “tip of the cap” will be done at the end of the game to show good sportsmanship.
- Carpooling is discouraged as much as possible to limit transmission and exposure. If carpooling, it is highly encouraged to wear a mask.
- Individual gloves are required – please do not share other gear if possible.
- Batting gloves to be worn if a bat is shared.
- Catching gear disinfected when used by different player.
- Each team must provide their own balls when they are the fielding team.

## 2. Masking Requirements:

- Participants (players): masks are NOT required, it is recommended that if athletes cannot consistently stay at least six (6) feet away from others a mask is encouraged to be worn.
- Umpires, Coaches, and Spectators: masks are NOT required when six (6) feet of distance from others can be consistently maintained.
- Face Covering Information: For the best protection against COVID-19, a face covering must have at least two layers of tightly-woven fabric, cover the nose and mouth completely and fit snugly against the face without gaps. This can include a cloth mask, or a religious face covering. CDC recommends using two layers of fabric when making a cloth face covering thus face coverings that are made of thinner single-layer fabric such as certain types of masks, scarves, neck gaiters, or bandannas may not be as effective for blocking droplets that come out when speaking, coughing, or sneezing and should not be used unless there are no alternatives.
- Any masks that incorporate a valve that is designed to facilitate easy exhaling, mesh masks, or masks with openings, holes, visible gaps in the design or material, or vents are not sufficient face coverings because they allow droplets to be released from the mask.
- Face-covering guidance does allow for people to remove their face covering if they are having trouble breathing. If an athlete needs to take their mask off, they should take a break from play, and find an area where they can sit down and be physically distanced before removing the face covering.
- Athletes should stop activity if they are feeling overly fatigued, dizziness, headache, muscular weakness, or drowsiness.

\* Based on MDH guidance on face coverings (Face Covering Requirements and Recommendations - Minnesota Dept. of Health ([state.mn.us](http://state.mn.us)); exceptions noted in Executive Order 20-81; and exceptions noted in Outdoor Rec Guidelines, page 3 regarding wearing a mask when outdoors

## 3. Coach/Player Precautions:

- Stay home if you are feeling sick
- Stay home if a family member or someone in your home is sick. Wash hands often with soap and water for at least 20 seconds; if soap and water not readily available, use a hand sanitizer containing at least 60% alcohol.
- Avoid touching eyes, nose, and mouth with unwashed hands

- Cough/sneeze into your elbow
- Minimal player to player or coach to player contact (Ex. No high fives, handshake line, no sharing food or drink/water bottles)
- Please, no spitting, chewing gum, or eating sunflower seeds

#### 4. Additional Spectator Precautions:

- Parents/Spectators that are not actively participating in team practice are asked to maintain a 12 foot distance from the players and coaches unless interacting for participation purposes.
- Please maintain at least six (6) feet distance from any other player/person and stay in the designated spectator area outlined by the venue.
- While not required, masks/face coverings are highly recommended to be worn when in close proximity with others.
- Please conduct a daily symptom assessment and **stay home** if experiencing symptoms.
- No sunflower seeds allowed.

#### 5. Stay home if you are sick and notify BPBA of any exposures

Coaches/Players have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess coaches/players health status prior to entering the field or practice area and for coaches/players to report when they are sick or experiencing symptoms. Employees may also use the CDC Symptom Checker for advice on when to seek medical attention or testing if they feel they may have the disease. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

\*Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

#### **If a player/coach has a known exposure to covid or has tested positive:**

- Immediately notify the coach and BPAA baseball at [BPAABaseballCovid@gmail.com](mailto:BPAABaseballCovid@gmail.com))
- Team families will be notified of the occurrence as it is deemed appropriate (if they are considered a “close contact”)

- The MDH is contacted to report the event, names are not provided, they just track the instances and give us guidance in case a situation falls out of the guidelines below
- **It is required to keep rosters of who was at practices and games each day so contact tracing can be done quickly.**

#### **WHAT DETERMINES AN EXPOSURE:**

- The timing for a close contact exposure includes contact after the positive case has developed symptoms or taken the COVID-19 test, as well as in the 48 hours prior to the onset of symptoms (symptomatic) or in the 48 hours prior to the time the test is taken (if asymptomatic or if symptoms develop after being tested).
- Direct exposure to respiratory droplets from the case (e.g., spitting, coughing, or sneezing).
- Direct physical contact like tackling, checking, guarding, or other close physical contact with the case.
- If none of the above apply, then consider: Being within six (6) feet of someone contagious with COVID-19 for fifteen (15) minutes or more. This criterion is generally not recommended for exposure assessment during sports play, but may be appropriate to use when assessing exposure during non-play situations such as sitting on the bench or dugout, the locker room, etc.
- Rides to and from the facility in a carpool setting
- Other close contact situations, such as high fives, huddles, etc. (for example, one incident of a high five or huddle would likely constitute an exposure).
- Anytime you have been asked by the school district or the MDH to quarantine due to an exposure outside of sports play.

## **6. QUARANTINE POLICIES**

- **People who are sick with COVID-19 will need to stay out for 10 days from symptom onset or if asymptomatic 10 days from positive test.**
- A 14-day quarantine is recommended for people who have been exposed to COVID-19. However, per the MDH Guidance, in some circumstances, a shortened quarantine period may be possible. For outdoor sports, the entire team does not automatically have to be placed into quarantine we will consider each situation on a case-by-case basis in conjunction with the MDH.
- **General Quarantine Guidelines:**
  - **A shortened quarantine period may be considered if ALL of the following are true:**
    - The person has NOT had symptoms of COVID-19 during the quarantine period.
    - The person does NOT live with someone who has COVID-19.
    - The person does NOT live or work in a high-risk setting, including a long-term care or assisted living facility, correctional facility, shelter, or other congregate living facility.
    - The person does NOT work in a health care facility.
    - The person had a defined exposure, meaning a known exposure with a beginning and an end.
      - Examples could be someone who was exposed at school or a sporting activity, During a shift at work or while on break, At a social gathering or event, like a party or funeral. Note: For someone who is under quarantine after traveling outside of Minnesota for reasons other than crossing the

border for work, study, medical care, or personal safety and security, the “exposure” period ends upon arrival back home.

- **If, and only If, all of the above conditions are true, quarantine may be shortened to:**
    - 10 days without testing; or
    - Seven days with a PCR-negative test (not an antigen test or antibody/blood test) if the test occurred on day five after exposure or later.
  - ANY COACH OR PLAYER WHO HAS BEEN FULLY VACCINATED (per CDC guidelines) will not need to quarantine if exposed to COVID-19. However, if they test positive they will still need to follow the MDH recommended quarantine policies
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- **You can find most up to date information on these recommendations at If You Are Sick ([www.health.state.mn.us/diseases/coronavirus/sick.html](http://www.health.state.mn.us/diseases/coronavirus/sick.html)).**
  - **Decisions on quarantine timelines and policies is following the MDH Decision tree for People in Schools, Youth and Childcare Programs and can be found here: \*updated 3/24/21 [What to Do if You Have Had Close Contact With a Person With COVID-19 \(state.mn.us\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html) and [Quarantine Guidance for COVID-19 \(state.mn.us\)](http://www.health.state.mn.us/diseases/coronavirus/quarantine.html)**

## **6. Communications, training and supervision practices and protocols**

This COVID-19 Preparedness Plan was communicated **via email** to all coaches, players and parents on 5/10/2021 and necessary training was provided. Coaches, players and parents are to work through this plan together and update the information as necessary. Our COVID COMPLAINTS MANAGER is Liesl Burnes. This COVID-19 Preparedness Plan has been certified by **BPAA Baseball** and was on its website on 5/16/2021. It will be updated as necessary as the policies of the MDH, MYAS and the CDC recommendations change.