

BASEBALL / SOFTBALL PRACTICE PROTOCOLS - STARTING JUNE 1

Students/staff may not board a district bus, district vehicle, enter school property or participate in extracurricular activities/sports/events if:

- a temp above 100.3. Temperatures should be checked at home before arriving at the event/game. Coaches may check temps of athletes, as necessary.
- showing any symptoms of illness, with or without a fever:
 - Cough, shortness of breath, difficulty breathing
 - Chills, severe body aches/pains, extreme fatigue, headache, sore throat, new loss of taste/smell
 - they have a possible, or confirmed, exposure to COVID 19, as identified by LCPH, by a close contact. Students/staff will stay home for 14 days after their last exposure to monitor for development of symptoms
- Students/staff will wear masks when 6 feet of social distancing cannot be maintained.

Expectations:

- Each player and coach will provide their own masks and wear masks upon entering the facility and anytime throughout the practice when social distancing is not possible (weather emergencies, in the dugout as a team, going to the restroom, going to the training room, etc.) except when engaging in practice drills and game simulations.
- Dugouts are not to be used during practices. Place your belongings along the appropriate fence line according to your coach's directions, spaced 6 feet apart. Bat boys, managers, etc. will not be allowed in dugouts.
- Each player should have their own personal hand sanitizer in their bag. You should sanitize all of your personal equipment daily, at home, before coming to practice. Use before/after each at bat, and before/after returning from the field.
- Each player is responsible for bringing their own water. There will NOT be water available on site so bring large jugs of water with enough to get you through practice.
- Sharing of equipment is to be minimized. If there is shared equipment (helmets, bats, catching gear), coaches must sanitize BEFORE and AFTER practice every day.
- NO SUNFLOWER SEEDS OR PEANUTS.
- Players should not spit or take your fingers to your mouth at any time. We understand this is a habit for many...we need to work on breaking it for our own and our team's safety.
- Coaches should work in 'sanitizing breaks' throughout the practices to allow players to sanitize hands and equipment as much as possible.
- Players should work to social distance whenever possible throughout practice - standing in line for drills, etc. There will obviously be situational events in which players will be within 6 feet of one another - minimize this when you can.
- When you return home from practice, all clothing worn for that day should be washed prior to wearing to practice/competition the next day. All equipment should be sanitized prior to returning to practice/competition the next day.
- Players can always wear a mask while they are participating. It is also acceptable if they choose not to participate.
- Players will need to come dressed and ready to practice or play. Locker rooms will be off limits.
- If a restroom is needed during practice or a game, only one person is allowed inside at a time.

- The player or coach must wear a mask and sanitize their hands prior to going to the restroom and after they return.
- Hi fives, fist bumps, elbow bumps will not be allowed. Be creative and come up with something that does not include close contact.
- Players need to fill out a waiver (18 or older) or permission form and sign up in the activities office prior to practicing. Email Bre Sells at bsells@crschools.us If they have an expired physical, they are given a waiver until approximately July 25th. All players are academically eligible.
- Parents must remain in their cars when they drop off or pick up players at practice.

Illness during before and after school activities/sports/events:

- Students who exhibit signs of illness as listed above, with or without a fever, will immediately report those symptoms to their coach/activity leader and will be given, and wear, a disposable mask if they do not have a cloth mask.
- Students with symptoms of illness as listed above, will be isolated from other students until they are picked up.
- Parents/guardians will be contacted to pick up their ill child immediately.
- Staff/coaches/activity leaders will disinfect any items the ill student has touched as soon as possible.
- Coaches/activity leaders will complete the online variance form for all students who are sent home for symptoms of illness.

Staff who show symptoms of illness, as listed above, during extracurricular events will:

- Put on a mask, if not wearing one already, and will stay at least 6 feet apart from any other staff or students.
- Leave the area as soon as feasible
- Staff will report their illness to leave coordinator in Human Resources (558-CRHR option #4) after leaving the area.
- Another adult will disinfect the area or any items the ill person has touched.

When to return to activity after symptoms of illness as listed above:

Students/staff will not return to activity until they meet LCPH guidelines. LCPH will be following up with the player/coach *and* will be the deciding entity to classify the student/coach as being recovered.

- If they have had a positive test for COVID 19, they can return to activity after these three things have happened under the guidance of LCPH:
 - No fever for at least 72 hours (without the use of medicine that reduces fevers)
AND
 - other symptoms have significantly improved (for example, cough or shortness of breath have improved)
AND
 - at least 10 days have passed since symptoms first appeared
- If they have tested positive for COVID 19, but had no symptoms, they can return to activity if:
 - 10 days have passed since being tested AND
 - LCPH has determined the individual can be released at the end of the 10 days based on conversations to determine if any symptoms have appeared

- **School representatives, family members, medical providers do not have authority to release individuals from public health self-isolation measures.**

Linn County Public Health will perform all contact tracing, follow up and determine necessary closures, delays, and isolation recommendations for individuals.

Gloves will be worn by staff members when checking student temps, cleaning/disinfecting belongings used by others and touching materials used by others.

A FINAL NOTE: As a member of our baseball/softball team, you have a responsibility to minimize your social contact when away from the baseball/softball field throughout the rest of the season. Anytime you go out to a restaurant, work, to a friend's house, etc. you are increasing the risk of becoming infected and bringing that with you to the ball field and infecting others. While there are certainly essential things you must do while not at baseball/softball, you have a responsibility to minimize this risk.