

Braintree Babe Ruth 2021:

Rules Modifications and Guidelines

General Information

Braintree Babe Ruth has and continues to consult with our local health department to determine our risk level to start our program safely. We continue to consult with our local health department to determine when progression or regression to the next risk level can or needs to be initiated. Please keep in mind amendments continually change and we will do our best to keep up with these changes.

Playing sports come with inherent risks (twisted ankles to concussions). The Covid-19 pandemic has brought additional risks to groups /sports. Braintree Babe Ruth has developed modifications to lower risks from Covid-19 using National, State and Local guidelines. We are trying to limit exposure while offering our children to play baseball an EEA Level 3 participation. The Mass Executive Office of Energy and Environmental Affairs (EEA) categorizes us as 'Moderate Risk, more information can be viewed on their website:

<https://www.mass.gov/doc/safety-standards-for-youth-and-adult-amateur-sports-activities-phase-iv-step-1-effective-32221/download> .

Pre-Workout/Pre-Contest Screening

Athletes, coaches, spectators, and any others associated with the athletic program may not attend practices or games if they are isolated for illness or quarantined for exposure to infection. Prior to attending practices or games, athletes and coaches should check their temperature. If an athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games. Likewise if they have any other symptoms of COVID-19 infection <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> , they should not attend practices or games. Athletes and coaches who have symptoms of COVID19 infection should test and isolate in accordance with DPH guidance.

For athletes and coaches with symptoms who test negative for COVID-19 infection, they may return to baseball provided they show their coach or directors and email bbrsafety@braintreebaberuth.org their test results.

Athletes and coaches who are diagnosed with COVID-19 infection should **EMAIL bbrsafety@braintreebaberuth.org immediately on a positive test result**, rest and avoid exercise for ten days from symptom onset. Procedures for return to activity/play should follow CDC, DPH, and local board of health guidelines (CDC link above). In addition, persons with COVID-19 infection **Braintree Babe Ruth will send out a letter to parents if a teammate, coach or close contact has tested positive for COVID-19. We will forward the roster and everyone present that day to the Braintree Health Department. This will assist them in identifying close contact. Unless you have been directed otherwise by Braintree Health Department or**

school nurse, please assume that you/ your child is a close contact, and must quarantine until this matter is fully investigated. VERY IMPORTANT TO EMAIL bbrsafety@braintreebaberuth.org immediately on a positive test result.

Athletes, coaches, spectators, and any others associated with the baseball program who were exposed to COVID-19 must quarantine, including no participation in practices or games following exposure, and should follow all CDC, DPH, and local board of health protocols. Athletes and coaches should receive written clearance from the health department or doctor to return to sport.

Protocols and Social Distancing

- **MASKS/ FACIAL COVERINGS** – EVERYONE (coaches, players, spectators, kids and anyone attending a game) is **REQUIRED** to wear cloth face coverings/ masks per EEA guidelines, including always covering the nose and mouth AT ALL TIMES. **** **Gaiters are **NOT** allowed*****
Please have your athlete have 2 face masks in their gym bag at all times.

Mask breaks may be taken for drinking, and when needed for breathing comfort. Mask breaks may only be taken when greater than 6 feet of distance can be maintained from all others.

Any individuals that are unable to wear a face covering due to medical condition or disability must provide a medical note to the coach and bbrsafety@braintreebaberuth.org . The head coach must maintain this note on them to show the official that there is a non-mask participant(s).

- **SPECTATORS** – ALL spectators must maintain 6 feet of social distance between different household units and accept personal responsibility for public health guidelines. ALL spectators must have their masks on at ALL times, you are on public property and must adhere to our local health department rules.
- **PLAYERS/ BENCHES** – Players must maintain 6 feet of social distance along with keeping their personal items with them on the bench. All personal items should remain in the gym bag when not in use. Coaches and players must maintain 6 feet of social distance whenever possible. (no high fives, group celebrations, handshakes before or after games) Players must not share their water bottles. No seed, gum or spitting is permitted. Players must refrain from licking fingers or spitting on hands. Players need to come dressed ready to practice or play, no recreational play or loitering is allowed.
- **COACHES** – Braintree Babe Ruth will supply its coaches with adequate cleaning products (hand sanitizer, disinfectant spray and first aid kit). We will encourage players to keep their hands clean and if they use another players bat to disinfect before and after use.
- **RESTROOM** – Braintree Babe Ruth will provide a restroom at certain fields that will be cleaned and disinfected in accordance with Centers for Disease Control Guidance, best practices and also the Braintree Board of Health.

- **TRAVEL** – Parents we are asking if you need to car pool please have everyone in the car wear a face covering. Braintree Board of Health suggests we help prevent the spread of Covid-19 with taking extra precautionary
- **GAME MODIFICATIONS** -- Reminder that ALL players (batting, pitching, fielding and catching), coaches and officials must wear a mask at ALL times, NO EXCEPTIONS. Game balls will be handled by the team that is on defense (or pitching). This will help prevent cross contamination.

SUMMARY:

--Masks must be worn at ALL times, no gaiters.

--Game balls handled by team with pitcher on the mound.

--Coaches please try not to have back to back days of practice. If social distancing was maintained and a player was close contact to a positive result they may not be quarantined based on 24hr cumulative 15 minutes in total protocol.

--Managers to write down all coaches in playbook of day of their game (record keeping for any incident)

--Anyone testing positive to notify their coach or director and bbrsafety@braintreeaberuth.org

--Maintaining 6 feet of social distance helps prevent the whole team from being quarantined if a positive result was determined.

--Friendly reminder that if we fail to adhere to local, state and national guidelines could result in suspension of games and/or season. Please help us help you by allowing us to teach and play the game of baseball we all love.