



Braintree Babe Ruth Baseball League
P.O. Box 850112, Braintree MA 02185



Rules and Regulations for Phase 2 (Practices)

As approved by Braintree Board of Health – June 2020

- 1) Teams must separate participants into groups of no more than 10, including coaches and staff. Larger playing fields such as our do allow for more than one group of 10 at one time, provided that adequate social distancing and group separation can be maintained. To ensure group separation, groups will be spaced at least 20 feet apart while sharing a field. Neither group will mix together at any time during the duration of this practice.
- 2) Braintree babe Ruth will limit any nonessential visitors, spectators, staff, volunteers, and activities involving external groups or organizations as much as possible.
- 3) Access to equipment storage will be limited to Equipment Manager, President and Vice President only. First Aid kits will be provided to each coach to be kept in the team bag.
- 4) Coaches and players must maintain a 6-foot distance whenever possible and there should be no unnecessary contact between participants. (No high fives, fist bumps, group celebrations etc.)
- 5) Spectators must obey 6-foot distancing policy on the sidelines or all approved observation areas.
- 6) Players Parent(s) or Chaperones should be encouraged to help their own children maintain distance before, during and after practices.
- 7) Braintree Babe Ruth will ensure that participants use their own personal equipment. Personal equipment may not be shared and must be dedicated to an individual player throughout the season. Personal equipment includes all gear that is worn by players (e.g., gloves, helmets, masks, footwear, pads, etc.) Braintree Babe Ruth will minimize sharing of other equipment, and clean and disinfect all equipment at the end of each practice session using a product from the list of disinfectants which meet the EPA criteria for use against the Coronavirus.
- 8) Braintree Babe Ruth will supply its coaches with adequate cleaning products (e.g., sanitizer, disinfecting wipes). Braintree Babe Ruth will post visible signage at the fields to remind participants and visitors of hygiene and safety protocols.
- 9) No shared food or drink will be provided during any activities for participants or spectators (e.g., team drinks and team snacks) Participants and spectators should only drink for their own containers.



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- 10) Participants and coaches must achieve proper hand hygiene at the beginning and end of all activities, either through hand washing with soap and water or by using an alcohol-based hand sanitizer of 65 percent or higher of alcohol content.
- 11) Parent(s) or Chaperones should ensure that athletes arrived dressed for practice and leave immediately after practice: no recreational play or loitering is allowed.
- 12) Absolutely no car-pooling is allowed. Any parents that drop off multiple children that are not within the same immediate family will be asked to leave.
- 13) Braintree Babe Ruth Coaches will stagger arrival times and drop-off times or locations and put in place other protocols to limit contact as much as possible.
- 14) In accordance with MA guidelines to prevent against the transmission of COVID-19 throughout the duration of the activity, Participants and spectators **Do Not** need face coverings while participating in practice and drills, provided they are able to maintain at least 6 feet of distance from all other person's present. When social distancing is not possible participants and spectators **must** wear face coverings.
- 15) Restroom facilities shall be cleaned and disinfected in accordance with Centers for Disease Control guidance and best practices and also the Braintree Board of Health.
- 16) To participate or attend, coaches will ensure that participants, volunteers, coaching staff and spectators must show no signs or symptoms of COVID-19 for 14 days.
- 17) Any participant or family member who has contracted the virus must let the Board of Directors and Coaches know immediately and quarantine for 14 days.
- 18) The current list of symptoms is available at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

19) Phase 3 (Games) Rules and Regulations to follow in accordance with State of Massachusetts and Braintree Board of Health.

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