

CCYB Fall Practice Plan Spring 2021

March 16, 2021

This document contains information for restarting on-field activities for Central Cambridge Youth Baseball. With this proposal CCYB will document the league's safety requirements and social distancing methods to mitigate COVID-19 risks according to Federal guidelines, Massachusetts Reopening Standards and guidance from the City of Cambridge.

Overall Starting Plan

CCYB has a 2 phase plan for baseball activity. This document will outline the first phase of baseball activities: the Practice Phase starting April 10, 2021 as directed by the City of Cambridge. Progressing to the next phase (Competition slated for May 1, 2021) will depend on success of the prior phase and proceed to match federal, state and city guidelines. CCYB will submit a proposal for each new phase to the city when the league decides it is safe and manageable. The phases will be divided as follows.

Phase 1: Practice (Proposal contained in this document)

The practice phase consists of practices within a single team of players (typically 10-13 players, 2-3 adult coaches, and 1-2 adult volunteers). The primary activities are small group (2-6 player) practice drills that lend themselves to players remaining socially distant and minimizing any contact with shared equipment (e.g. baseballs, bats, helmets). These drills will include small group hitting, fielding, and pitching. Practices will also sometimes include an intra-squad scrimmage, where the team splits into a 6-on-6 (or similar) game. All practices will be entirely outdoors and we will design activities to maintain social distancing while playing and coaching. All practices will be held at Lindstrom Field or Magazine Beach field in Cambridge MA. This phase will be further described in this document.

Phase 2: Competition (not in this proposal)

The second phase will include competition, or team vs. team play. We will follow the guidance established in Phase III, Step 1 of MA guidelines and any additional guidelines from the city slated to start May 1, 2021. CCYB will submit another proposal to the city when competition is to be considered.

Phase 1 Proposal: Practice and Clinics

The goal of phase 1 is for CCYB to implement the safest, most socially distant, least equipment contact baseball activities for our players, volunteers and coaches. In order to minimize contact and remain socially distant, CCYB will begin on-field baseball activities with small group farm clinics for our younger players 5-8 and single team practices for our older team players 8-12. The clinics will begin focused on fundamental baseball skills that can be trained with socially distant rules in place. The team practices will be focused on preparing our players for the competition phase with drills and scrimmages with socially distancing rules.

Limited Participation (50 Person Maximum at the Field)

The total number of people at the field at any time will be restricted to a maximum of 50 persons. The restrictions are shown below based on the two types of practices.

Team Practices: ages 8-12 years old

Players (Max 20, Target 12)

Each session will be limited to 20 as the max number of players. During practices, we will often subdivide the players into smaller groups to help promote distancing.

Coaches (Max 5, Target 3)

Each session will be restricted to a maximum of 5 coaches. In a normal session, each team will have 2-3 coaches.

Spectators (Max 20)

For team practices, spectating will generally be discouraged and we will request only 1 parent remain at the field for each player if desired. Parents who want to stay will be asked to watch from the outfield fence to allow plenty of space for players and coaches to spread out. If density of spectators becomes a problem, we will ask parents to drop off players and return at the end of practice.

Farm Clinics: ages 5-8 years old

Players (Max 20, Target 16)

Each session will be limited to 20 as the max number of players, and split into 2 cohorts.

Coaches (Max 5, Target 3)

Each session will be restricted to a maximum of 5 coaches. In a normal session, each team will have 2-3 coaches.

Volunteers / Spectators (Max 20)

For our farm clinics (5-8 years old), we are asking 1 parent/volunteer to partner with the younger player for some drills to maintain supervision over mask wearing and social distancing.

Given these restrictions for both types of practices, the max case scenario would be 45 persons in any one session. The likely turnout would be much lower - typically 25 persons for team practices and 35-40 for farm clinics according to the league's estimations.

Mask Policy

Masks will be worn by all people (players, coaches, parents, spectators) at all times unless in a designated mask/water break area. Masks must cover the nose, mouth, and chin. Masks with valves, gaiters, and bandanas are not sufficient. Players are responsible for providing their own mask, but coaches will have extra masks on-hand if a player needs one.

There will be multiple designated areas away from players for taking mask/water breaks. Only one player will be allowed in the area and will be asked to face away from the field. A parent helper or coach will take requests for mask breaks and ensure that players are rotated to break areas when appropriate and only one player is allowed at a time.

Mask wearing will be strictly enforced. If participants do not follow the mask requirement they will receive a warning. If they continue to not follow the rule they will be asked to leave. All parents will provide phone numbers to be reached and acknowledge that they will be required to come get their player if he/she is not following the mask rules.

Social Distancing Policy

Every person at the field (players, coaches, volunteers, spectators, etc) will remain at least 6 feet apart whenever possible. Drills will be designed with adequate player and coach spacing in mind.

Player Staging Areas

Players will not be allowed to gather in the field dugouts. Instead, designated spots along the fence will be marked at least 6 feet apart as Player Staging Areas. Each player will keep his/her equipment, belongings and water at a designated spot 6 feet apart from other players. Player water breaks will be staggered as much as possible to promote social distancing

Equipment

Each player is responsible for bringing their own glove, bat, and helmet. No sharing of personal equipment is permitted. The league will supply extra bats and helmets to players as needed, but they will not be shared during a practice. All shared equipment will be sanitized before and after each use. All personal participant equipment is required to be marked clearly with names to avoid confusion.

Catching equipment will be sanitized before and after each use. Teams will minimize the amount of players that use the catching equipment each practice (usually 1, sometimes 2 players).

Baseballs will be changed out frequently. Only players and coaches will retrieve foul balls or balls that go out of play. Players and coaches will sanitize their hands between activities where they are touching baseballs.

Sanitization Policy

All participants will be required to sanitize hands before, after, and often during sessions. Sanitizer will be made available by the league and a parent helper will be in charge of providing sanitizer to the players and coaches. Sanitizer will be posted at each entrance to the field and players required to use hand sanitizer whenever entering or exiting the field. Participants will be instructed how and when to hand sanitize at the first attended session with frequent reminders of the league policy and procedure.

Signage

Signs will clearly state the mask, hand sanitizing and social distancing policy during each session. Signs will also clearly mark each player area, spectator area, and mask break areas.

Tracing and Logging Policy

All persons at the field will be required to check-in to provide their name, phone number and email address. Logging will occur for each session. At each session, each participant is required to confirm that they have shown no symptoms of COVID-19 for 14 days prior to being allowed to participate or to have been in contact with any person testing positive for COVID-19.

List of Symptoms:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

If any player or participant develops symptoms during the session they will be removed and isolated or instructed to go home with their parent/guardian.

Coach/Volunteer Policy

Coaches and volunteers should not come to any session when showing any symptoms of COVID-19 in the past 14 days. Parents will be informed of this possibility and the possibility that sessions can be cancelled if this occurs and not enough coaches are available.

Water/Food Policy

Each player is responsible for bringing their own water. All water bottles should be clearly labeled with the participants name. Sharing of water is not permitted. Water bottles should remain with the player's belongings and not brought onto the field. Use of water fountains, bubbler, and or bottle refilling stations will not be permitted at the field. A player who brings their own food or snacks can only eat it in the designated mask break area by themselves, away from all other players and coaches.

Spectator Policy

Spectating in general is not encouraged, but a chaperone will be allowed at the field if they wish to watch the session from afar. Spectators must remain socially distant, wear masks and remain away from the field and the player staging areas. Spectators will not be allowed to sit at the bleachers. A spectator section will be marked with spots 6 feet apart on the outfield fence.

Restrooms

There will be no restrooms or porta-potties at the field due to COVID-19 restrictions. To compensate for lack of facilities, sessions will be limited to 1.5 hours.

Session Times, Location, and Logistics

CCYB Clinics/Practices will be held at Lindstrom Field and Magazine Beach Field. Session time will be limited to 1.5 hours for each group. Between each session there will be at least 30 minutes of buffer time between sessions to allow for groups to filter out and new ones to filter in. At the end of each session, participants are not permitted to remain at the field. Coaches will dismiss players individually to avoid groups exiting the field en-mass.

Conclusion

It is the hope of the league to get players back on the field for baseball activities that are safe, productive and fun. During these times, safety of our players and volunteers is the number one priority. It is the league's hope that this document clearly outlines the policies for our volunteers and participants to accomplish that goal in accordance with city, state and federal guidelines.