

Town and Country Baseball Game Guidelines

We will be following guidelines outlined by the CDC, State and local health and medical professionals that are setting the standards for recovery efforts, regarding the COVID-19 epidemic, and to safely hold events at the Town and Country Optimist facility. The circumstances around COVID-19 are constantly changing so Town and Country Baseball will make every effort to share CDC, State, and Local information in advance and appreciate the understanding and flexibility as we update practice policies to adhere to safety measures. If you have questions about returning to training at Town & Country, parents should communicate their concerns to the TC office and baseball organization.

Pre-game Guidelines:

- All Players, coaches, and spectators should adhere to guidelines from the CDC, State, and Local medical authorities.
- Future safety recommendations will be shared as soon as it's available.
- if parents are uncomfortable with the measures being taken at Town & Country (TC), they do not have to have their child play or attend. Please address concerns to the TC baseball association.
- If players, coaches, or spectators are feeling sick or have been in contact with someone who has been tested positive for COVID, they should not attend an event at T&C and advise coaches after self-quarantine measures have been taken (14 days).
- Players, coaches, and spectators should bring their own hand sanitizer and use before and after practices and games.
- Water containers should be labeled to prevent accidental mix ups.
- No sharing of equipment, including gloves, bats, helmets, baseball caps, towels, uniforms etc. Extra Catchers' equipment will be distributed to each team for use for the season.
- No sunflower seeds nor gum.

- Keep hands clean by washing with soap and water. Use alcohol-based hand sanitizer if soap and water are not available.
- Players may wear masks during games but is not required. Players 10 years old and older are required to wear mask in the dugouts. According to Executive Order GA-29 page 2.
- Coaches are required to wear a mask if they are within 6-8 feet from players; includes mound visits. If they are assigned to be a base coach, and can maintain safe distance, they do not have to wear a mask.
- Spectators are required to wear a mask while on the TC property which includes the parking lot, if or when it is not feasible to maintain six feet of social distancing from another person not in the same household.
- Asking players to avoid touching their face while playing in a game.
- No shaking hands or touching of other players, coaches. No hugs or contact of any sort, including post-game high fives.
- Anyone with serious underlying medical conditions are strongly encouraged not to attend TC baseball events at this time.
- Regularly checking health status before attending events.
- T&C restrooms will be available, but mask and social distancing guidelines must be practiced.
- All players, coaches, and spectators should practice covering mouth and nose with tissue or sleeves when coughing or sneezing.

Baseball Game Guidelines:

- Players will be allowed in the dugouts but will be required to wear a mask, if they are 10 years old or older, and continue to practice safe distancing.
- Spectator bleachers will be off limits during this time. No parents will be allowed in the stands.
- Players will need to space out equipment inside and outside the dugouts and maintain a 6-8 foot separation.

- Team discussions, before and after the games, should be done with practicing social distancing from 6-8 feet apart.
- Team warm ups: 6-8 feet apart while throwing, stretching, and running. Use sanitizer after warm ups. Warm-ups will begin 30 minutes before games.
- Coaches and parents are responsible for providing hand sanitizer to their players and apply as often as possible.
- Families and spectators viewing the games will need to set up their chairs/shade on each side of the baseline, outside the field to view games.
- In order to ensure all spectators, have space to watch the games, canopies and popup tarps are not recommended. Single-pole umbrellas are permitted.
- Families should bring their own sanitizer to the games.
- Coaches should wipe down dugout (or designate someone to do so) before their players enter the dugout.
- No after game snacks allowed at this time.
- After games, teams and spectators are required to exit the fields and leave the TC premises as quickly as possible.

Infection guidelines:

- If a player or coach on a team test positive for COVID, the team will need to be quarantined for 14 days and fever-free (temperature 99.5 degrees or less).
- If more than 3 teams test positive, TC will need to report this information to County Health officials and suspend practice and game play, and quarantine all teams infected.
- Parents and coaches should report positive COVID tests to TC office for record. TC office will handle communication to potentially impacted coaches and parents.
- After games, teams and spectators are required to exit the fields and leave the TC premises as quickly as possible.