



Amended 4/12/2021

Dear City of Inver Grove Heights Park and Recreations Department:

## **COVID-19 Proposed Safety Guidelines**

The safety guidelines listed below are proposed additional measures to be taken before, during, and after a youth baseball practices and games/tournaments. All other key prevention strategies by the CDC and Minnesota Department of Health will be strictly followed, in order to promote safe and healthy social distancing.

### **APPROACH FOR RETURN TO PLAY:**

- Players and Coaches must complete a self-evaluation symptom assessment before coming to practice, games or tournaments and anyone showing signs of symptoms must stay home and notify your head coach, so they are able to track timing for return to play outlined below.
  - **Symptoms consistent with COVID-19 include:**
    - New onset or worsening cough **OR**
    - Shortness of breath **OR**
    - At least two of the following symptoms: fever (100.4F or higher); chills; muscle pain; headache; sore throat; new loss of taste or smell
  - The MDH has published a decision tree for anyone showing symptoms on return that can be found here (<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>) The main two paths are listed here but please refer to the link to the Exclusion Guidance document for additional details
    - If Tested for COVID-19; you will need 2 negative tests in a row at least 24 hours apart
    - If not Tested for COVID-19; you must be symptom free without aid of medicine for at least 3 days **AND** at least 10 days have passed since your symptoms first appeared
  - Siblings and household members of anyone with symptoms should also stay home for 14 days unless the person showing symptoms is cleared using the COVID test process as explained above
- Following the MDH and CDC recommendations masks are strongly encouraged for players, coaches, and fans when coming and going to practices and games/tournaments especially in congested areas.
  - During practices masks are not required for coaches as long as social distancing can be maintained.
  - Players are not required to wear masks but it is suggested that during non-gameplay if distancing can't be accomplished they have masks available.
- Players and coaches should continue to practice social distancing and ensure a safe distance of 6' or greater when entering and exiting the field.
- Any shared equipment like catcher's gear should be cleaned between uses and baseballs should be sprayed with sanitizer before and after each practice or game. During games/scrimmages baseball will be provided by the defensive team and sanitized in between innings.
- Players should use hand sanitizer before and after each game/practice and this should be available during those events when needed. Encourage players and coaches to sanitize their

hands anytime they cough, sneeze, or touch with their face.

- Families should social distance down the foul lines and even into the outfield when possible and are encouraged to keep 6' or greater from between each group. Please help remind any guests you have with you of this policy as well as we don't want to make our coaches police this.
- During practices we continue to ask that spectators are kept to a minimum to allow for social distancing. If a parent does need to be at practice it is required that he/she stays socially distanced from all players and coaches.
- No spitting or eating seeds, gum, or other similar products will be allowed to be used on the field.
- No use of team water bottles or cooler; each player is required to bring their own water to practices.
- When having either a game or practices back to back with another team it is required that teams clear out and leave fields immediately following their event to allow for separation between themselves and the next groups. We also request that teams playing in the 2<sup>nd</sup> game/practice DO NOT show up early and allow for the teams ahead of you to clear out. Things like post game player/coach chats can be done later either at next practice or possibly with a scheduled zoom call later that night. Coaches should be providing these timing to the teams.

Sincerely,

Jeremiah Ostebo, President  
Inver Grove Heights Baseball Association