



Readington Tewksbury JR. Baseball League
COVID-19 Baseball Program Preparation and Prevention Plan 2021
updated 4/2/2021

RTJBL Families,

The following guidelines have been created by the Readington Tewksbury Board of Directors using guidance set forth by the New Jersey Department of Health & the National Babe Ruth/Cal Ripken headquarters which we are governed by.

Please email the league to report and positive tests or close contacts as described below. This information will be held in strict confidence.

Please email your team's manager and rtjbladm@gmail.com

Section 1 – General Precautions

All players, coaches and spectators before attending a league event are required to do a self temperature assessment and participate in an online health questionnaire. If any family member, player or parent/guardian has a fever of over 100.4 degrees, no one from the family should attend the event. Additionally all should use the link below to do a covid self check for symptoms and all should stay home if you anyone has any symptoms or are not feeling well in any way.

<https://self.covid19.nj.gov/>

It is extremely important that all families take this seriously, if anyone is not feeling well, or has any symptoms, regardless of the temperature, please make sure everyone stays home. Regardless of how close it is to the game, or if your team might be short a player. You risk the health of not only players and families on your team, but everyone that is at the field for that event. When in doubt. STAY HOME

- A. Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms. A positive COVID-19 test results in a 14 day quarantine from participating or attending any baseball activities, from when symptoms began or a positive test whichever came first.

-Additionally stay home until you have been fever free for 24 hours without the use of fever reducing medication and you no longer have any symptoms.

- B. Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should be quarantined for 14 days and monitor their health. Close contact is defined as 15 cumulative minutes of exposure maintaining less than 6 feet of social distance during a 24 hour period. Individuals who are fully vaccinated (would apply to adult volunteers & proof of vaccination) or have had COVID-19 and recovered in the last 3 months are not required to quarantine, unless symptomatic.

- C. If there has been an exposure (close contact) and when diagnostic testing resources are sufficient and available, then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7. Proof of negative test is required to be shared with the league.

-If a member of your household has tested positive a 14 day quarantine will be required without the ability to test out sooner as mentioned above.

- D. Immediately separate coaches, staff, officials, and athletes with COVID19 symptoms at any sports activity. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure.
- E. All players must be accompanied by a parent or legal guardian during the duration of their time at our baseball complex(s)
- F. All athletes, coaches, and staff should bring their own water and drinks to practice activities. Use of team water coolers for sharing is prohibited.
- G. Players will be discouraged from sharing equipment as much as possible. We will have extra catchers helmets for players that do not have their own gear. If any sharing is necessary we have disinfecting wipes located in each team bag and at each field or travel coaches will have their own for when they are not at our fields.
- H. We have identified league members and volunteers to help remind coaches, players and spectators of social distancing. If anyone sees an issue during a game please text 908-591-9602 and 908-310-2482 with the concern.
- I. Individuals shall remain 6 feet apart from one another whenever possible. This applies to athletes, coaching staff, and referees, as well as parents/guardians and other spectators to the extent they are permitted.
- J. **Coaching staff and any parents/guardians** must wear face coverings when they cannot socially distance. When face coverings are not worn, efforts should be made to maintain at least 6 feet from others. Even those that have been vaccinated must follow the same face covering guidelines.

-Should a situation occur involving a spectator or staff member regarding the clear negligence of our social distancing guidelines and cannot be resolved in a timely fashion, the staff member or parent will be asked to leave the complex. Should this not happen local authorities will immediately be notified.

- K. **Players:** Athletes must wear face coverings when not engaging in vigorous activity, such as when sitting on the bench, when interacting with a coach, etc. Face coverings are not required when players are involved in vigorous activity during practice or competition. Players are permitted to wear a face-covering any time if the player or their parent/guardian deem it necessary.

- Should a player defy any of our social distancing guidelines their parent/guardian will be notified immediately and asked to leave the playing field.

- L. Hand sanitizer stations have been installed in dugouts, batting cages, and around the Railroad complex. Additionally Oldwick, Cornhuskers, also have sanitizers in areas that can be used by players, coaches and spectators. It is highly suggested that parents and players bring sanitizer and other supplies to help with keeping safe and practice good hygiene as secondary or backups. Keeping sanitizer in players bags is a good practice.
- M. Bathrooms and Portable restrooms at Railroad field are being cleaned and sanitized regularly. Cornhusker Field restrooms are also cleaned daily except for Saturday/Sunday by Readington Township.
- N. We have posted signage throughout our complex reminding all participants of their obligations to wear face coverings in the appropriate circumstances and continually socially distance themselves

Section 2- Traveling outside of the State (NJ Recommendations)

Residents returning from any U.S. state or territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home, hotel, or other temporary lodging following [recommendations from the CDC](#):

- If travel is unavoidable, travelers should consider getting tested 3-5 days after the trip.
- If travelers test positive, they should self-isolate for at least 10 days and should postpone travel during that time.
- If travelers test negative, they should quarantine for a full 7 days after travel.
- If testing is not available (or if the results are delayed), travelers should quarantine for 10 days after travel.

Section 3 – Rec and Travel Game Safety Guidelines

We are asking that all players have their own glove, bat and helmet and plenty of water. If you do need to purchase equipment consider helping a local business that we rely on throughout our season. Darrows Sporting Edge is located in Whitehouse Station and is a league sponsor and offers excellent service. If there is financial restraint in purchasing your own equipment please email the league president for a solution. Please label all equipment and check that you go home each day with them including water bottles. Refrain from bringing disposable bottles when possible.

Upon completion of a practice or a game, for the safety of the spectators and players in the spirit of social distancing we ask that everyone vacates the premise in a timely fashion and limits the amount of congregating between others.

In order to maintain social distancing there should be no more than 4 players in the dugout including the catcher who is coming off the field needing a place to sit to get gear off. If a player is one of the 5 players due up to hit, they will occupy the dugout, on deck area and if leading off, out near the plate while the other team warms up. If they are not one of the next 5 players due up to hit, they should spread out in the following areas;

At RRA outside the dugout spread along behind the backstop, even if you have to be near the other team's dugout. Players should refrain from being directly behind home plate so as to not distract the pitcher. Players should just sit on the ground (or stand) and for safety stay off the retaining wall. Parents can also bring portable chairs to place in these areas.

At RRB outside the dugout stay along the outside of the fence between the two dugouts behind home plate. Players should refrain from being directly behind home plate so as to not distract the pitcher.

No spectators will be allowed in this area that is just for players.

At the 90ft field, outside the dugout spread along behind the backstop, even if you have to be near the other team's dugout. Players should refrain from being directly behind home plate so as to not distract the pitcher.

After a player makes an out or scores a run and is returning to the dugout, that player goes to the designated non dugout area and a new player comes into the dugout.

There should only be one coach in the dugout, and the others can coach first and third base.

The use of candy, chewing gum and/or sunflower seeds is not permitted by players, coaches, umpires or spectators.

No handshaking/celebrations: Players and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.

After the games, teams can go out onto the field and 'tip their cap' to the other team.

Umpires-

All Minors, Majors and Babe Ruth games will have one umpire who will call balls and strikes from behind the pitchers mound. Babe Ruth and Major 70 will add a field ump as well.

Pregame conference will be limited to one (1) Coach per team and one (1) Umpire. Social distancing of 6' is required.

Snack stand-

The snackstand will be open and will follow all safety guidelines. Anyone approaching the snackstand must be wearing a face covering properly (covered mouth and nose). We ask that you use credit card (or apple pay) when possible at the snackstand.

RTJBL Executive Board

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