



# Adrian Dirtbags Baseball and Softball Returning To Play Plan Of Action

As the Adrian Dirtbags Baseball and Softball Programs are considering a return to the field, it is recommended that each team adheres to the guidelines set forth by the State of Michigan and local government and health officials in terms of public gatherings, organized sporting practice and events when it is safe to return to play. Coaches, Players and Parents should thoroughly review this memo before returning to play. Once we are able to resume activities, below are some best practices helping to provide a safe place to play, while stressing the importance of mitigating the spread of COVID-19.

These best practices have been compiled from resources and direct guidance from the US Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO), The Aspen Institute, among others.

The Adrian Dirtbags are encouraged to, first and foremost, follow all directives and guidance from the state and local government, and should ask their state government officials for any information available regarding resuming youth sports within the state of Michigan. All Adrian Dirtbags coaches, players, officials, and families are strongly encouraged to review these guidelines.

In addition to state and local guidance, we encourage the Adrian Dirtbags Baseball and Softball teams to consider the following when returning to play.

# GENERAL GUIDANCE

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Players are encouraged to bring their own hand sanitizer for personal use only. Hand sanitizer should be placed in a common area off the field for easy use.
- Cover coughs and sneezes.
- All players, coaches, volunteers, and spectators should practice social distancing of 6 feet wherever possible from individuals not residing within their household, especially in common areas. For situations when players are engaging in an activity please observe your surroundings as much as possible.
- Avoid close contact with people who are sick.
- Players and coaches must adhere to social distancing during practice and games as much as possible.
- All players should measure their body temperature (100.4) to ensure that no fever is present prior to participating or attending each Adrian Dirtbags practice and or game.
- **Anyone with symptoms of fever (100.4), cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend any Adrian Dirtbags activity until cleared by a medical professional.**
- Any individual, including players and coaches, at risk for severe illness or with serious underlying medical or respiratory condition should only attend Adrian Dirtbags activities with permission from a medical professional.

# ON-FIELD GUIDANCE

- Players and coaches should take measures to prevent all but the essential contact necessary to play the game. They should include refraining from handshakes, high-fives, fist and elbow bumps, chest bumps, group celebrations, etc. The Adrian Dirtbags suggests lining up outside the dugout and tipping caps to the opposing team as a sign of good sportsmanship after the game.
- Players and families should vacate the field/facility as soon as possible after the conclusion of their game and/or practice to minimize unnecessary contact with players, coaches, and spectators from the next game and/or practice, ideally within 20 minutes.
- Players and coaches should bring their own personal drinks to all team activities. Drinks should be labeled with the players name.
- There should be no use of shared or team beverages.
- Teams should not share any snacks or food. Players should bring individual, prepackaged food, if needed.
- Coaches and players should observe social distancing while in the dugout, if possible. Coaches may have to plan for different situations due to smaller sized dugouts.
- Players should have their own individual batter helmet, gloves, bat, and catcher's equipment.
- Measures should be enacted to avoid, or minimize, equipment sharing on feasible.
- When is necessary to share equipment, all services of each piece of shared equipment must be cleaned first and then disinfected within approved disinfectant against COVID-19 and allow sufficient time to dry before used by a new player. Increased attention should be paid to detail cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).
- All players are encouraged to disinfect their own equipment daily, prior to use.
- All coaches are instructed to have no pregame close huddle talks, but can do so by spreading out - with social distancing guidelines - in the outfield.
- Teams will not huddle in between innings in front of the dugout, please plan accordingly and avoid these gatherings.
- Bat boys and bat girls are strictly not allowed in the dugout this summer. Only players and coaches of each team are allowed in the dugout.
- Parents please stay away from the dugout during the game. Please make sure your player has drinks before the game, if possible.

We are all excited to get the chance to return to play soon. Please help us and do your part in supporting these practices to provide a safe return to the field for the Adrian Dirtbags Baseball and Softball Teams!

*Updated June 3, 2020*