

## PASADENA PONY BASEBALL

### COVID-19 Guidelines

As we return to practices and games this season, we are asking all members of the league for their cooperation with adherence to the following guidelines:

***Any person who is exhibiting symptoms of COVID-19 or has recently been in contact with someone who has been positively diagnosed with COVID-19 is expected to stay home. No exceptions.***

#### Safe Distancing –

- Coaching staff and players (parents) - Maintain distance when at all possible, recommended 6ft if possible.
- NO UNNECESSARY PHYSICAL CONTACT – High fives, handshakes, fist bumps, and/or hugs should be avoided.
- Umpires and catchers should use extra distance during practices/games; not hindering normal playing ability.
- Pregame talks between umpires and coaching staff should adhere to distancing and no contact requirements
- During practices –
  - o Parents of JTB and TB players may be in attendance but should maintain distance, 6ft recommended.
  - o Parents of players in 8U – 14U should remain in their vehicles until the end of practices. Once practices are over parents may escort their player to the vehicle.
- During games –
  - o ONLY PARENTS/GUARDIANS should attend games with their children.
  - o We ask that non-essential visitors watch from their vehicles or not attend to help minimize crowds in the park.
  - o Teams on offense - Players will be divided into two groups. Half of the players present will remain in the dugout spaced out and seated. The other half will be spaced out and seated in the first and second row of the stands nearest to their team dugout. One team parent should monitor those players inside the dugout and one team parent should monitor those players in the stands.
- Game Scheduling will be limited to one game per field per night – as to minimize crowds in the park.
- Once practices/games have concluded – **no lingering on the premises** – teams should disburse to their vehicles as quickly as possible. We do not want crowds of people in the park unnecessarily.

- When at all possible, stagger use of restroom facilities to avoid crowding in those areas.

#### **Cleanliness –**

- Cover mouth and nose when coughing/sneezing.
- Avoid touching the face, eyes, nose, mouth as much as possible.
- Wash hands thoroughly and frequently with soap and water. Use hand sanitizer (at least 60% alcohol) in the absence of soap and water.
- Discard all trash in trash cans. **DO NOT LEAVE TRASH IN STANDS.** This will help minimize contact with potentially contaminated items.
- There will be sprayable liquid sanitizer in each dugout. Coaching staff should designate one adult to spray equipment and dugout bench before and after games. Sanitizer should be used during the games, as necessary. **DO NOT ALLOW PLAYERS TO USE THE SPRAY ON THEIR OWN.**

#### **General –**

- Use facemasks – coaches, parents and other volunteers should use a face mask during practices and games. Facemasks for kids are recommended but not required.
- **DO NOT SHARE ITEMS** of any kind – including but not limited to: equipment, clothing, masks, food/drinks, etc.
- Concessions will be open but operating with a limited menu of prepackaged snacks, candies and bottled/can drinks. There will be no hot/prepared foods served.
- Team snacks should be prepackaged items and individually wrapped. Please do not disburse food items which were prepared in home.