



## **MARIN BABE RUTH 2021 COVID-19 PLAN & PROTOCOLS**

We will continue to monitor and adjust these protocols as instructed by state and county health officials.

The California Department of Public Health along with the Marin County Public Health Department have established guidelines for the safe reopening of youth sports in Marin County. Further, Marin County Public Health has shared best practices that include mandated steps to prevent the spread of the COVID-19 coronavirus. Those steps include protocols on social distancing, face covering, surface cleaning and disinfecting, and other precautionary practices.

The following guidelines have been created for the Marin Babe Ruth 2021 fall baseball season. We will continue to monitor and implement the local, state, and federal recommendations as they are announced and make changes as necessary. We will stay in close communication and update you on any changes we are making to our protocols. We take pride in our organization and how it operates and would like to highlight the policies we have in place to help our athletes and coaches stay healthy and safe.

### **PRACTICE & GAMES OVERVIEW:**

Our fall season will commence in September and go through early November.

We are counting on our coaches and our families to abide by all of the recommended CDPH and Marin HHS cohort guidance, social-distancing protocols including watching with immediate household members only, and maintaining physical distance. The county recommends mask wearing outdoors, however this will not be mandated by Marin Babe Ruth

### **Covid-19 Prevention for Marin Babe Ruth:**

#### **PLAYER/COACH HOME HEALTH SCREEN**

We ask that each coach to do a home health screen before each practice or game, and the player's parent or guardian to do a home health screen to ensure their player is cleared for the practice or game. Parents - if you player is showing any of the following symptoms, please do not bring your athlete to practice.

**Coughing, sneezing, have a fever, stomach-ache, body aches, sore throat, chest congestion, diarrhea, vomiting, or any other illness.**

Additionally, please do not bring your athlete to practice if a family member or someone they've been in close contact with is ill with any of the above symptoms.

We are encouraging athletes to cough and sneeze into their shirt or arms, not in their hands. Again —If your athlete has any symptoms of illness or allergies, we are asking them to stay home.

**GEAR:**

Every athlete must bring their gear, including a helmet, glove, baseball bat, their own name-labeled water bottle(s), and their own hand sanitizer. If assistance is required in attaining these items, please contact a league official. We ask that our athletes keep their electronic devices put away the entire time they are present at practice for health and focus reasons. Athletes must keep their gear in their gear bag unless they are using it.

**AVOID CLOSE CONTACT:**

Athletes will be asked not to hold hands, high five, or touch each other in any way.

We ask fans to watch games and practices while remaining socially distanced from others not within the same household. Additionally, to support the kids, coaches, and umpers, we encourage fans to wear

We **encourage** mask wearing, but we will not mandate wearing masks as per current County guidelines.

Parents should enforce their mask preference with their athlete.

**HYGIENE & HAND SANITIZER:**

We ask that the athletes to bring their own hand sanitizer. We have backup hand sanitizer and sanitizing wipes at each practice and game. Athletes are encouraged to use it frequently.

**RESTROOMS:**

All athletes are encouraged to use the restroom before arriving at practice or games. When they finish using the restroom, they will need to use their hand sanitizer to clean their hands.

**WATER FOUNTAINS:**

Water fountains should not be used. Please make sure your athlete brings their own name-labeled container(s) of water.

**DISMISSAL:**

All athletes will pack up their own gear. All athletes and parents should continue to abide by social distancing and face covering recommendations after practice and games.

**TEAM EQUIPMENT:**

Any shared league provided catcher's equipment will be sanitized and cleaned after each use.

**FOOD:**

We strongly encourage kids to eat prior to practice and games. Any snack consumption needs to be done while socially distanced. Any foods that suggest the need to spit such as sunflower seeds and gum are prohibited.

## **REMINDERS:**

- Drop Off & Pick Up your athlete(s) on time
- Do not bring unnecessary items from home.
- Do not break any formal quarantine/government restrictions.
- Do teach your athlete how to properly wash their hands and encourage them to cough and sneeze into their arm not in their hand and to not touch other players or their coach.
- Do alert us if your athlete does have COVID-19 and has been to practice within the last 14 days so we can contact their peers.

## **NOTIFICATION OF COVID-19 POSITIVE CASE or EXPOSURE:**

**The league requires that the player and/or coach**

- **Notify Marin Babe Ruth - ASAP - if there is a COVID exposure or positive test.**
- **Covid Exposure definition : if you have had close contact with someone who has COVID-19.**
  - **Close contact means —You were within six feet of someone who has COVID-19 for 15 minutes or more during a 24-hour period**
- **Receive a note from a medical doctor clearing them for return to play/coach.** Only then will the player or coach be readmitted back.

## **RESOURCES:**

**September 10, 2021 —Public Health Update  
COVID-19 Interim Guidance for K-12 School and Youth Performing Arts, Sports and  
Extracurricular Activities in Marin County**

**link:**

[https://www.marinhhs.org/sites/default/files/files/public-health-updates/update\\_-\\_school\\_guidance\\_2021.09.10.pdf](https://www.marinhhs.org/sites/default/files/files/public-health-updates/update_-_school_guidance_2021.09.10.pdf)

**COVID-19 California Department of Health**

**Link:**

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

**Marin Health & Human Services: Marin County Coronavirus Information**

**Link:**

<https://coronavirus.marinhhs.org/>