

## Overview

This plan is focused on minimizing risk and designed to create a safe environment for players, coaches, umpires, volunteers and members of their household or immediate family while they are participating in youth baseball at McCabe Park Little League (MPLL) in Nashville, Tennessee. Guidelines that are listed below are subject to change at any time.

## Universal Guidelines

All persons attending and participating in MPLL games or practices (coach, players, volunteer, umpire, spectators) must abide by these universal guidelines while at the facilities.

- Spectators, coaches, volunteers, and umpires, attending MPLL games, practices and events are required to wear a mask or cloth face covering that covers their nose and mouth if they are unvaccinated and unable to physically distance.
- Limit attendees to four spectators per player and coach at all MPLL games, practices, and events.
- If you or a member of your household are sick or have been exposed to COVID-19 within the last 14 days, please stay home.
- If you or a member of your household begins to experience symptoms of COVID-19 or becomes sick or with COVID-19, please seek medical attention and notify MPLL at your earliest convenience.
- Please take your child's temperature at home before attending any MPLL practices or games. If your child has a temperature of 100.4 or higher please stay home and monitor symptoms.
- Practice social distancing (minimum of 6 feet distance) when outside at all times and when not around your immediate family or other household members.

If a player or coach on your child's team tests positive for COVID-19 the recommended protocol is as follows:

- If your child spent more than 10 minutes in close proximity to the person who tested positive, your child should stay home with limited contact with others for 14 days. Watch your child closely for signs of illness. If your child starts to have symptoms please seek medical care and/or COVID-19 testing, per Tennessee Department of Health and CDC guidelines.
- If a player or coach tests positive for COVID-19 the player or coach will need to refrain from league activities for 10 days from the date of the positive test (if asymptomatic) or 10 days from the date that symptoms first appeared (provided that symptoms have been resolved for at least 24 hours).
- If a player's parent or guardian tests positive for COVID-19, the player will need to refrain from league activities for 10 days from the last date of exposure.
- If a player or coach was exposed and in close proximity to a person that has tested positive for COVID-19, the player or coach will need to stay home and not participate in league activities for 10 days and contact the league at [mccabeinfo@gmail.com](mailto:mccabeinfo@gmail.com) on or after 5 days for further instructions.
- Frequently wash your hands for a minimum of 20 seconds or use hand sanitizer especially after touching surfaces (doorknobs, light switches, gate latches, handles, etc...)
- Families should make their own choices on participation and the best interests of their family and players.
- No spitting, eating of sunflower seeds, chewing gum on the premises.

### **Coach/Volunteer Guidelines**

- Minimize number of coaches and assistants for games/practices.
- Each team must have a designated parent/coach responsible for helping to maintain respective dugout area, social distancing and player order.

### **Player Guidelines**

- When not in the field of play, players must wear a mask or cloth face covering if unable to maintain appropriate physical distancing.
- Players must bring and use their own helmet and glove. If player does not have their own helmet, MPLL will assign a helmet to the player for the season.
- Bring their own beverage with name clearly labeled and marked and do not share with other players.
- Parents are encouraged to supply their players with antibacterial wipes and hand sanitizer.
- When not on field during games, players will remain in individually designated area.

### **Umpire Guidelines**

- Ball and strikes umpire in Minors and Majors must wear mask or cloth face covering.
- Base umpires will keep distance in set-up positions.

### **Game Day Guidelines**

- Arrive no more than 30 minutes before game time.
- Game field must be exited completely and cleaned by previous teams before new teams enter the field and dugouts.
- Pre-game meeting at the plate will be with one umpire and one coach representing each team. All must remain socially distant from each other.
- First and Third base coaches must remain in designated coaching boxes.
- No physical contact celebrations between players (i.e. high fives, fist bumps, etc..).
- End of game – line up on foul lines in front of dugouts and tip hats in good sportsmanship.
- Spectators are required to wear a mask or cloth face covering that covers their nose and mouth if they are unvaccinated and unable to physically distance and refrain from entering athlete areas.
- Spectators should bring their own folding chairs and seating.
- Bleachers will be closed and only used by players.

### **Dugout Guidelines**

- 1 coach inside the dugout at a time.
- No more than 3 seated players inside the dugout at a time sitting 6 feet apart.
- Remainder of team will be seated either outside of the dugout on bleachers or other seating that is appropriately distanced.