

# Natick Little League: Baseball and Softball

## COVID Guidelines - updated April 22, 2021

Natick Little League will follow all state/local guidelines. If and when deemed appropriate, our local rules (at the discretion of the board of directors, can/will be stronger). Please refer to the Natick Little Guidelines (A) document for more “on/at the field” procedures for additional information that may not be presented in this document.

### Contact Tracing and Quarantine:

#### Close Contact

**Note: the player/family, if deemed a close contact, will receive a letter from the Executive Director with further information for return to play protocols.**

- a) If a player, family member, spectator etc., is considered a close contact to a positive COVID-19 case that person(s) is required to quarantine for 10 days. This would mean that they can return on day 11. Quarantine can end after Day 10 without testing if no symptoms have been reported during daily monitoring.
- b) If a player, family member, spectator etc., is considered a close contact to a positive COVID-19 case that person(s) is allowed to test out of quarantine. 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 (day 5) before the time of planned quarantine discontinuation.
- c) In the event that the close contact to a positive case is of the same household, that player/person is required to have a full 10 day quarantine period regardless of test results.

#### Positive COVID-19 Case

a) If a player, family member, spectator etc produces a positive COVID-19 case, they are required to quarantine for 10 days from the date of the positive test, and be symptom free prior to return.

#### Exceptions

The only exception to the quarantine policy is if a player/family member (who is deemed the close contact) has received the COVID-19 vaccine, or had COVID-19 within the 90 day time frame.

Please alert the Board of Health if anyone is positive for COVID-19. No player can return to their team without prior approval from the Executive Director and cleared by local health officials.

The Board of Health will be conducting necessary contact tracing and helping in determining close contacts. Natick Little League will assist local health officials with this process by providing attendance records, and any other pertinent information. Coaches will track player attendance at games and practices.

## **Additional Information on Covid-19 Return to Play**

**Stay Home When Appropriate:** Players, staff, parents/guardians, and spectators should stay home when they are showing signs of COVID-19, have a temperature, or have had close contact with a person with COVID-19.

**If COVID Symptoms Exhibited:** If a staff member, player, parent/guardian, or spectator exhibits symptoms during a practice, they should immediately be separated and sent home or to a healthcare facility depending on the severity of the symptoms. They should not be allowed to return to activity until they have met the CDC criteria for discontinuing home isolation.

**Diagnosis:** If someone in the players family is diagnosed with Covid-19 they must alert league officials, immediately and follow the isolation/quarantine protocols as outlined above. Any player who has an immediate (household) member of their family tested positive, cannot return to the team for 10 days from the date of the positive test.

**Travel:** If a player travels outside of MA for greater than 24 hours, the player MUST obtain a negative COVID-19 test in order to return to their baseball/softball team and team activities (practices and games). This test MUST be a PCR test not a rapid. A player DOES NOT need to obtain a negative COVID-19 test if: the player has had COVID-19 within 90 days of your travel, or the player is fully vaccinated and can provide documentation of the vaccine. Testing for children, 10 years and younger, who are traveling with an adult from their household is not necessary. Children 10 years and younger should follow the quarantine advisory and testing options completed by the household adult they accompanied for travel. If the accompanying adult chooses to quarantine, the child should also quarantine. If the accompanying adult chooses to obtain a test, the child and adult should quarantine until the adult's negative test result is received

### ***Currently: Massachusetts Phase 4 Step 1***

***PHASE 3, Step 2, Level 3 - Moderate Risk (Games and practices only)  
Natick Little League Baseball and Softball can hold practices and games in this phase with limitations. All information provided below is a summary. Otherwise please refer to additional documents provided and or defer to Massachusetts guidelines where information is not applicable/provided.***

**[Document: YOUTH and ADULT AMATEUR SPORTS ACTIVITIES](#)**

**Mandatory Facial Coverings:** All participants, coaches, umpires, and spectators are required to have a facial covering on at all times. For participants, this includes during the game, and on the field of play. Face coverings must have a tight fit, and cover the mouth and nose.

**Spectator Policies:** Each field is considered its own area in terms of the EEA guidelines. Once a game and or practice is over, players are asked to leave the complex with whomever is taking them home. Each player is allowed (2) spectators plus siblings. If a sibling is with parents and or grandparents they are required to stay with the family members, and cannot, under any circumstance, roam from field to field. Spectators **MUST** remain in the outfield space, or significantly away from the benches during games. In other words, spectators must not go beyond 1st and 3rd base lines and must practice social distancing. Spectators must wear face coverings per Massachusetts COVID-19 Order. If fields have signage, spectators must follow what the signs say and adhere to field to field rules and procedures. There should be no more than 100 people, including participants, coaches, volunteers & spectators in, on or surrounding a field.

**Field Policies:** Fields and batting cages (where applicable) can only be used by sanctioned teams. There is no use of the fields outside of the times your team is assigned. These times and dates will be published to coaches. Teams **must** adhere to the schedule they are given. All non-essential use of the field, outside of the teams using them (i.e. pick up games, added practices without approval, get togethers) is strictly prohibited.

**Practices:** No player should arrive onto a field earlier than 15 minutes prior to their scheduled practice(s). Teams are to enter & exit the field nearest their dugout. They are to remain off the field and social distance until the previous teams leave the field and the benches have been sanitized. Teams are prohibited from practicing outside of their assigned practice time, including cage use, unless otherwise granted permission by the league's executive director. In the event a multi field complex (i.e Hunnewell) is in use, there is no roaming allowed by players, spectators, families, siblings etc from field to field. Players/Coaches/Spectators etc must follow the foot traffic pattern, and must leave the facility directly after practice is over (for coaches, after all players have been picked up, and field properly groomed)

**Games:** will be scheduled to allow for transition time. There should be enough of a break that both teams and spectators have left the baseball/ softball field before the next teams and spectators arrive. In the event a multi field complex (i.e Hunnewell) is in use. When utilizing benches (for games), 6 foot social distancing is required. Teams should use all extra space to spread bags out. Players/Coaches/Spectators etc must follow the foot traffic pattern, and must leave the facility directly after practice is over (for coaches, after all players have been picked up, and field properly groomed)

**Additionally:**

- a) Coaches must be on the field prior to the players being there and *all players and coaches* must enter the facility with a mask on. If players do not have a mask/face covering with them they cannot be allowed access onto the field and must return with one in order to participate in a practice or game. There are no exceptions.

- b) The coach or safety officer (if applicable) must make sure the players follow protocols. For practices, coaches should have the players spread their equipment across the entire field. For games, they must dictate a space on their side of the field and use social distance mandates for this.
- c) All coaches and players as well as spectators must wear a mask/face covering at all times during practices and games. Coaches are there to set the example for their teams.
- d) Players must leave the facility when practice and or games are over within 15 minutes of the conclusion of their practice (as long as their ride/transportation is present). Natick Little League suggests all players have their own mode of transportation (i.e. no car pooling).

**Equipment:** players are required to have their own helmet, glove, hat etc, as these items can't be shared. Baseballs/Softballs should sit for 48 hours after use if at all possible. Coaches should have a practice bucket and have baseballs/softballs separated from game and practice usage. Coaches should bring their baseballs/softballs home and clean them after each use.

- a) The coaching staff must ensure that all shared equipment, and / or field tools are properly cleaned before leaving the facility.

**Food/Drink:** There is no sharing of food or drinks, and everything must be clearly marked with a player's name. There are no communal meals after games, cookouts, get-togethers etc. At Hunnewell, snack bar operation is to be determined.

- a) Gum, sunflower seeds, spitting, are strictly prohibited.

If any players, coach etc. is not feeling well, or exhibits any symptoms of COVID-19 or any other sickness, are required to stay home. Please refer to the additional guidelines for more in depth information regarding this. If a player or family member is diagnosed with COVID-19 they must alert the Natick Board of Health, Natick Little League Executive Director, Matt Lodi at [lodi.matt@gmail.com](mailto:lodi.matt@gmail.com) and the appropriate coach so that proper contact tracing can continue through the board of health. We will follow HIPAA laws in all cases.