

Natick Little League: Baseball and Softball

COVID Guidelines - updated May 18, 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 conservative). This document is the only document that pertains to rules, regulations and policies for COVID-19 related information.

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. To opt out of quarantine, and to return after day 7, a test must be done no earlier than 5 days post exposure.
- 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 I

PHASE 4, Step 1: Moderate Risk (Games, Practices, Tournaments)
Natick Little League Baseball and Softball can hold practices and games as well as tournaments in this phase. 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](#)

Rules and Policies - Natick Little League (baseball and softball)

Facial Coverings

For all youth sports, facial coverings are NO LONGER REQUIRED for youths 18 and under. This includes on the field, in the dugout, in huddles and in conferences.

Coaches need to continue to wear facial coverings when they cannot consistently maintain social distancing. This means in huddles, in the dugout and during conferences. They will not need to wear them in the coaches' boxes as long as they stay 6 feet from the players or wear their facial covering.

May 29th: ALL EEA RESTRICTIONS FOR AMATEUR SPORTS WILL BE RESCINDED.

This means all facial covering restrictions will end.

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.** 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 when social distancing can't be met.

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 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 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 still required. Teams should use all extra space to spread bags out.

- a) Coaches must still wear a mask in the dugout (if social distancing is not possible), and at all times during team huddles/conferences etc.
- b) Field protocols; such as maintaining a space buffer in the dugout, are still required.

Equipment: players are required to have their own helmet, glove, hat etc, as these items can't be shared. Take care of personal equipment by cleaning it after use (at home)

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.**

Handshakes/Celebrations: No personal contact celebrations are allowed, and handshake lines are replaced by tipping of the cap after the game is over.

Pre-Game: Meetings with umpire and coaches (one per team) that take place should be social distant meetings, with masks required.

Umpires: Can be behind the catcher (with a mask on), or behind the pitcher - its their choice.

Follow any and all posted information, and email information from the league

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 and the appropriate coach so that proper contact tracing can continue through the board of health. We will follow HIPAA laws in all cases.