



2021
MICHAEL K. INGRAM II
BASEBALL LEAGUE
NATIONAL ADULT BASEBALL ASSOCIATION

COVID-19 Plan of Action

League President
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Upon Arrival to Fields

- All participants and spectators must adhere to six-foot physical distancing while at the fields.
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.
- Temperature check should be done upon arrival to the field. Any participant (player/manager/umpire) with a recorded temperature of 100 degrees F or higher should not be allowed to participate.
- No team water coolers or shared drinking stations.
- Compliant game balls must be designated to each team for use while that team is in the field.
- These requirements must be shared prior to the event with all players, coaches, and umpires/officials prior to their arrival at the field.

Leaving the Fields

- Individuals should not congregate in common areas or parking lot following the games.
- Umpires should adhere to social distancing practices when interacting with players, coaches, and spectators off the field of play.
- Individuals should not exchange any items.

Player Guidelines

- All players have received the suggestion of receiving free COVID-19 testing, available through the state. While this is not mandatory, this is a great step to maintaining safety during our league season.
- Must adhere to six foot social distancing practices off the field of play.
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.
- Must not share water or equipment. Belongings should be used only by the individual owner or operator including, but not limited to water bottles, gloves, bats, hats, and other on- and off-field gear.
- No touch rule – players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.
- Should wear face coverings at all times when not actively participating in the field of play.
- Hand washing or hand sanitizing, in the absence of soap and water, are strongly recommended for athletes during the games.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.
- No spitting, eating seeds, gum, or other similar shareable products.

Coaching Guidelines

- All coaches have received the suggestion of receiving free COVID-19 testing, available through the state. While this is not mandatory, this is a great step to maintaining safety during our league season.
- Must adhere to six-foot social distancing practices.
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.
- No touch rule – coaches should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.
- Must ensure that players are following COVID-19 -related prevention measures included herein.
- Should wear face coverings at all times when not actively participating in the field of play.
- Hand washing or hand sanitizing, in the absence of soap and water, are strongly recommended for athletes during the games.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.
- No spitting, eating seeds, gum, or other similar shareable products.

League Staff Guidelines

- All league staff and volunteers have received the suggestion of receiving free COVID-19 testing, available through the state. While this is not mandatory, this is a great step to maintaining safety during our league season.
- Must adhere to six-foot social distancing practices.
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.
- No touch rule – league staff and volunteers should refrain from high fives, handshake lines, and other physical contact with any players, coaches, umpires, and fans.
- Should wear face coverings at all times when not actively participating in the field of play.
- Hand washing or hand sanitizing, in the absence of soap and water, are strongly recommended for athletes during the games.
- No spitting, eating seeds, gum, or other similar shareable products.

Umpire Guidelines

- **Must adhere to six-foot social distancing practices when interacting with players, coaches, and spectators off the field of play.**
- **Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.**
- **Must avoid exchanging documents or equipment with players, coaches, or spectators.**
- **Umpires calling balls and strikes should allow adequate distance behind the catcher while still able to perform their duty**

Spectator Guidelines

- **Must adhere to six foot social distancing practices. This includes in and around bleachers for anyone not in the same family.**
- **Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.**
- **Must not enter player areas (on the field of play or bench areas).**
- **Must keep six-feet or more distance from the backstop.**
- **Strongly recommended to wear face coverings at all times.**
- **Hand washing or hand sanitizing, in the absence of soap and water, is recommended strongly during the games.**

Confirmed COVID-19 Cases

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact the local health district about suspected cases or exposure.
- Organizer must maintain a complete list of coaches, players, and employees present at each event to include the date, beginning and ending time of the event, plus name, address, and phone contact to be made available upon request from local health district.
- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Test all suspected infections or exposures.
- Those who have been in contact with someone with COVID-19 or who have tested positive for COVID-19 should not attend athletic activities until cleared by a medical professional.
- All operations will cease for a period of one week, unless otherwise determined by contact tracing to be safe for operations.

Gameplay Guidelines

- Home plate umpire shall be behind the catcher.
If this is not possible, the home plate umpire can stand behind pitcher's mound (socially distanced from pitcher) in order to call balls and strikes.
- The ball will be rotated out as frequently as possible and will be disinfected between innings.
- Players will wash or sanitize hands between innings.
- Base coaches should distance themselves from baserunners, players, and umpires in field of play.
- No spitting, chewing gum, or sunflower seeds, as it could increase the spread of COVID-19.