



Little Hawks Baseball Club

Return to Play Safety Guidelines

The information below provides recommendations for LHBC coaches, players, and families for returning to play and to practice distancing and proper safety and hygiene guidelines to support the health and well-being of our club. Coaches should use these recommendations and consider how they may need to be modified or expanded to meet the needs of their players and families. Coaches and parents should regularly remind players of these guidelines.

Tournament organizers may also issue safety protocols. In these instances, LHBC teams should follow the tournament guidelines along with the ones outlined below to set a positive example for our club and baseball community.

General

- Teams should follow all established rules and guidelines provided by state and local governments, as well as facilities where teams are playing or practicing.
- If a COVID-19 PCR test is positive, the local county or Iowa Department of Public Health will identify all persons meeting the contact definition, call each contact, ask whether they have been ill, explain they have been exposed to COVID-19 and provide guidance accordingly. If a LHBC coach, instructor, player or immediate family member is notified they have been exposed to COVID-19 we expect they will adhere to the guidance provided to them by the Department of Public Health.
- No one should attend or participate in practice or games if they currently have symptoms of illness, including a fever of 100.4 degrees and higher.
- No one should attend or participate in practice or games if they have been in contact with anyone with a confirmed COVID-19 PCR positive test in the last 14 days or as directed by the Department of Public Health.
- Players are encouraged and should be allowed to wear masks, as long as it does not compromise the safety of any participant in the game or practice.
- The club will supply teams with hand sanitizer as available.

Parents

- Parents should check the temperatures of their players before attending practices and games and stay home if the temperature is 100.4 degrees and higher.
- Parents should notify their team's coach if their player is showing signs/symptoms of illness, including fever and not allow their player to attend games or practices.
- Parents are encouraged to supply hand sanitizer and antibacterial wipes to their players.
- Parents or family members who have symptoms of illness should not attend practices or games.
- Parents should follow all tournament facility rules including social distancing, usage of facilities and amenities, and number of spectators.
- Teams are encouraged to find alternate ways for family members to attend games virtually by using social media or other electronic means to share pictures, videos, or a live stream of games and practices.

Practices

- Players and coaches will be required to socially distance at practice and wear personally provided masks at practice when social distancing is not possible.
- Coaches should create and enforce rules to conduct team practices in an organized and safe manner using the same health and safety measures outlined within for coaches, players, and family members.
- Teams should NOT use dugouts during practices. Players should place their gear in areas not used during practices and spread out to follow social distancing.
- Coaches are responsible to organize practices in a manner that uses small groups, small group drills, and players should not congregate while waiting to bat, or participate in drills.

Games

- Teams should expand the dugout during games, when available, to allow players to maintain social distancing.
- Coaches should limit dugout and bench personnel to those essential to the team during games.
- Players and coaches should wash their hands, use hand sanitizer, and clean equipment as much as possible including (but not limited to):
 - Between innings
 - After batting or running the bases
 - After using the restroom
- Team water coolers are not allowed. Players are required to supply their own drinks during games and are required to store drink bottles in their personal bag when not in use.
- Sunflower seeds, shared snacks, or other food are not allowed in dugouts.
- Teams should remove all trash and other items from the dugout after each game and wipe down hard surfaces such as benches and bat racks. Upon entering the dugout for a game, disinfect the hard surface areas as well.
- Teams should limit person-to-person contact as much as possible, including banning of handshakes and high fives and maintaining social distancing during team huddles. Consistent reminders to the team will help maintain this protocol.
- Players are not allowed to share personal equipment including bats, helmets, catching gear, gloves, etc. All shared items such as baseballs should be disinfected as often as possible. Players should disinfect their equipment before and after each game or practice.
- Team huddles must follow social distancing.

These guidelines are subject to change and will be updated as needed.

Sources:

United States Specialty Sports Association, POST COVID-19 Return-to-Play Guidelines, Procedures and Recommendations, <https://usssa.com/docs/2020/Covid19-ReturnToPlay-v2.pdf>; Iowa High School Athletic Association, Baseball Guidance 2020, <https://www.iahsaa.org/baseball-guidance-2020/>; Centers for Disease Control and Prevention, <https://www.cdc.gov>;