

## SAFETY PLAN – COACH GUIDE

This safety plan was created to keep everyone safe and be in compliance with the guidelines from the Minnesota Department of Health and the “Back to the Diamond Proposal” to the Governor’s Office. These expectations are for small group field activities with group size 30 or less people. Review these expectations prior to practicing with your team. Coaches and participants are strongly encouraged to wear masks or face coverings that cover their nose and mouth. In the event masks or face coverings are required by the State of Minnesota, local governmental entities or a sport’s statewide governing body, they will be required by Lake Elmo Baseball Association.

For more information: <https://www.health.state.mn.us/diseases/coronavirus/schools/youthsports.pdf>

### PRACTICE PHASE:

Practices will be focused on development and follow all required rules (as they apply to baseball) put forth by the State of Minnesota. Whenever possible, practices will be held outdoors.

Create consistent pods of the same staff, volunteers, and participants with a maximum number of 10 people in each pod. Only players and coaches will be allowed at practices.

PRE-PHASE I: (10 or less)	Total participation SHALL be 10 or less individuals including both coaches and players
PHASE I: (20 or less)	Total participation SHALL be 20 or less individuals including both coaches and players
PHASE II: (30 or less)	Total Participation SHALL be 30 or less individuals including both coaches and players. Practice with no more than three pods of 10 people at any baseball field (40,000+ sq. ft).

<https://mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-plan.jsp>

<https://www.health.state.mn.us/diseases/coronavirus/schools/youthsports.pdf>

### PARTICIPATION & ARRIVAL

- All participants conduct daily symptom assessment(self-evaluation). Anyone experiencing symptoms must stay home.
- Coaching staff and participants should practice good hygiene measures as outlined by the Centers for Disease Control (CDC). Coaches should promote these measures::  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>.
- Coaches and volunteers will communicate regularly about the importance of washing hands, covering coughs or sneezes, and not touching facial areas.
- Participants are strongly recommended to travel to the venue with only members of their immediate household.
- Determine a dedicated entrance and exit field plan and communicate this strategy prior to practice.  
(Example: enter on the third base side, exit first base side)
- If the field is in use, wait for the team using the field to Exit the field prior to entering.
- Participants should prepare for events expecting to use their own personal equipment and hydration (appropriately labeled). No team water coolers or shared drinking stations are allowed. No shared or team snacks are allowed.

- Participants are encouraged to have personal sanitizer. Coaches will be provided with sanitizer as well.
  - Coaches clean and wipe down shared equipment and bench areas with sanitizer prior to use. Participants are encouraged to wipe down their own personal equipment.
  - Coaches and participants shall wash hands or apply hand sanitizer prior to the start of practice.
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## CONDUCT OF PRACTICE

- Adhere to the total participant rules on a field per the current Phase. Field consists of: infield, outfield, batting cage, dugout and spectating area.
  - Practice is closed to spectators. In the event of spectators inform them of the safety policy and ask them to leave. If they cannot leave or decline to leave, spectators must adhere to 6 foot social distancing practices.
  - Within each pod, players and coaches should maintain 6 foot social distancing practices to the extent reasonably feasible.
  - Assign a coach to be safety champion at each event. All participants are expected to follow the safety expectations. The safety champion will have the primary responsibility to help ensure compliance through identifying any possible infractions and coaching those involved.
  - Coaches and participants are strongly encouraged to wear masks or face coverings that cover their nose and mouth. Guidance from the CDC on face coverings will be provided:  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
  - All participants must adhere to 6 foot social distancing practices.
  - Establish an area for players bags and personal equipment to be placed 6ft apart. These areas may be marked along the fence and/or backstop.
  - NO-touch rule: High fives, hand shakes, or other physical contact is prohibited. "Tip the Cap" or other no-touch sportsmanship will be utilized.
  - NO spitting, chewing gum, sunflower seeds, or other similar products
  - Wipe down shared equipment with sanitizing solution at regular intervals.
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## LEAVING THE FIELD

- Wipe down shared equipment and bench areas with sanitizing solution
  - Follow the designated strategy that was established. (Example: Exit the field on the first base side)
  - Do not congregate after the event on the field or in the parking lot
  - Remind players to sanitize their personal equipment following practice at home or as soon as practical.
  - Remind players to wash hands regularly.
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ATHLETES

COACHES

SPECTATORS

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.

If Lake Elmo Baseball Association becomes aware that any player, coach, or other person present at a practice or game has tested positive with Covid-19, then:

- The Lake Elmo Baseball volunteer will immediately notify a Lake Elmo Baseball Association Board Member.
- All baseball activities will be discontinued for the affected team, effective for 14 days since the date of last contact
- Lake Elmo Baseball Association strongly encourages all persons having close contact with affected player or coach to self-quarantine in accordance with CDC guidelines

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html>

\*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat, and new loss of taste or smell.