
SELF HEALTH ASSESSMENT

TO BE COMPLETED DAILY PRIOR TO LEAVING YOUR HOME FOR GAMES/Practice

Place this form in prominent place in your home for reference. This form does not need to be submitted upon arrival. Simply stay home if you answer "yes" to any questions.



Only proceed to game or practice if you and your player can confidently answer "NO" to each question. Complete this assessment daily.

- Have you felt feverish?
- Do you have a cough?
- Do you have a sore throat?
- Have you been experiencing difficulty breathing or a shortness of breath?
- Do you have muscle aches?
- Have you had a new or unusual headache (e.g., not related to caffeine, diet, or hunger, not related to a history of migraines, clusters, or tension, not typical to the individual)?
- Have you noticed a new loss of taste or loss of smell?
- Have you been experiencing chills or rigors¹?
- Do you have any gastrointestinal concerns (e.g., abdominal, pain, vomiting, diarrhea)?
- Is anyone in your household displaying any symptoms of COVID-19
- To the best of your knowledge, have you or anyone in your household come into close contact with anyone who has tested positive for COVID-19?

Minimum guidelines

1. Participants should wear face coverings over their nose and mouth whenever not exercising (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)
2. Before allowing participation in the sport, sport organizers or coaches should ask whether participant is currently exhibiting COVID-19 symptoms. If participant does have symptoms, they should wait to enter premises for a minimum of 10 days after symptom onset OR until feverless and feeling well (without fever-reducing medication) for at least 72 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart
3. Sport organizers or coaches should maintain attendance log of participants
4. Participants should wash hands with soap and water or use hand sanitizer before participating
5. Participants should bring their own source of water and refrain from using any communal sources of hydration (e.g., team water or sports drink jug)
6. No handshakes at the beginning or end of games and practice.

Encouraged Best Practices

1. Before allowing entrance, sport organizers should ask whether participant is currently exhibiting COVID-19 symptoms.
2. Parents should assist in a self-health assessment with includes temperature check prior to coming to game or practice.
3. Participants should sanitize hands regularly
4. Participants should avoid touching facility accessories (e.g., goal posts, flags)
5. Participants should use their own equipment (e.g., helmet, bat, gloves) as much as practical.
6. Participants should place personal belongings at least 6-ft. away from others'

Coaches

- 1) Will do a physical check-in and make sure all his players are healthy and show no symptoms. Coach will ask opposing teams Head Coach to verify his players are healthy and show no symptoms.
- 2) Coaches are to sanitize baseballs or other team equipment (tees, bow-nets, ext.) after each game
- 3) Teams are responsible for cleaning all trash from their dugout after each game.

All Coaches, Players and Spectators

- 1) Before arriving all coaches, players, spectators, and staff should do a self-health assessment. See assessment on first page.
- 2) Must always adhere to six-foot social distancing when possible. Including in and around the dugout.
- 3) Must wear face coverings in common areas and when unable to maintain proper social distancing.
- 4) **All are encouraged to bring own chairs or seating.**
- 5) No chewing gum, seeds or spitting.
- 6) Must not share water or equipment.
- 7) No touch rule: No high-fives, handshake lines, and other physical contact with teammates, opposing teams, coaches, umpires, and spectators
- 8) Wash their hands or utilize hand sanitizer after and/or during games
- 9) Sanitize personal equipment after each game
- 10) Any one not following guidelines will be asked to leave the field or game by coach, staff, or administrator.
- 11) Public bathrooms are not available currently.

Game Play

- 1) Umpires will be behind the pitcher.
- 2) Line up cards can be sent electronically. 1 member from each team and maintain social distancing.
- 3) Each team will use their own league approved game ball, to be used when they are playing the field and should be brought to the dugout at the end of the inning.
- 4) If a coach visits the pitcher, all other players to stay at their positions.

Spectators

- 1) Spectators shall not enter the park until:
 - a. 15 mins before game time or must wait until the field is cleared from the previous game.
 - b. 15 mins before game time with no previous game scheduled at that field.
- 2) **Benches and bleachers are reserved for players & coaches only.** Fans must be along the outfield foul lines or beyond the outfield fences/boundaries 6' apart if outside a non-household group.
- 3) Spectators **will not be allowed** behind dugout, backstop, or fence line for any reason! (Other than a player injury)
- 4) Spectators for home team will sit down 3rd baseline. All families should be 6-feet apart from the next non-household group.
- 5) Spectators for away team will down the 1st baseline. All families should be 6-feet apart from the next non-household group.
- 6) Spectators should not congregate in common areas or parking lots during or following games