



We are excited to start our 2021 intramural season at Nether Swarthmore Baseball. We were able to have a successful and safe 2020 season. We have updated our plan to keep our players, coaches, umpires and families safe while allowing the players to get out and play. We know that socialization and team spirit is the best part of baseball, but we must make some changes to keep everyone safe. We are asking all parents, officials, coaches, players, and spectators to help us adhere to the guidelines.

Everyone should adhere to the following 5 things as much as possible while at NSB Baseball fields, games and practices, and during the season:

- **Hand washing** – Wash your hands or use hand sanitizer frequently. NSB will endeavor to provide hand sanitizer at all games and practices.
- **Social Distancing** – Please maintain six feet between you and people who are not members of your household at all times.
- **Face coverings** – State guidelines recommend adults wear face coverings.
- **Cleaning and Disinfecting** – We will need to increase the cleaning and disinfecting of surfaces in our fields, concession stands, and bathroom. We may need volunteers to help. Additionally, please place trash in trash cans.
- **Health Monitoring** – All players, coaches, umpires and parents should monitor themselves and their children for symptoms of COVID-19. Please stay home and notify the NSB COVID-19 Contact Person if you are sick or have been recently exposed to COVID-19.

COVID-19 symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Fever or chills	Cough	Shortness of Breath or difficulty breathing
Fatigue	Muscle or body aches	Sore throat
Headache	New loss of taste or smell	Diarrhea
Congestion or runny nose	Nausea or vomiting	



NSB has appointed a COVID-19 Contact Person to communicate with NSB families whose registered player may be sick or who is believed to have come in contact with someone who may be sick. This contact person, in conjunction with NSB Board Members and coaches as appropriate, will communicate with such players and their families in the most confidential manner given the circumstances and health and safety needs of other NSB participants.

Nether Swarthmore Baseball COVID-19 Contact Person:

Name: Tom Ball

Phone: 610-551-3751

Email: [tball2205@comcast.net](mailto:tball2205@comcast.net)



## League Responsibilities for COVID-19:

- Purchase cleaning and sanitizing supplies
- Train Coaches and Volunteers on usage
- Stagger start and stop times for games at Hepford
- Schedule games with larger time gaps at single use field (Urban, Bullens)
- Assign a set warm up time and require coaches adhere to it
- Encourage players to wait in cars until 5 mins before their report time
- Create and install signage for fields to encourage social distancing
- Identify and Communicate a COVID-19 Contact Person (see page 1)
  - Communicate this plan with other leagues sharing fields/complexes
  - Provide CDC guidelines to Coaches
  - Publish COVID-19 Plan of Action if a player gets sick
- Umpires will be permitted to officiate games from behind home plate if and only if they have been vaccinated. Prior to game start, one of the participating head coaches will ask the umpire if he/she has been vaccinated. Coaches should let the umpire know that they are under no obligation to answer the question. If he/she does answer the question, and answers "yes", they will be permitted to station themselves behind the plate. If he/she refuses to answer the question or answers "no", they will be instructed to station themselves six feet behind the pitcher's mound. ***Regardless of where the umpire is positioned, he/she must wear a facial covering AT ALL TIMES.***



## Coaches' Responsibilities for COVID-19:

- Must review CDC guidelines
- Must wear facial coverings
- Maintain social distance
- Prescreen self for symptoms of COVID-19
- Monitor players during practices and games for symptoms
  - Isolate sick player and arrange for transportation home or to medical facility
- Sanitize shared equipment between uses, especially face masks or helmets
- Baseballs rotated on a regular basis
- Sanitize field maintenance equipment
- No Team Huddles or hand slaps
  - Teams line up on first and third base for a post game thank you and hat tip
- Must keep attendance records for each practice and game
  - Scorebook can serve as attendance at games
  - Cross off any players who do not show up
  - Record the Date of the game and opposing team
  - If possible, text the line up or a picture of the lineup to the opposing coach/scorekeeper to avoid the exchange of books
- Social distancing must be maintained while in the dugouts
  - Spread out as much as possible
  - Follow guidance at each specific field regarding where the batting team members should wait
  - Players who are not social distancing in the dugout may be asked to leave
- No team water jugs
- Enforce the No Gum, Sunflower Seeds or Spitting rule



## Parents' Responsibilities for COVID-19:

- Maintain Social Distancing
- Wear face coverings as recommended by the State of Pennsylvania guidelines
- Stay outside of field of play, dugouts, and team areas
- Assess levels of risk based on individual athletes who may be at higher risk for severe illness, please consult your healthcare provider with questions
- Monitor yourself and your player(s) for illness
- Do not retrieve balls that exit the field of play, allow a coach or player to get them
- Bring back up water and supplies as needed
- Clean players equipment and bag between games
- Bring your own chairs and only sit within six feet of members of your household
- Pack hand sanitizer
- Parents should try to attend games so in the event a player is injured, a parent can render first aid
- Players are discouraged from carpooling. If it cannot be avoided, parents should establish small carpool pods to limit exposure.



## Players' Responsibilities for COVID-19:

- Listen to coaches and umpires for social distancing guidelines
- Players who are not social distancing in the dugout may be asked to leave
- No Gum, Sunflower Seeds, or Spitting
- Bring your own water and do not share water
  - No “waterfalling” (pouring water into a teammates mouth without touching the spout of the water bottle)
- Use your own equipment and do not share equipment to the greatest extent possible
- Do not share towels or clothing
- Use hand sanitizer throughout the game as needed
- Required to wear masks in compliance with Pennsylvania Department of Health and Chester County Health Department guidelines as well as Wallingford Swarthmore School District guidelines when at NPE or SRS fields



### Concession Stand/Restroom Guidelines:

- If concession stands are opened, they will be operated under appropriate safety protocols.
- Restrooms will be available at Hepford and Urban
- The league will regularly service the restrooms
- Please wash your hands and use hand sanitizer frequently



## COVID-19 Plan of Action Should a Player, Coach, or Official Fall Ill, Test Positive for COVID-19 or Become Aware that They May Have Exposed to a Person With COVID-19:

- Our COVID-19 plan is designed to minimize close contact between individuals. Maintaining social distancing is key to limiting exposure.
- If a player, coach or official falls ill at a practice or games, they should be isolated and transported home by a member of their household or transported to a medical facility by emergency services.
- **If a player, coach or official learns that they are COVID +:**
  - They (1) should notify the player's head coach immediately and (2) contact the Chester County Health Department know they are an active player in the Nether Swarthmore Baseball League and provide them with the NSB COVID-19 Contact Person information.
  - The COVID + player, coach, or official should not return to play until directed by the Chester County Health Department or their Primary Care Physician.
  - The NSB COVID-19 person will compile the attendance records and notify families of potentially exposed players. Those families are encouraged to contact their Primary Care Physician for medical advice, if needed.
- **Exposure to COVID-19 is defined by the CDC as contact closer than 6 feet for longer than 15 minutes. If a player, coach or official learns that they or a member of their household have been exposed to a person with COVID +:**
  - They should notify the player's head coach immediately and the head coach will inform the NSB COVID-19 Contact Person;
  - The COVID + player, coach, or official should not return to play until permission to do so has been communicated in writing by the NSB COVID-19 Contact Person.
  - The NSB COVID-19 person will compile the attendance records and notify families of potentially exposed players. Those families are encouraged to contact their Primary Care Physician for medical advice, if needed.
- League Officials will consult the Chester County Health Department for guidance and advice as the need arises.