

## Coaches Rules

1. At this time, only no contact practice is permitted at our fields. That means no scrimmages or games may be played. You may not invite another team to practice with you, nor may you play games with your team at another site (in NJ or any other state).
2. Limit practice activities to those that do not involve person-to-person contact between athletes and/or coaching staff. For example, focus on individual skill-building activities.
3. Ensure that athletes and coaches adhere to social distancing while not actively involved in practice activities (on the bench, in the dugout, etc.). Consider assigning coaching staff to monitor sideline social distancing.
4. Where possible, create staggered schedules to limit contact between groups and/or players.
5. You will read and will enforce the rules for parents and players below.
6. Bring your own approved hand sanitizer or wipes, mask, and disposable gloves to every practice.
7. Bring your own water and drinks to activities. Team water coolers for sharing through disposable cups should not be permitted.
8. Other than balls every coach and child must use their own equipment. Sharing of equipment is prohibited.
9. If you are having batting practice, you will not use a catcher.
10. If you are hitting infield/outfield, you will make sure the catcher is at least 6 feet from where you are hitting.
11. If you practice base running, you will not have a fielder hold the runner on nor will any player be within 6 feet of another player.
12. You should orally review the rules for players with them at the first practice, and thereafter as often as you think is necessary.
13. You should encourage all players to wear cloth or disposable face coverings when not engaging in vigorous activity, such as when sitting on the bench, when listening to instruction, etc.
14. You shall prohibit spitting, handshakes, high-fives, team huddles, and any other close-contact activities between or among players.
15. You should always wear a cloth face covering, but you may remove it if you feel it impairs your breathing or health during strenuous activities.
16. A head coach must screen children and other coaches via temperature check and health questionnaire, at the beginning of each session (a thermometer, screening questionnaire and temperature guidelines will be provided separately). Keep a written record of every player and coach's temperature and screening questionnaire (including the head coach) from every practice or game. Anyone showing symptoms of COVID-19 or reports that they were exposed to someone with COVID-19 within the last 14 days shall not be permitted to participate. If any individual develops symptoms of COVID-19 during the activity, they should promptly inform the Chairman of the Recreation Commission and must be removed from the activity and instructed to return home.
17. If you use the batting cage, you will have only one player in the cage at a time and only one person feeding the balls. All other players waiting to use the cage must be 6 feet apart and wearing masks. After each round, only the player hitting, and the coach feeding should pick up the balls. After each round, the batter and the feeder should sanitize their hands.
18. If a player is injured and does not need immediate care, please call the parent (or the authorized designee) who is present at the practice to deal with the injury. If the child needs immediate

care, you can attend to them, *but you must wear a mask and gloves*. After the injury is dealt with, you must remove your gloves, properly dispose of them, and sanitize your hands.

19. If you do not feel well, remove yourself from the activity immediately and get tested.
20. If you, any member of your household or someone you had close contact with (within 6 feet for more than 10 minutes) is diagnosed with COVID-19, you must immediately advise the Chairman of the Board of Health/Recreation Commission and remove yourself from future activities until receiving clearance from the Chairman.

### **Parents Rules**

1. Complete, sign and submit the “Youth Recreation Program Participation Agreement” before your daughter or son can participate in the program.
2. One parent for each child must attend the practice or game or be immediately available in their car at the nearest parking lot to the field. Parents may also choose 1 or 2 parent designees for emergencies when they cannot attend by filling out a medical treatment form (to be supplied).
3. When at the field, you must always practice social distancing (6 feet from any other person) and wear a mask.
4. Arrive for the practice or game on time and depart promptly when the coach releases the players.
5. Bring your own approved hand sanitizer or wipes to every game or practice, for yourself and for your child. They will be instructed to sanitize their hands after every time in the field and after every at-bat.
6. Instruct your child that they should only use their own equipment (bat, helmet, fielding and batting gloves, catchers gear, batting donut or other weight device, pine tar and hat), and when they are not using it they should place it in their sealed equipment bag (which should be 6 feet apart from others).
7. Instruct your child that they should not spit on the ball or rub the ball in any way. Also, instruct them that if they sneeze or cough, they should cover their mouth with their sleeve or arm.
8. Instruct your child that when they handle the bat, they should just touch the handle and not the barrel.
9. Instruct your child that they must maintain social distancing (6 feet) though the entire practice and that they should not have any contact with any player or coach, such as handshakes, high fives, chest bumps or anything else.
10. If your child, a member of your household or someone you or your child had close contact with (within 6 feet for more than 10 minutes) is diagnosed with COVID-19, you must immediately advise the coach and the Chairman of the Board of Health/Recreation Commission and keep your child out of future activities until given clearance from the Chairman.
11. You will not allow your child to participate in the program if at any time they begin to exhibit any COVID-19 symptoms.
12. Your child is encouraged to wear cloth or disposable face coverings when not engaging in vigorous activities, such as sitting on the bench or watching demonstrations. They should not be worn during vigorous activities when they could impair breathing or inhibits the child’s health.

13. Instruct your child that there will be no sharing of food or drinks, and any drinks or food you provide for them must be labeled with their name. No seeds or chew of any type will be allowed at the activity.

**Players Rules (Parents and Coaches must go over these with the players)**

1. At the field, you must always practice social distancing (6 feet from any other person) . Do not have any contact with any player or coach, such as handshakes, high fives, chest bumps or anything else.
2. Bring your own approved hand sanitizer or wipes to every practice or game. Sanitize your hands after every time in the field and after every at-bat.
3. Use only your own equipment (bat, helmet, fielding and batting gloves, catchers gear, batting donut or other weight device, pine tar, hat, and water bottles/drinks), and when you are not using it you should place it in your sealed equipment bag (which should be 6 feet apart from others).
4. Do not spit on the ball or rub the ball in any way. Also, if you sneeze or cough, you should cover your mouth with your sleeve or arm.
5. When you handle your bat, only touch the handle and not the barrel.
6. If you do not feel well, tell your parents and/or coach immediately.
7. You may wear a mask, but it is not required during practice or games. We recommend that a face covering be worn while sitting on a bench or when speaking with coaches and interacting with athletic trainers, etc.
8. There will be no sharing of food or drinks, and any drinks or food you bring must be labeled with your name. No seeds or chew of any type will be allowed at the activity.
9. Spitting, handshakes, high-fives, team huddles, and any other close-contact activities are prohibited.