

## COVID PLAN - LONG VALLEY FREAKS

### **Main Actions:**

- \* Meet in front of dugout before games, 6ft-spaced, reinforce following guidelines.
- \* Coaches will inform parents and participants of all guidelines and restrictions, as provided by the New Jersey Department of Health.
- \* Coach-to-Player ratio will be 6-to-1 or better, in order to ensure compliance.
- \* Prior to practice, temperatures will be taken and questionnaires will be administered.
- \* Practice plan will be designed to ensure appropriate social distancing and proper hand hygiene during practice session. Hand sanitizer will be available.
- \* Participants with COVID-19 symptoms or who have recently had close contact with a person with COVID-19 will not be allowed to participate.
- \* All participants will bring their own water/drinks and equipment will not be shared.
- \* Handshakes, high-fives, team huddles, and other close-contacting activities will not be a part of our practices.
- \* Do not come to practice or competition if you or any member of your household are not feeling well or are showing symptoms of COVID-19.
- \* Adults 65 years and older or people of any age with serious underlying medical conditions are strongly encouraged not to attend practice or competition at this time.

### **Reinforcements during games:**

- \* Healthy Practices: All players, coaches, umpires and spectators should practice "good hygiene" by regularly washing their hands with soap and water or or using hand sanitizer that contains at least 60% alcohol.
- \* Avoid touching your eyes, nose and mouth. Players and coaches should avoid all but the essential contact necessary during practice or competition. Post-game
- \* Social-distancing: Players, coaches, umpires and spectators should maintain 6-feet of distance whenever possible.
- \* Coaches/Spectators: Encouraged to wear face-coverings at all times when 6-feet of distancing is not possible.
- \* Player Equipment: Players should use their own equipment whenever possible.
- \* Baseballs/Softballs: Each team should use their own balls while in the field during competition.

### **Travel Restrictions**

All visitors, staff, players and family that may have traveled out of state to an area identified on the New Jersey travel advisory. These individuals must quarantine for 14 days after their arrival back to New Jersey and may not participate.