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**RBBA Return to Play Guidelines Phase 2 Stage 1**

**Effective as of July 6, 2020**

**Supersedes and Overrides all Phase 1 Guidelines**

**RBBA Return to Play Phase 2 Stage 1 Guidelines**

Following the recent increase in Coronavirus cases across Montgomery County and the State of Maryland, the Rockville Baseball Association (RBBA) Crisis Committee, acting on guidance from the State of Maryland, Montgomery County and the City of Rockville,, have decided to split Phase 2 Guidelines into smaller stages that will better allow for a more measured and pliable approach which will better ensure a safe and effective return to play for RBBA participants. The status of each stage will be reviewed on a weekly basis by the RBBA Crisis Committee and appropriate changes will be made to either move Association forward or pull the reins in as warranted. These Guidelines override and supercede the Phase 1 RBBA Return to Play Guidelines.

Like the Phase 1 Guidelines, Phase 2, Stage 1 Guidelines are intended to allow a small number of Travel and Select level teams to return to the field under the State of Maryland Phase 2 Guidelines as well as set a basis for the recreational program’s return this Fall. At this time only Travel and Select level teams are permitted to resume practice. All other teams, including all recreational teams that play in the RBBA Spring and Fall seasons, may not return to play. We remain optimistic that we will be able to return to some version of our Fall season. For more information on this please watch [www.RBBA.org](http://www.RBBA.org).

**Safety Measures for Participation**

* A maximum of 15 people total may be involved in any activity, this includes coaches, managers, and players; and no more than 50 people in any one area. The 15 person limit does not include family members who choose to attend practice. See the “In Activity, Equipment, and Spectators” section for more information on event attendance.
* All individuals must maintain 6 feet of social distancing whenever possible.
  + Practice plans must be constructed to avoid drills that would break social distancing guidelines.
* Under Phase 2 Stage 1 teams may only engage in skill building practices and may not play any games or scrimmages between themselves or other teams.[[1]](#footnote-2)
  + Currently City of Rockville Fields and Montgomery County Fields are closed to games.[[2]](#footnote-3)
  + This will be reviewed on a weekly basis by the crisis committee, updated as appropriate and communicated appropriately to teams.
* Teams may use select City of Rockville Fields with approval from the RBBA. Teams must contact the RBBA to set practice dates, fields, and times.
* All team staff must complete the RBBA Covid-19 awareness training, and sign an affidavit indicating such if they have not yet completed this requirement under the Phase 1 Guidelines.
* RBBA Travel teams may are permitted to participate in games, practices, tournaments, and events outside of Montgomery County if they meet the following guidelines;
  + The head coach of each team must turn in the teams full planned schedule through August and the tournaments/game/fields safety guidelines no later than 48 hours prior to the events start.
  + Every coach, parent, player, and team member must sign the RBBA Travel Team Out of County Event Waiver.
  + All players, coaches, parents, and team members will be allowed the final decision on whether to participate in any activity, and will be allowed to temporarily or permanently remove themselves from activity outside of Montgomery County.
* All coaches will submit the team event information sheet at the end of this document to the RBBA Board following each event. This sheet must include;
  + The names of all team personnel present at each event including coaches, assistant coaches, and players.
  + Must include the result of the temperature check taken at the beginning of the event
  + Must be signed and dated by the team’s head coach and submitted to the RBBA Board by the conclusion of the day on which the practice occurred as described on the document.
  + In the event a team holds multiple events in one day (whether in two-a-days or split practices due to personnel limits) the form must be completed for each event.
* No individual may attend any practice, training, or event if they are experiencing symptoms of Covid-19 or have experienced symptoms consistent with Covid-19 in the previous 14 days.
* Any individual exposed to, or diagnosed, with a confirmed case of Covid-19 may not return to practices, training, or any team event until cleared through the CDC quarantine guidelines.[[3]](#footnote-4)
* Should any member of a team including coaches and players test positive for Covid-19, the team shall be immediately shut down from all events and practices. This shut down will be reviewed by the RBBA Crisis Committee and the teams return to play will be judged on a case by case basis in consultation with the appropriate medical professionals.
* All teams must designate a member of the team staff as a point person for any Covid-19 related concerns. This includes health concerns about players, coaches, etc., or concerns related to compliance with these guidelines.
  + This person must inform the RBBA Board, or a designated person, immediately after any concerns arise from a player, parent or anyone else.
* Each team must inform the RBBA Board in writing if they intend to practice and agree to meet the following guidelines in the event a player, coach, etc. displays symptoms or falls ill during practice.
  + If any individual at the practice, including family members in the stands, displays symptoms or falls ill during activity, all activity must immediately stop and the person in question be isolated from others wherever appropriate.
  + The Team Covid Monitor, whose name and contact information (cell phone and email) must be named in the notice of intent to practice, will immediately call RBBA President Harrison Meyers (Cell: 240-565-5460) so that Association protocols may be put into place. If it is a player the Team Covid Monitor will contact the players guardian, and if appropriate call 911.
  + All other players, coaches, or others who came in contact with the person in question must immediately Isolate and leave the practice.

**Use of Personal Protective Equipment (PPE)**

* All team staff, coaches, and parents/guardians must always wear a mask while engaging in the practice activity.
* Players above the age of 9 must wear masks at all times when not competing in athletic activity but may choose to where a mask while engaging in athletic activity if they prefer or it is requested by a medical professional or parent.
  + It is not recommended that players wear masks if they suffer from chronic respiratory issues like asthma, or on hot, Code Red days, where heat injury is more likely to occur.

**In Activity, Equipment, and Spectators**

* All players and coaches must complete a temperature check upon first arriving to the field. No player or coach will be allowed on the field before this check is complete.
  + The maximum allowable temperature for all parties to attend a practice is 100.4oF.[[4]](#footnote-5)
  + It is recommended that parents take their players temperatures at home before they get to the ballpark and provide the result to the coach prior to, or on arrival at the activity.
* The number of adult coaches/volunteers at practices and games must be limited to only the essential number of coaches and team managers.
* Players will be encouraged to use their own equipment and must wipe it down and disinfect it before and after use.[[5]](#footnote-6)
* Equipment should not be shared wherever possible, this includes bats, helmets, gloves, batting gloves, backpacks, etc, and what must be shared must be disinfected before and after use.
* Players may not touch their face (eyes, nose and mouth) when handling shared equipment and the ball
* All player bags will be spaced 6 feet apart on the side of the field or in the stands where available.
* Dugouts may not be used under Phase 2 Guidelines.
* Baseballs must be disinfected before and after use during each practice, training, or event.
* All in-person events are recommended to take place outdoors; however limited indoor practices may take place in spaces that comply with the Maryland Department of Health Interim Guidance on Youth Sports[[6]](#footnote-7) and the team is able to provide the facilities guidelines to the RBBA Board.
* Physical contact, such as high lives, handshakes, fist bumps, or hugs are prohibited. Teams are encouraged to create their own non-contact greetings and celebrations.
* Parents/guardians may attend practices and events as long as proper social distancing is maintained and the 50 person maximum is not exceeded.
* Fans and members of the general public may not attend practice until further notice by the RBBA Board.
* If teams must be split to accommodate the 15-person maximum guideline, the interaction between the groups must be limited.
* Where possible, refrain from exchanging documents between coaches. We encourage digital scorekeeping or the digital exchange of all practice documents.
* Players from other teams, defined here as other teams who may be at the ballpark and other RBBA baseball and softball travel teams, should not socialize, fraternize, or come within six feet of each other before, during or after events.
* Players and on-field personnel should make all efforts to avoid touching their face with their hands (including to give signs), wiping away sweat with their hand, licking their fingers, whistling with their fingers, etc.

**Food and Drink**

* The use of communal water and sport drink coolers/jugs is prohibited. Players and team personnel will be required to use individual water or sport drink bottles that must be sanitized before and after use.
* Avoid sharing cups, water bottles, food/snacks, and limit all food and drink products to individualized items.
* Sunflower seeds, bubble gum, and spitting are prohibited during all events and practices.

**Additional Guidelines**

* Team/group meetings must be conducted virtually.
* Teams may not engage in group excursions not directly related to practices. and must eliminate all unnecessary group travel.
* Players will have the ability to temporarily or permanently remove themselves from team activities without any ill repercussions.
* A copy of these guidelines must be printed and on hand at all times during events.

**Additional Resources to Help Teams Plan**

* CDC Guidance on Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
* CDC Guidance on Coronavirus Symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
* CDC Guidance on face coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
* CDC Guidelines on Quarantine and Isolation: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html>
* CDC Guidelines on Cleaning and Disinfecting: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
* Maryland Department of Public Health Interim Guidance on Limited Outdoor Youth Sports Dated May 27, 2020: <https://commerce.maryland.gov/Documents/BusinessResource/Youth-Sports-COVID-19-Best-Practices.pdf>
* Maryland Department of Public Health Interim Guidance on Limited Outdoor Youth Sports Dated June 16, 2020: <https://commerce.maryland.gov/Documents/BusinessResource/Youth-Sports-COVID-19-Best-Practices.pdf>
* Montgomery County Executive Order 082-20; COVID-19 Local Order – Phase 2:

<https://montgomerycountymd.gov/exec/Resources/Files/orders/082-20.pdf>

* Montgomery County Parks Covid-19 Page: <https://www.montgomeryparks.org/covid-19/>
* Maryland Government COVID-19 Information Page: <https://coronavirus.maryland.gov/>

**Rockville Testing Site Information**

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| --- | --- | --- |
| Testing Site Name | Address | Site Contact Information |
| Adventist HealthCare Urgent Care - Rockville | 750 Rockville Pike, Rockville, MD, 20852 | No appointment required. Monday - Friday 8 am - 8pm |
| CVS | 700 Rockville Pike, Rockville, MD, 20854 | [**https://www.cvs.com/minuteclinic/covid-19-testing**](https://www.cvs.com/minuteclinic/covid-19-testing) |
| CVS | 360 Hungerford Dr, Rockville, MD, 20850 | [**https://www.cvs.com/minuteclinic/covid-19-testing**](https://www.cvs.com/minuteclinic/covid-19-testing) |
| CVS | 20 Upper Rock Cir, Rockville, MD, 20850 | [**https://www.cvs.com/minuteclinic/covid-19-testing**](https://www.cvs.com/minuteclinic/covid-19-testing) |
| CVS | 1580 Rockville Pike, Rockville, MD, 20852 | [**https://www.cvs.com/minuteclinic/covid-19-testing**](https://www.cvs.com/minuteclinic/covid-19-testing) |
| Patient First - Rockville | 726 Rockville Pike, Rockville, MD, 20852 | 240-238-0411 |
| Righttime Medical Care | 12220 Rockville Pike, Rockville, MD, 20852 | [**https://www.myrighttime.com/online-appointments**](https://www.myrighttime.com/online-appointments) |

**RBBA Travel Team Event Information Sheet**

Team: ­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Type of Event: Practice (Indoor) Practice (Outdoor) Game Other Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* This sheet must be filled out for each practice, game, and in person event.
* This sheet must be submitted to the RBBA Board at [President@RBBA.org](mailto:President@RBBA.org) by the end of the calendar date on which the event takes place.
* If any player has come into contact with a confirmed case of COVID-19 that player must be removed from practice and the case reported to the RBBA Board and proper authorities immediately.

Player Information

|  |  |  |  |
| --- | --- | --- | --- |
| Player Name | Player Temperature | Has the player had any symptoms of COVID-19 within the last 2 weeks?\* | Has the player come into contact with anyone with symptoms or a confirmed case of COVID-19 within the last 2 weeks? |
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\*Symptoms list on back on sheet.

Coach Information

|  |  |  |  |
| --- | --- | --- | --- |
| Coach Name | Coach Temperature | Has the coach had any symptoms of COVID-19 within the last 2 weeks?\* | Has the coach come into contact with anyone with symptoms or a confirmed case of COVID-19 within the last two weeks? |
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\*Symptoms list on back on sheet.

By signing my name below, I hereby declare that the information on this form is correct and unadulterated to the best of my knowledge, and I have not changed the answers that were given to me by my coaches, players, or their parents.

Head Coach Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Common Symptoms of COVID-19[[7]](#footnote-8)**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

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

* Fever (at or above 100.4o F) or chills
* Cough
* Shortness of breath or difficulty breathing
* Fatigue
* Muscle or body aches
* Headache
* New loss of taste or smell
* Sore throat
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

When to Seek Emergency Medical Attention

Look for **emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care** **immediately**

* Trouble breathing
* Persistent pain or pressure in the chest
* New confusion
* Inability to wake or stay awake
* Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.

1. See Montgomery County Executive Order 082-20; COVID-19 Local Order - Phase 2 <https://montgomerycountymd.gov/exec/Resources/Files/orders/082-20.pdf> [↑](#footnote-ref-2)
2. See Montgomery County Parks Announcement for Youth Sports: <https://www.montgomeryparks.org/montgomery-parks-to-reopen-their-local-park-athletic-fields-for-youth-sports-practice-with-athletic-field-permit/> [↑](#footnote-ref-3)
3. See CDC Guidelines on Quarantine and Isolation: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html> [↑](#footnote-ref-4)
4. CDC Guidance on Covid-19 Symptoms. See <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> [↑](#footnote-ref-5)
5. See CDC Guidelines on cleaning and Disinfecting: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html> [↑](#footnote-ref-6)
6. Maryland Department of Public Health Interim Guidance on Limited Outdoor Youth Sports dated May 27: <https://commerce.maryland.gov/Documents/BusinessResource/Youth-Sports-COVID-19-Best-Practices.pdf> [↑](#footnote-ref-7)
7. Taken from: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> [↑](#footnote-ref-8)