

East Cambridge Little Baseball League
COVID-19 Safety Guidelines
Practices and Games

Masks

- Coaches and players should wear masks above nose at all times on the field and in the dugouts/bleachers and keep a social distance of 6 feet from players and each other as much as possible. Coaches please do not pull down your mask to speak or yell to players.
- Pitchers may pitch without a mask. All other positions on offense/defense must wear a mask.

Player/Coach Distancing

- Players and their personal equipment should stay in socially distanced assigned spots in dugouts or bleachers until it is time to take the field or go up to bat.
- Double bases should be used for each base to keep player distance.
- Players may cheer individually for their teammates, but chanting and singing together is not allowed.
- There should be no physical celebrations (high fives, fist bumps, hugs, etc).
- After games, players should line the foul lines to tip hat for "Good Game" rather than a line of handshaking.

League Volunteers

- Practices are limited to players, assigned coaches, and managers, barring an emergency.
- Only players, assigned coaches, managers, and umpires are allowed on the field during games, barring an emergency.
- Must take attendance at every game and practice to help with contact surveillance.

Spectators

- No more than 50 people are allowed on the field at one time. This includes players, coaches, and umpires.
- Only allowed in outfield at a physical distance of 6 feet (unless from the same household), they should also be wearing masks.
- No spectators should be in dugouts or bleacher areas unless there is an emergency situation.
- Spectators are asked not to touch baseballs or equipment, even those going in foul territory.
- The city would like us to ask those who are not following our spectator rules to please leave.

Symptoms

- Players, coaches, umpires, spectators with COVID-19 symptoms, or living with someone with COVID-19 symptoms should stay home according to the CDC guidelines.
- Families are responsible for taking temperatures and monitoring symptoms..
- If someone is showing symptoms at baseball, he or she will isolate and wait to be picked up.

Baseballs

- Every two innings the game baseball will be changed.
- Only players or coaches will retrieve balls out of play (foul balls, etc).
- No game balls will be distributed this year.

Equipment

- Each player is responsible for their own glove, helmet, and bat. If a player does not have their own equipment they will share disinfected equipment that is sanitized by a coach.
- There is NO sharing of personal equipment, only team equipment that is sanitized.
- To minimize sharing equipment, catchers need to catch the entire game and coaches sanitize equipment before and after use.

Hygiene and Disinfecting

- Players should sanitize hands in and out of dugout
- Coughs and sneezes should be covered. The safest is to cough or sneeze without removing masks.
- Coaches will be responsible for sanitizing shared team equipment after each individual use. Sanitizer includes Clorox wipes and Lava-cide.

Scheduling/Timing

- Coaches should dismiss each player individually to their family so as not to encourage after practice/game gathering.
- Coaches and families should make sure everyone has left the premises within ten minutes of practice or game ending.
- Games and practices should be scheduled with a 30 minute buffer between teams and opponents dismissal/arrival at the field.

Food/Water

- No food should be brought into the dugout/bleachers or shared.
- Water bottles should not be shared. Water should be to drink only, not spit out.
- Spitting, sunflower seeds, and gum are prohibited in dugouts, bleachers, and on the field.

Umpire Placement

- Umpires should be behind the mound at a safe social distance and wearing masks.