



Roadmap to Recovery for Nevada

Baseball and Softball PRACTICE ONLY



Mandatory*

Recommended Best Practices*

General Guidelines

- Training sessions shall be timed to allow at least a 30 minute break between the finish and start of subsequent sessions, to allow for departure and arrival without crowding.
- Players and coaches will be asked to arrive no earlier than 15 minutes prior to a session and depart no later than 15 minutes after completion.
- Participants should pick up their own trash at the conclusion of all practices and activities. Extra trash bins should be provided, and more frequent dumping should occur.
- All requirements must be shared prior to the practice with all players and coaches.

- Parents or guardians should be discouraged from attending practice, but if they must, coaches and facility operators must require 6 feet of social distancing except for members of the same household.
- Coaches/adult leaders and players should check their temperatures before participation in soccer activities and ask/administer screening questions about symptoms in participants or their household members.**
- Players are strongly encouraged not to travel with other members of the team and only members of their immediate households.
- Post informational signs regarding social distancing, facial coverings, and what to do if symptomatic.
- Promote healthy hygiene practices, such as hand washing as feasible.
- Provide hand sanitizer stations.
- Coaches and team managers should ensure that players are following COVID-19 related prevention measures included herein.

Coaches

- Conduct daily assessments of all coaches and players. Anyone experiencing symptoms must stay home. **
- Ensure social distancing for all practice activities.
- Coaches must wear masks at all times.
- Must clean and disinfect any shared equipment before and after practice.
- Have sufficient disinfectant on site.
- No team water coolers or shared drinking stations.
- Have additional bottled drinks on site.
- Enforce no touch rule – no high fives, handshakes or other physical contact.
- No spitting or eating seeds, gum, tobacco or similar products.
- Coaches must stay up to date on latest guidance from CDC, State and local authorities.

- Balls shared at practice should be replaced every thirty minutes with clean and disinfected balls.
- Train all coaches on health and safety protocols.
- Ensure players are practicing wearing masks while not active at practice (break periods).
- Before and after practice, ensure players are washing hands or using hand sanitizer.
- Use disinfectants outlined on [EPA List N](#).

**Daily symptom assessments should include monitoring for fever, cough, and trouble breathing.

*These recommendations were compiled by the LEAP based on guidance from the CDC, the U.S. Food and Drug Administration (FDA), [Nevada OSHA](#), and other relevant agencies for the industry and public health officials, including state licensing boards. The information provided is only intended as general information to the public. Following these guidelines does not constitute, and is not a substitute for, compliance with all laws and regulations applicable at any particular time. Individuals and businesses are responsible to ensure that they comply with all laws and regulations that apply to them, including, but not limited to, federal and state health and safety requirements. Additionally, compliance with these regulations does not ensure against the spread of infections from COVID-19 or any other cause.

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Recommended Best Practices*

Athletes

- Conduct daily assessment with coach. Anyone experiencing symptoms must stay home. **
- To the extent practicable, use own bat, gloves, helmet and any other equipment.
- Bring own bottled drink.
- Follow no touch rule – no high fives, handshakes or other physical contact.
- No spitting or eating seeds, gum, tobacco or similar products.
- Must ensure social distancing for all practice activities.
- Personal equipment and belongings must be lined up along fence and a minimum of 6 feet apart.
- Dugouts can only be used for break periods and limited by designated seat markings 6 feet apart.
- Players shall not congregate before or after practice.

- Players should wear masks while not active at practice (break periods).
- Hand washing or hand sanitizing, in the absence of soap and water, are strongly recommended for athletes.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.
- Balls shared during practice should be changed out every 30 minutes with cleaned and disinfected balls.
- Before and after a practice teams should wash their hands for 20 seconds. If no handwashing station is available, then an appropriate hand sanitizer should be used.
- Use disinfectants outlined on [EPA List N](#) on equipment.

Medical Clearance

- Require medical clearances from those that had previously tested positive for COVID-19.
- For individuals who have experienced a known COVID-19 exposure in the past 14 days, home quarantine for 14 days is required. A medical clearance is required to return to practice following the home quarantine.
- Report the onset of any new symptoms immediately. Conduct daily symptom assessments.**
- Players should contact their physician and follow the recommendations, if they have any symptoms.
- Any player feeling unwell should not practice and immediately notify their coach/team manager.
- Any (or their family member) player presenting symptoms of COVID-19 (fever, cough, trouble breathing, etc.) should notify their coach and team manager immediately. All activities should be suspended until testing is complete.
- Any player (or their family member) who tests positive will require all team activities and practices to be canceled for 14 days.

- For individuals with pre-existing medical condition, written clearance from their physician should be provided. The written clearance should note that the player can participate fully, and the activity is recommended.

Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms while at work and follow CDC guidelines.
- Contact the local health district about suspected cases or exposures and employers should maintain the confidentiality of employee health information.
- Shutdown any facility for deep cleaning and disinfection, if possible.
- Use disinfectants outlined on [EPA List N](#).

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.

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