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West Orange PAL Travel Baseball Guidelines

**The information in this document is not intended or implied to be a substitute for guidelines published by the New Jersey Department of Health but rather in addition to those guidelines. All content, including text, link and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, USABL, the WOPAL, the Township of West Orange, and the West Orange Board of Education, makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to practice and competition.**

*\*\*The guidelines below have been adopted from the USABL and NJ Department of Health. In some instances, the WOPAL has added additional protocols.*

**Practice and Competition:** All players, coaches, staff, spectators and other attendees must adhere to specifically required guidelines from the New Jersey Department of Health ([**NJ DOH Guidance for Sports Activities**](https://nj.gov/health/cd/documents/topics/NCOV/COVID_GuidanceForSportsActivities.pdf)**).** Furthermore, because USABL teams utilize both public and private fields for practice and competition, additional requirements may be in place based on guidelines set forth by the hosting township, county or private facility. Any additional guidelines should be provided to the visiting team by the hosting team prior to their arrival with adequate notice.

**WOPAL Guidelines Prior to Practice or Competition:**

●  Screen athletes, coaches, staff and any other participants with a temperature check and health questionnaire prior to arrival at the field. Anybody showing symptoms of COVID-19 shall not be permitted to participate ([**CDC symptom checklist**](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)).

* Coaches will use a touchless infrared forehead thermometer to check the temperature of each player before they enter the field.
* Coaches will ask each player if they have any symptoms or have had contact with anyone who has the virus. Coaches will have a checklist to ensure all players are checked.

●  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.

●  Do not come to practice or competition if you or any member of your household have been exposed to a person with COVID-19 within the past 14 days.

●  Do not come to practice or competition if you are not comfortable with the guidelines set forth by the NJ DOH, USABL or the facility at which you are practicing/competing.

●  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.

**WOPAL Guidelines During Practice or Competition:**

●  **Healthy Practices:** All players, coaches, umpires and spectators should practice “good hygiene” by regularly washing their hands with soap and water 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 handshakes should be replaced by a “tipping caps” as a sign of good sportsmanship.

* Hand sanitizer will be provided in each dugout for players

●  **Social-distancing:** Players, coaches, umpires and spectators should maintain 6-feet of distance whenever possible.

* Parents/Guardians should drop off and pick up their players for practices. If a parent would like to stay, they should remain in their car or in the designated area of the respective field.
* **During Practices and Games, parents will not be permitted on the field or in the dugouts or in/around the batting cages.** While bleachers may be available, it is encouraged that spectators bring their own chairs/seats.
* At the PAL Field, only one person will be permitted in the Press Box to work the scoreboard. The scoreboard box will be sanitized before and after each game.

●  **Face-coverings:**

○  **Coaches/Spectators**: Encouraged to wear face-coverings at all times when 6-feet of distancing is not possible. Please bring your own seating and do not use bleachers.

○  **Players**: Should not wear face-coverings when actively participating in vigorous activity during practice or competition. Players are to wear face-coverings when not engaging in vigorous activity or are in close-contact areas where distancing is not feasible (ie. in dugouts). Players are permitted to wear a face-covering any time if the player or their parent/guardian/caretaker deem it necessary. Teams should utilize space in and around the dugout during the game.

○  **Umpires:** The USABL has encouraged to wear face-covering whenever applicable and possible. “Plate” umpires calling pitches will be encouraged to wear surgical masks over the lower half of their standard protective facemask. Umpires must try to social distance whenever possible. They are required to wear face-coverings when walking up to the field, ground rules, and anytime they cannot be in a position 6 feet away. As per NJDOH and Executive Order 163, if the face-covering would legitimately pose a risk to the indivdual’s safety, you do not have to wear it while active during the game.

○  **General/All:** Please limit the number of spectators attending the games if possible. Face-coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance. Any spectator that may at any point be less than 6 feet away from anyone MUST wear a face-covering.

●  **Drinks & Snacks:** All players, coaches, spectators and umpires should bring their own beverages that are clearly labeled with their name. There should not be any shared food or beverages.

* Players are encouraged to bring a gallon of water which should last them through their practice/game. If a player runs out of water, their parent/guardian will be contacted to bring more.
* No food is permitted on the field or in the dugouts. Should your player have a medical condition that may require attention, please be sure to discuss with and make your respective coach aware of this. Food of any nature is not permitted in the dugouts at all ever for WO PAL

Sunflower seeds, gum, chewing tobacco etc., are not be allowed in dugouts or on the field. All players and coaches are to refrain from spitting at all times.

●  **Player Equipment**: Players should use their own equipment whenever possible. If equipment must be shared, it should be cleaned and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before being used by a new player.

* Dugouts and areas utilized by players and coaches will be sanitized before and after each practice/game.
* Players are encouraged to purchase and use their own helmets, bats, gloves, and batting gloves.

●  **Baseballs/Softballs:** Each team should use their own balls while in the field during competition.

●  **Umpire Placement:**

* “Plate” Umpire will be positioned behind the pitcher calling balls and strikes
* Base” Umpire will be positioned at behind first