

NASH COUNTY RECREATION DEPARTMENT
GUIDELINES FOR SPRING ATHLETIC OPERATIONS

The below guidelines are for Nash County Spring Athletic operations. These guidelines have been assembled to allow league play to take place in compliance with best practices, rules, and regulations. This is a working document that will be regularly updated based upon information, guidance, rules, regulations, etc., obtained from Local, State, and Federal agencies and organization. The information in this document is based upon the information currently available and does not include speculation of operations related information for future phases of State recovery. Information may change at any time for any reason.

If you have questions regarding any of the information included in this document, please call Nash County Recreation Department at 252-462-2628.

GENERAL

1. COVID-19 Waivers must be completed by coaches and participants.
2. **Equipment: No equipment may be shared amongst players and coaches during practice or games.** Examples of equipment include batting helmets, catchers gear, bats, and gloves.
 - a. It is recommended that participant equipment be labeled so that someone else does not try to use or take in error.
3. **Physical Contact: No unnecessary physical contact before, during, or after practices, games or other league/team activity.** Examples: shaking hands at plate meeting, shaking hands after games, high fives, fist bumps, celebrations, etc.
 - a. Coaches, officials, participants, parents, and others shall modify communication to avoid up close face to face communication and maintain six (6) feet social distance with nonhousehold members.
4. No huddles.
5. It is recommended that all involved conduct a screening at home prior to attending game, practice, or other league/team activity. Screening should include checking body temperature to ensure that no fever is present prior to participating in each league activity.
6. Per CDC guidelines, Individuals including (but not limited to) coach, officials, families, and players should stay home if they have tested positive for COVID-19, are showing COVID19 symptoms, or if they have had a close contact with a person who has tested positive for or who has symptoms of COVID-19.

7. Per CDC guidelines, if an individual has been diagnosed with COVID-19 or is presumed positive by a medical professional due to symptoms, they are to be excluded from any and all league activities until:

- a. No fever for at least 24 hours without the use of fever-reducing medicine) AND
- b. Other symptoms have improved (e.g., coughing, shortness of breath), AND
- c. At Least 10 days have passed since first symptoms.

8. Per CDC guidelines, if an athlete, coach, staff, parent/guardian or participant has been diagnosed with COVID-19 but does not have symptoms, they shall remain out of league activities until at least 10 days have passed since the date of their first positive COVID-19 diagnostic test, assuming they have not subsequently developed symptoms since their positive test.

9. Participants, coaches, staff, officials, and others involved shall be removed and sent home if they become sick while on-site. They shall be required to wear masks until leaving the facility.

10. **Notify Department Staff:** If an individual including (but not limited to) athlete, family member, coach, or officials becomes sick with COVID-19 symptoms, tests positive for COVID-19, or has been exposed to someone with COVID-19. As this is a time sensitive issue, please notify Department Staff as soon as possible.

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11. All benches, picnic tables, and bleachers will be closed or removed, depending upon mobility. Attendees should bring own chair, blanket, or other seating device.

12. No seeds, gum, or peanuts permitted for use at games and practices.

13. No spitting.

14. All involved shall bring their own personal food and drink to all team activities. These should be labeled with person's name.

- a. Absolutely no sharing of food and drink.
- b. No team snack, food, water coolers, etc.

15. Players should not wear medical gloves, on field, for games or practices.

16. **FACE COVERINGS:**

a. Per NC DHHS and NC Governor's Executive Order, for any place outside the home, including but not limited to businesses, schools, and other establishments and places:

i. Face coverings must be worn indoors if anyone else is in that space who is not a member of the same household.

ii. Face coverings must be worn outdoors if it is not possible to consistently be physically distant by more than six (6) feet from non-household members.

iii. These requirements shall apply to all people at least five (5) years old, unless an exception applies. These requirements are recommended for all people over the age of 2 years old.

b. Per NC Governor's Executive Order, Executive Order does not require face coverings for – and a face covering does not need to be worn by – a worker or Guest (as defined by NC Governor Executive Order) who:

i. Should not wear a face covering due to any medical or behavioral condition or disability (including, but not limited to, any person who has trouble breathing, or is unconscious or incapacitated, or is otherwise unable to put on or remove the Face Covering without assistance);

ii. Is under 5 years of age;

iii. Is actively eating or drinking;

iv. Is seeking to communicate with someone who is hearing-impaired in a way that requires the mouth to become visible;

v. Is giving a speech for a broadcast or to an audience;

vi. Is working at home or is in personal a vehicle;

vii. Is temporarily removing his or her face covering to secure government or medical services or for identification purposes;

viii. Would be at risk from wearing a face covering at work, as determined by local, state, or federal regulators or workplace safety guidelines;

ix. Has found that his or her face covering is impeding visibility to operate equipment or a vehicle; or

x. Is a child whose parent, guardian, or responsible person has been unable to place the face covering safely on the child's face.

Anyone who declines to wear a face covering for these reasons should not be required to produce documentation or any other proof of a condition.

c. NC DHHS recommends that children over age 2 wear a cloth face covering if they can reliably wear, remove, and handle cloth face coverings throughout the day. Face coverings should not be put on babies and children under the age of 2.

d. NC DHHS recommends that parents and caregivers ensure that face coverings fit their children properly, and provide children frequent reminders, and education on the importance and proper way to wear face coverings.

e. **Face Covering Information – Spectators and other Attendees:** Spectators and attendees must wear a face covering unless they are able to maintain six (6) feet of social distance with non-household members, unless an applicable exception applies as outlined above. Spectators and attendees shall have a face covering on their person in the event that one is needed, as outlined above.

f. **Face Covering Information – Coaches, Players, and Officials:** Coaches, players, and officials are required to wear a face covering while participating in league activities (i.e. practice, games, etc.), unless an applicable exception applies.

Exceptions include wearing helmet (catcher), batting, and face mask in softball.

17. **Social Distancing:** Social distancing guidelines of six (6) feet shall be followed at all times during and outside of games and practices, to the extent possible by activity.

a. Social distancing will be enforced by coaching staff members and Department Staff, and site supervisors when on-site at the various game locations.

b. When Department Staff not on-site, social distancing shall solely be enforced by member of coaching staff or respective site supervisor.

c. There will be times where social distancing may not be possible due to participation in and nature of practices and games.

20. **Enforcement of Social Distancing, Face Coverings, and Spectator Limitations:** It is the intention of Nash County Recreation Department to be polite and professional if violations occur.

If a violation does occur, we will educate and inform individual(s) of applicable rules and regulations and ask that they comply. Should individual(s) refuse to follow rules and regulations, Department Staff will inform individual(s) that they will be asked to leave park property should they choose not to comply.

a. We ask that people respect the rules and regulations in place so that we can all enjoy the game.

18. NC DHHS Important COVID-19 web links:

- a. <https://covid19.ncdhhs.gov/>
- b. <https://covid19.ncdhhs.gov/latest-updates>
- c. <https://covid19.ncdhhs.gov/materials-resources>

GAMES/PRACTICES

Due to limited field space and participant availability, make-ups may not always be possible. Effort will be made to make-up as many games as possible.

1. Equipment: If a player needs to borrow equipment (i.e. batting helmet, bat, catcher's gear, glove, etc.) for use during game, please notify Department Staff. Equipment is assigned to individual for duration of game. Borrowed equipment shall not be shared during game. Once game is complete, borrowed equipment shall be returned to a Department Staff member. Equipment shall be cleaned and sanitized before being issued to another party.
2. Balls: Will be rotated as much as possible during game play.
 - a. Officials should limit their contact with balls.
 - b. Catchers/Players should retrieve foul balls and passed balls where possible.
4. Spectators: Note the following is in effect per current NC Governor Executive Order. Number of spectators permitted may be modified in the future as result in a change of Phase or mass gathering limitations.
 - a. Spectator limitation has increased. At this point, we believe that the spectator limitation is high enough that it should not impede attendance. Department Staff is currently working on calculations and will post as soon as possible.
 - b. Manner of spectator attendance and/or spectator numbers may be modified if spectator attendance becomes an issue.
5. Only those permitted to participate in game/practice setting will be allowed on/in scheduled game field. This is limited to: players, coaches, officials, and Department Staff (only if necessary).
6. Plate/Coin Toss Meetings: Attendance for plate/coin toss meetings are limited to 1 coach per team and 1 umpire
7. It is recommended that teams line up on their respective foul lines and tip hats as a sign of good sportsmanship upon conclusion of each game.