

# TR PROWLER BASEBALL

## COVID-19 Return to Play Guidelines

As the Thief River Falls Baseball Association plans for the return of baseball this summer, we will follow a phased approach that begins with three defined phases:

Phase I & II - Spring Training • June 15 through June 21

Phase II - Early Season • June 22 through July 3

Phase III - Regular Season • To be determined by MDH, CDC and State of Minnesota Guidance

Our Focus during Phase I & II will be on Skill Development and Player Safety. We may move from one Phase to another quicker or slower than the timeframe given based on how each phase is progressing and any future guidance.

We appreciate your patience and dedication to Prowler Baseball and look forward to a safe return to the baseball fields.

*The following Guidelines have been established following the recommendations of the Minnesota Department of Health(MDH), the Center for Disease Control(CDC), National Federation of High School Sports (NFHS), Office of the Governor, Thief River Falls Public Schools and the City of Thief River Falls and are subject to change based on future guidance from those entities.*

### General Precautionary Guidelines

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| <ul style="list-style-type: none"> <li>▪ We will stay current and in compliance with Safe Sport mandates (federal law).</li> <li>▪ All Sessions will take place outdoors.</li> <li>▪ Parents or caregivers should not attend Sessions during Phase I &amp; II.</li> <li>▪ Pods of no more than (5) players and (1) Coach will be set up and maintained with no additions made once we begin working with players during Phase I</li> <li>▪ Pods will not intermix with other groups.</li> <li>▪ Our main focus during Phase I &amp; II will be on skill development.</li> <li>▪ Players interactions will be kept contactless.</li> </ul> | <ul style="list-style-type: none"> <li>▪ Each Pod will have its own set of equipment that will be cleaned after each session.</li> <li>▪ Players will arrive at the field dressed and ready for their session and leave the session when it ends without changing</li> <li>▪ Sessions during Phase I will have no more than 3 Pods of no more than 5 players and 1 coach for each Pod on any field.</li> <li>▪ Sessions during Phase II may be increased to no more than 2 Pods of no more than 9 players and 1 coach for each Pod on any field.</li> <li>▪ Any/All local facility COVID-19 guidelines will be followed and adjustments will be made based on any new information that comes to light.</li> </ul> |
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### MDH Classification

Baseball has been classified as a **Medium Risk Sport**

**MEDIUM RISK:** Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

**Medium Risk Sports**

- Do not participate in games or tournaments, even if these events are out of state where youth sports games/tournaments are supported.
  - Games and competitions are not allowed at this time for these sports.

# TR PROWLER BASEBALL

## COVID-19 Return to Play Guidelines

### Further Details and Session Information

Phase I & II Session Information will be posted on [www.ProwlerBaseball.org](http://www.ProwlerBaseball.org)

Prior to the 15th, coaches from each age level will be contacting players to let them know the When's and Where's for their level of play (Final Session and Pod size will be determined by the number of players registered at each age level)

For more information please contact:

Xavier Gonzales - [mngonzales2005@gmail.com](mailto:mngonzales2005@gmail.com)

Directors of Baseball - [trfbaseballdirector@gmail.com](mailto:trfbaseballdirector@gmail.com)

Tim Vagle - [tim.vagle@myprowler.org](mailto:tim.vagle@myprowler.org)

### Expectations of Families

Register your child for Summer Baseball  
[www.ProwlerBaseball.org](http://www.ProwlerBaseball.org)

- Screen your player(s) prior to bringing them to practice, ask them the following questions:

Have you had any of the following symptoms since the last time you were at a session?

Please answer "Yes" or "No" to each question:

- A new fever, or feeling feverish?
- A new cough?
- Shortness of breath?
- A new sore throat?
- Loss of taste or smell?

If "Yes" to any of these do not bring player to baseball

- Drop your kids off at the field
- Need to stay in the parking lot
- Be sure to stay in the parking lot until practice activity begins
- Check website for changes in schedule
- **RESTROOMS WILL NOT BE AVAILABLE AT THE FIELDS**

### Expectations of Coaches

- Attendance taken at each Session
- Make Hand Sanitizer available to players
- Keep Pods working separately
- Wipe down Shared Equipment between Sessions
- Wipe down Dugouts (Phase III)
- Arrived dressed for practice
- Bring your own Water
- **RESTROOMS WILL NOT BE AVAILABLE AT THE FIELDS**

### Expectations of Players

- Players will keep social distancing in mind at all times
- Players will stay within their Pod for all Sessions
- No Food (including Sunflower Seeds) at any Session
- Arrived dressed for practice
- **RESTROOMS WILL NOT BE AVAILABLE AT THE FIELDS**

# TR PROWLER BASEBALL

## PHASE I - June 15 to **June 21** • Spring Training

### Pre-Workout Screening

- All coaches and students will be pre-screened for signs/symptoms of COVID-19 prior to a session.
- Have you had any of the following symptoms since the last time you were at a session? Please answer "Yes" or "No" to each question:
  - A new fever, or feeling feverish?
  - A new cough?
  - Shortness of breath?
  - A new sore throat?
  - Loss of taste or smell?

If "Yes" to any player will be sent home.

- Coaches will take Daily Attendance at each session.
- Any person with positive symptoms reported will not be allowed to take part in any session.
- Vulnerable individuals should not oversee or participate in any session during Phase I.

#### NEEDS:

Session Attendance Sheet for Recording

### Gathering Size

- Pods of no more than (5) Players and (1) Coach
- Maximum of 3 Pods per field (FMS fields will utilize green space outside of the fields in addition to the fields)
- Players and Coaches arrive dressed for practice and leave without changing
- 6 feet Social Distancing at all Times
- Dugouts will be off-limits to players and used as a cleaning area in Phase I

### Hydration

- All students shall bring their own water bottle.
- Bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.

#### NEEDS:

Players and Coaches bring hydration for the day/session

### Facility Cleaning

- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before participating in any session.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes will be worn at all times
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

#### NEEDS:

COVID Certified Hand Sanitizer readily available  
 COVID Certified QT-3 cleaning solution readily available

### Physical Activity and Athletic Equipment:

- No shared clothing between students.
- Clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, will be cleaned prior to the next session.
- Baseball players should not share gloves, bats, or share baseballs between Pods. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher).
- Prior to another Pod using the same equipment, it will be collected and cleaned individually.

#### NEEDS:

COVID Certified Hand Sanitizer readily available  
 COVID Certified QT-3 cleaning solution readily available

# TR PROWLER BASEBALL

## PHASE II - June 23 to July 3 • Early Season

### Pre-Workout Screening

- All coaches and students will be pre-screened for signs/symptoms of COVID-19 prior to a session.
- Have you had any of the following symptoms since the last time you were at a session? Please answer "Yes" or "No" to each question:
  - A new fever, or feeling feverish?
  - A new cough?
  - Shortness of breath?
  - A new sore throat?
  - Loss of taste or smell?

If "Yes" to any player will be sent home.

- Coaches will take Daily Attendance at each session.
- Any person with positive symptoms reported will not be allowed to take part in any session.
- Vulnerable individuals should not oversee or participate in any session during Phase I.

#### NEEDS:

Session Attendance Sheet for Recording

### Gathering Size

- Pods of no more than (5) Players and (1) Coach  
*(Pods may expand to (9) Players (1) Coach with no more than (2) Pods/Field)*
- Maximum of 3 Pods per field  
*(FMS fields will utilize green space outside of the fields in addition to the fields)*
- Players and Coaches arrive dressed for practice and leave without changing
- 6 feet Social Distancing at all Times
- Dugouts will be off-limits to players and used as a cleaning area in Phase I

### Hydration

- All students shall bring their own water bottle.
- Bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.

#### NEEDS:

Players and Coaches bring hydration for the day/session

### Facility Cleaning

- Dugout area hard surfaces cleaned before each session.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before participating in any session.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes will be worn at all times
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

#### NEEDS:

COVID Certified Hand Sanitizer readily available  
COVID Certified QT-3 cleaning solution readily available

### Physical Activity and Athletic Equipment:

- No shared clothing between students.
- Clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, will be cleaned prior to the next session.
- All athletic equipment, including balls, will be cleaned intermittently during sessions.
- Bats, Batting Helmets and Catchers Gear will be cleaned between each use.
- Prior to another Pod using the same equipment, it will be collected and cleaned individually.

#### NEEDS:

COVID Certified Hand Sanitizer readily available  
COVID Certified QT-3 cleaning solution readily available

# TR PROWLER BASEBALL

## PHASE III - Dates Pending • Regular Season

### Pre-Workout Screening

- All coaches and students will be pre-screened for signs/symptoms of COVID-19 prior to a session.
- Have you had any of the following symptoms since the last time you were at a session? Please answer "Yes" or "No" to each question:
  - A new fever, or feeling feverish?
  - A new cough?
  - Shortness of breath?
  - A new sore throat?
  - Loss of taste or smell?

If "Yes" to any player will be sent home.

- Coaches will take Daily Attendance at each session.
- Any person with positive symptoms reported will not be allowed to take part in any session.
- Vulnerable individuals can resume public interactions with precautionary measures..

#### NEEDS:

Practice Attendance Sheet for Recording

### Gathering Size

- Gathering sizes of up to 50 individuals
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual.
- Players and Coaches arrive dressed for practice and leave without changing

### Hydration

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations may be used but must be cleaned after every session.

#### NEEDS:

Players and Coaches bring hydration for the day/session.

### Facility Cleaning

- Dugout area hard surfaces cleaned before each session.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before participating in any session.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes should be worn at all times
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

#### NEEDS:

COVID Certified Hand Sanitizer readily available  
 COVID Certified Hard Surface wipes readily available

### Physical Activity and Athletic Equipment:

- No shared clothing between students.
  - Clothing/towels should be washed and cleaned after every workout.
  - All athletic equipment, including balls, will be cleaned prior to the next session.
  - All athletic equipment, including balls, will be cleaned intermittently during sessions.
  - Bats, Batting Helmets and Catchers Gear will be cleaned between each use.
  - Prior to another Pod using the same equipment, it will be collected and cleaned individually.
- NEEDS:**  
 COVID Certified Hand Sanitizer readily available  
 COVID Certified QT-3 cleaning solution readily available

# TR PROWLER BASEBALL

## 3 Pod Practice Layout





