



PLDC Covid 19 Guidance Plan Acknowledgement

This guidance document outlines the practical application of prevention strategies to reduce the spread of COVID-19 among sports activities. This is a sports-specific supplement to the MN Department of Health “Guidance for Social Distancing in Youth Sports. PLDC is following the parameters outlined in the above referenced document, including the development of a program-specific plan. In general, the guidance document includes recommendations for:

- Following social distancing.
- Masks / Face Covering are required to be worn when not Actively participating.
- Encouraging and enforcing norms of health etiquette.
- Promoting health checks and screening of participants and staff/volunteers.
- Enforcing stay-at-home when sick expectations.
- Ensuring policies are considerate of staff, volunteers, and participants at highest risk of complications.
- People Who Are at Higher Risk for Severe Illness (<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>)
- Following routine disinfection of high-touch items (balls, racquets, bats, other equipment).

In support of the National Youth Sports Strategy aims, we recognize that sports provide opportunities for youth to develop or maintain fitness, specific skills, mental well-being, and social emotional health. We want to support youth in engaging in sports, but we want to do it in a way that will keep them safe. Below are specific parameters to support youth sports in a way that will minimize transmission of COVID-19.

PROGRAMS INVOLVING YOUTH SPORTS

If your program involves sports as either an activity within a program or as the focus of the program itself, please use the following guidance.

The Minnesota Department of Health (MDH) is supportive of the following parameters for youth sports:

- Within the program, create consistent pods of the same staff, volunteers, and participants with a maximum number of 50 people in each pod.
- Make sure you're in compliance with Safe Sport mandates (federal law).
- Host practices outdoors as much as possible.
- Remind parents or caregivers that they should not attend practices. If necessary for them to be at practices, ensure that proper social distancing is maintained between parents or caregivers.
- For sports activities that are part of a child care, school, or day camp program:
 - Keep any "play" or interaction between players contactless. For example: Kick a soccer ball back and forth, but do not allow for training around stealing the ball where contact between players may occur.
 - Do not have intermixing between groups.

For organized recreation or club sports:

- Focus on skill development.
- Keep any "play" or interaction between players contactless.
- Do not have intermixing between groups.
- Do not participate in games or tournaments, even if these events are out of state where youth sports games/tournaments are supported.
- Discourage sharing of equipment as much as possible. If sharing has to occur, consider the equipment and type of use and consider cleaning equipment between each use.
- Avoid using locker rooms and facility showers. If facility showers need to be used, only allow shower and locker room use if there are partitions or else place signage to maintain proper physical distancing of 6 feet.
- Follow the outlined ratios for participants per field: One team/sport per field/rink/court at any time.
- Baseball field (40,000+ sq. ft.) – no more than Two pods of ≤ 25 .
- Adhere to facility or field specific guidelines for COVID-19.

I CONFIRM I HAVE READ THESE GUIDELINES, AS WELL AS THE SPECIFIC PEQUOT LAKES DIAMON CLUB SAFE PLAY GUIDELINES AND I WILL FAMILIARIZE MY PLAYER AND FAMILY WITH THESE GUIDELINES. MY FAMILY WILL ADHERE TO THESE GUIDELINES TO THE BEST OF OUR KNOWLEDGE AND ABILITIES.

We Have read the MDH Guidance for Social Distancing in Youth Sports

Parent Initial _____

Player Initial _____

As a parent, I am willing to take precautions such as sitting in the outfield behind the fence to watch games, not attending some games if necessary, helping to provide my son with hand sanitizer and other safety items in order for my son to play baseball.

Parent Initial _____

Knowing that we could contract a cold, the flu, or even COVID 19 anywhere we go, We release PLDC that we play in, and tournament hosts of tournaments we play in from liability, should our son or family member become sick, injured or test positive for COVID-19

We will treat everyone with respect and the way we would like to be treated. We will support the players, the coaches, the umpires, tournament hosts and baseball club personnel to make this a great season for the boys that are playing and everyone involved.

Parent Name Print: _____ Parent Signature _____

Parent Name Print: _____ Parent Signature _____

Player Name Print: _____ Player Signature _____

