



REBELS/TTBA SCRIMMAGE & GAME DAY ACTION PLAN: Players/Participants/Coaches



The Central Jersey Rebels/Trenton Thunder Baseball Academy travel baseball organization has prepared the following procedures to ensure the safety of players, coaches, and families/spectators. For more detailed rationales, please see our full Program Preparation Plan @ www.centraljerseyrebels.com.

*The following rules/procedures apply to **all** individuals participating in Central Jersey Rebels/Trenton Thunder Baseball Academy activities. In order to participate in these activities, the established procedures must be followed without exception. Thank you.*

Prior to Practice/Scrimmages/Games/Activities:

All Central Jersey Rebels/Trenton Thunder Baseball Academy Participants (which includes but is not limited to players, family members, coaches, and spectators) will be expected to adhere to the following rules/procedures:

- All Players/Managers/Coaches MUST complete and submit the COVID-19 Screening Form no more than 30 minutes prior to participating in any practice/activity.
- **Managers must collect/review COVID Screening Forms prior to activity.** Players may not participate if the form contains any “Yes” answers and/or if the player/coach(s) temperature exceed 100.4 degrees.
- Managers must contact the Admin team immediately for any player/coach with a non-conforming Screening Form.
- Do not come to any practice/game if you or a member of your household are not feeling well, showing symptoms of COVID-19, or have been exposed to anyone who has tested positive for COVID-19.
- Enter Sawmill Facility at the designated entry points – ALL YMCA FACILITIES/AMENITIES ARE OFF LIMITS (see diagram below).
- NO Central Jersey Rebels/Trenton Thunder Baseball Academy Participants (which includes but is not limited to players, family members, coaches, and spectators) are permitted to gather under the pavilion, sit on the bleachers, or gather behind the backstop or dugouts.
- Bathrooms are currently closed as there are no staff maintaining the facilities. Contact the Admin Team in the event of an emergency.
- ONLY Players/Coaches may enter the playing field at designated entry points.
- Families and Spectators are permitted to watch practice/scrimmages/games, socially distanced, along the outfield fences of Field 1 and 2 - spaced out from foul pole to foul pole. For field 3 (near the green storage building), parents may watch, socially distanced, on the black top walkway (in between the parking lot and the field).
- ALL players, coaches, managers, family members, spectators, etc. MUST have a face covering in place or readily available to be worn when social distancing (of 6 feet) is not possible. *Masks should be worn as players approach the field for practice/activities and will put their equipment/belongings in their designated area.

Scrimmage/Game Play:

- Players will be spaced 6 feet apart when they are not on the field. No more than 4 players are permitted to be in the dugout (spaced 6-feet apart at all times). Players who are not in the dugout will be spaced 6-feet apart along the fence. **This MUST be followed with no exception.**
- Players are encouraged to wear face-coverings when not engaging in vigorous activity or when they are in close-contact areas where social distancing is not possible.
- Players will put ALL PERSONAL EQUIPMENT and BELONGINGS (including bats, helmets, hats, gloves, batting gloves, food, drinks, etc.) in their bat bag/designated space at all times (which will be spaced out every 6 feet).
- Players/managers/coaches must maintain 6-feet of distance whenever possible and wear a face covering when social distancing is not possible.
- No player gathering, huddles, or mound visits will be allowable from a distance closer than 6-feet.
- NO sunflower seeds, gum, chewing tobacco etc., allowed in dugouts or on the field. All players and coaches are to refrain from spitting at all times.
- All players should use their OWN equipment. If there is any shared equipment it must be sanitized with disinfectant wipes/spray by a manager/coach before another player uses it.
- No player/coach contact is allowable for any reason, including but not limited to high fives, fist bumps, team pictures, etc.

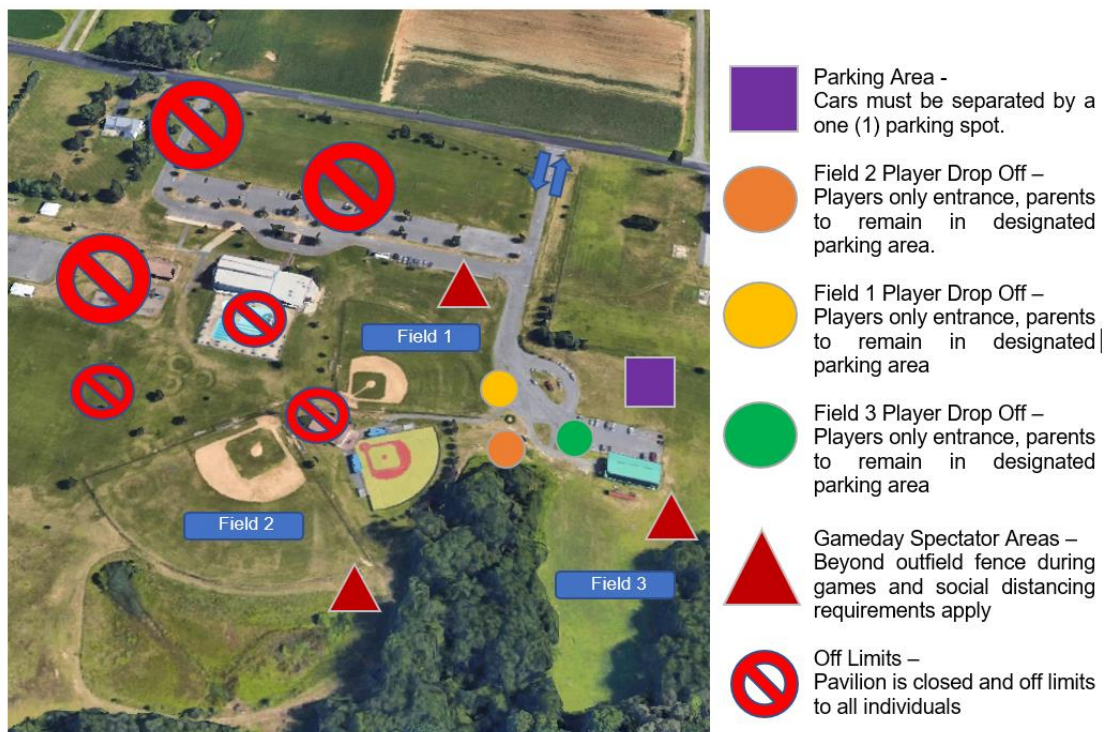
Post Scrimmage/Game/Event:

- Players and coaches should avoid all but the essential contact necessary during practice or competition. Post-game handshakes will be replaced by “tipping caps” as a sign of good sportsmanship.
- Players should clean up their items in/around dugout and take all personal equipment and belongings.
- All participants and spectators should wash their hands with soap and water or use hand sanitizer that contains at least 70% alcohol.

General Guidelines for ALL:

- All participants and spectators should practice “good hygiene” and hand washing/sanitizing
- 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
- Face coverings should not be worn by staff or athletes when engaging in high intensity aerobic or anaerobic workouts, or where doing so would inhibit the individual's health
- Adults 65 years and older or people of any age with serious underlying medical conditions are strongly encouraged not to attend practice/activities at this time
- Players will be encouraged/reminded to avoid touching eyes, nose and mouth
- ***If at any point you are unsure about the safety of a situation, please use common sense and good judgement to ensure the safety of yourself and those around you. Thank you!**

Sawmill YMCA Designated Areas:



**Information included on this action sheet have been sourced from the Center for Disease Control and Prevention, the USABL Guidelines During Practice or Competition, as well as the New Jersey Department of Health; Guidance for Sports Activities.*