

ASAP

2025 Edition

Azalea Little League

Safety Plan



Making It Safe



Safety Officer (SO):

Joseph Kruse is on file with Little League Headquarters as the Safety Officer with Little League, ID# 346-08-06. The Safety Officer has an annual budget to do everything needed to keep our league running safely.

Safety Officer (SO):

Joseph Kruse

(419) 322-2033 (cell)

Email: JD [@azalealittleleague.org](mailto:JD@azalealittleleague.org)

League President:

Shannon Foster

(757) 597-8939 (cell)

Email: Shannon [@azalealittleleague.org](mailto:Shannon@azalealittleleague.org)

Safety Plan Distribution:

The enclosed Azalea Little League's Safety Manual will be distributed in paper copy and email copy to all Board Members, Managers/Coaches, Volunteers and District Administrators.

Contact Information:

Azalea Little League teams are to have a plan on who will call 911 in case of an emergency.

Example manager, coaches, or team mom etc.

They will also be required to fill out an accident report form which is available by paper copy provided at the field or by email.

Background Checks:

Azalea Little League will use the Official Little League **Volunteer Application Form** to screen

all volunteers. To meet the requirement for background check screening for volunteers JDP will be used along with the United States Department of Justice National Sex Offender Registry, (www.nsopr.gov) when further screening is required based on information obtained from JDP.

Screening includes but not limited to:

Board Members, volunteer umpires, concession volunteers, managers/coaches and all volunteers having access or interactions with little league players.



Little League® Volunteer Application – 2025

Do not use forms from past years. Use extra paper to complete if additional space is required.



This volunteer application should only be used if a league is manually entering information into JDP. THIS FORM SHOULD NOT BE COMPLETED IF A LEAGUE IS UTILIZING THE JDP QUICKAPP.

Visit LittleLeague.org/LocalBGcheck for more information.

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.

All RED fields are required.

Name _____ Date _____
First Middle Name or Initial Last

Address _____

City _____ State _____ Zip _____

Social Security # (mandatory) _____

Cell Phone _____ Business Phone _____

Home Phone: _____ E-mail Address: _____

Date of Birth _____

Occupation _____

Employer _____

Address _____

Special professional training, skills, hobbies: _____

Community affiliations (Clubs, Service Organizations, etc.): _____

Previous volunteer experience (including baseball/softball and year): _____

1. Do you have children in the program? ☐ Yes ☐ No
If yes, list full name and what level? _____

2. Special Certification (CPR, Medical, etc.)? If yes, list: _____ ☐ Yes ☐ No

3. Do you have a valid driver's license? ☐ Yes ☐ No
Driver's License #: _____ State _____

4. Have you ever been charged with, convicted of, plead no contest, or guilty to any crime(s) involving or against a minor, or of a sexual nature? ☐ Yes ☐ No
If yes, describe each in full: _____
(If volunteer answered yes to Question 4, the local league must contact Little League International.)

5. Have you ever been convicted of or plead no contest or guilty to any crime(s)? ☐ Yes ☐ No
If yes, describe each in full: _____
(Answering yes to Question 5, does not automatically disqualify you as a volunteer.)

6. Do you have any criminal charges pending against you regarding any crime(s)? ☐ Yes ☐ No
If yes, describe each in full: _____
(Answering yes to Question 6, does not automatically disqualify you as a volunteer.)

7. Have you ever been refused participation in any other youth programs and/or listed on any youth organization ineligible list? ☐ Yes ☐ No

If yes, explain: _____

(If volunteer answered yes to Question 7, the local league must contact Little League International.)

In which of the following would you like to participate? (Check one or more.)

☐ League Official ☐ Umpire ☐ Manager ☐ Concession Stand
☐ Coach ☐ Field Maintenance ☐ Scorekeeper ☐ Other _____

Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:

Name/Phone _____

IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE: LittleLeague.org/BgStateLaws

AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct background check(s) on me now and as long as I continue to be active with the organization, which may include a review of sex offender registries (some of which contain name only searches which may result in a report being generated that may or may not be me), child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles.

Applicant Signature _____ Date _____

If Minor/Parent Signature _____ Date _____

Applicant Name (please print or type) _____

NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.

LOCAL LEAGUE USE ONLY:

Background check completed by league officer _____ on _____

Review the Little League Regulation 1(c)(9) for all background check requirements

☐ JDP Background Check Completed (Includes review of the U.S. Center of SafeSport's Centralized Disciplinary Database and Little League International Ineligible/Suspended List)*

*Please be advised that if you use JDP and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter or email directly from JDP in compliance with the Fair Credit Reporting Act containing information regarding all the criminal records associated with the name, which may not necessarily be the league volunteer.

Only attach to this application copies of background check reports that reveal convictions of this application.

☐ Proof of completion of Little League Abuse Awareness Training for Adults provided to league.

Mandatory Training Course is available at LittleLeague.org/AbuseAwareness

Fundamental Training:

Azalea Little League requires that at least 1 manager/coach from each team attend Fundamentals of baseball and softball training. Every manager/coach will attend this training once every year.

Fundamental training will be conducted on 1/16/2025 with a make up day on 2/6/2025. Managers/coaches may attend meeting in-person. During these meetings practice schedules will be discussed at this time to allow all teams have adequate field time for practices.

These trainings will be held at the Azalea Little League complex by Richie Ruth (VP Softball), Sterling Mitchell (VP Baseball) and Adam

Millwood (Coaching Coordinator). All stragglers will have case by case makeup days

In addition, all managers and coaches will be required to complete the following courses:

- Abuse Awareness Training
- Diamond Leader Training
- Heads Up Concussion Training

If You See It, Flee It; If You Hear It, Clear It



REMEMBER:

- **Track approaching storms the best way possible: Internet radar websites, dedicated storm warning system at field, or other storm warnings**
- **Evacuate fields when storms are about 10 miles away: Have players and spectators go to enclosed building or to cars with windows rolled up**
- **Clear fields immediately after thunder has been heard or lightning seen!**

PLEASE WAIT!

- **Wait 30 minutes before returning to play after last sign of lightning activity in your area**
- **Cars shouldn't leave until the game is called, so all players can be accounted for**

Guidelines from the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service

Copy and post at dugouts.

First Aid Training:

First Aid training will be conducted on 1/16/2025 in-person with a make up day on 2/6/2025. This training will be given during the manager/coaches meeting.

Azalea Little League requires that at least one manager/coach from each team attend the First Aid Training once every 3 years. Board Members are also required to attend these trainings.

Managers will be required to complete an online concussion training and turn a certificate into the Safety Officer prior to the start of the season.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)
- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Get medical help right away if:**
 - You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms
- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
 - Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin
- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

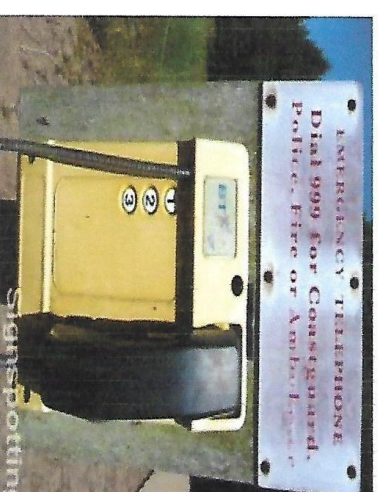
HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



BASIC PRINCIPLES OF FIRST AID

- **A, B, C, D – CALL 911**
 - **Airway**
 - Open and listen for air exchange
 - **Breathing**
 - Look for obstruction – gum or tobacco –
 - **Circulation**
 - Create a circulation
 - Control bleeding
 - **Defibrillation if necessary**
 - **Call – 911**



Concussion signs observed include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays, positions or past immediate performance
- Is unsure of game, score, or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Late symptoms of concussion may include one or more of the following:

- **** Unconsciousness**
- **** Nausea or vomiting**
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Pressure in head
- Neck pain Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Repeating the same question/comment
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)

Prompt Accident Reporting:

All teams will use the provided incident tracking form and will provide completed accident report forms to the Safety Officer within 24-48 hours of incident. Please see copy of accident reporting form attached.

When to report- Report any incident that causes any player, manager, coach, umpire or volunteer to receive medical treatment and/or first aid to Azalea Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or period of rest.

Safety Officer(SO):

Joseph (J.D.) Kruse

(419)322-2033 (cell)

Email: jd@azalalittleleague.org

How to make the report- An Accident Report Form must be completed with the following information:

- The date, time, and location.
- The name and phone number of the person reporting it.
- The name and phone number of the person involved.
- The Division League baseball/softball, team name, and managers phone number.
- How did the accident occur?
- The preliminary estimation of the extent of the injury.
- The type of first aid given.
- Was 911 called.
- Response time for emergency medical personal if 911 is called.
- Position of the person/player when injured (batting, first base, etc).

-What caused the injury (sliding, fly ball, etc).

For Local League Use Only**Activities/Reporting****A Safety Awareness Program's
Incident/Injury Tracking Report**

League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____

Field Name/Location: _____ Incident Time: _____

Injured Person's Name: _____ Date of Birth: _____

Address: _____ Age: _____ Sex: ☐ Male ☐ Female

City: _____ State: _____ ZIP: _____ Home Phone: () _____

Parent's Name (If Player): _____ Work Phone: () _____

Parents' Address (If Different): _____ City: _____

Incident occurred while participating in:

- A.) ☐ Baseball ☐ Softball ☐ Challenger ☐ TAD
- B.) ☐ Challenger ☐ T-Ball ☐ Minor ☐ Major ☐ Intermediate (50/70)
- ☐ Junior ☐ Senior ☐ Big League
- C.) ☐ Tryout ☐ Practice ☐ Game ☐ Tournament ☐ Special Event
- ☐ Travel to ☐ Travel from ☐ Other (Describe): _____

Position/Role of person(s) involved in incident:

- D.) ☐ Batter ☐ Baseman ☐ Pitcher ☐ Catcher ☐ First Base ☐ Second
- ☐ Third ☐ Short Stop ☐ Left Field ☐ Center Field ☐ Right Field ☐ Dugout
- ☐ Umpire ☐ Coach/Manager ☐ Spectator ☐ Volunteer ☐ Other: _____

Type of injury: _____

Was first aid required? ☐ Yes ☐ No If yes, what: _____Was professional medical treatment required? ☐ Yes ☐ No If yes, what: _____

(If yes, the player must present a non-restrictive medical release prior to being allowed in a game or practice.)

Type of incident and location:

- A.) On Primary Playing Field
- ☐ Base Path ☐ Running or ☐ Sliding
- ☐ Hit by Ball: ☐ Pitched or ☐ Thrown or ☐ Batted
- ☐ Collision with: ☐ Player or ☐ Structure
- ☐ Grounds Defect
- ☐ Other: _____
- B.) Adjacent to Playing Field
- ☐ Seating Area ☐ Travel:
- ☐ Parking Area ☐ Car or ☐ Bike or
- C.) Concession Area ☐ Walking
- ☐ Volunteer Worker ☐ League Activity
- ☐ Customer/Bystander ☐ Other: _____
- D.) Off Ball Field

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for local Little League use only (should not be sent to Little League International). This document should be used to evaluate potential safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all Accident claims or injuries that could become claims to any eligible participant under the Accident Insurance policy, please complete the Accident Notification Claim form available at: http://www.littleleague.org/assets/forms_public/accap/AccidentClaimForm.pdf and send to Little League International. For all other claims to noneligible participants under the Accident policy or claims that may result in litigation, please fill out the General Liability Claim form available here: http://www.littleleague.org/assets/forms_public/accap/GLClaimForm.pdf

Prepared By/Position: _____ Phone Number: () _____

Signature: _____ Date: _____

Field Inspection:

Azalea Little League requires managers/coaches and umpires to walk the field to inspect for hazards prior to every practice and game. **PRE-**

GAME CHECKLIST

- Inspect infield for foreign objects, holes and dampness.
- Inspect outfield for foreign objects, holes and dampness.
- Inspect fencing for holes and any other damages that may cause injury.
- Inspect catchers gear for wear and proper fit. Dangling type throat protectors are required.
- Inspect helmets and bats for little league specifications and wear.
- Insure first aid kit is available on site for use if needed. Should be inventoried to ensure if it's needed it's there.

-Check to ensure male catchers are wearing protective cup.

-Check uniforms for uniformity and proper fit.

-Check to make sure all jewelry has been removed.

-Fill out lineup cards and submit them to the home plate umpire.

-Line the field to Little League specifications.

-Perform stretching and calisthenics warm up exercises.

Suggestions for Warm-up Drills



Heel Cord Stretches

Lean against a wall. Reach one leg toward you. Keep the knee straight, heel on the ground, and toes pointed forward. Slightly bend the leg that's closer to the wall. Lean forward. You should feel the stretch along the back of your calf. Repeat with other leg.



Head and Neck Circles

Make a circle with your neck, going around first in one direction five times. Then reverse and make five circles in the opposite direction.



Low Back Stretches

Lie on your back, bring one knee up, and pull the knee slowly toward your chest. Hold and repeat three times. Switch legs and repeat.



Shoulder Stretches #1

Stand or sit, holding your throwing arm at the wrist with your other hand. Pull your arm over your head and pull gently, feeling your outer arm against your head. You should feel the stretch inside your shoulder.



Shoulder Stretches #2

Stand or sit, holding onto the elbow of your throwing arm with your other hand. Gently pull your throwing arm across your chest. You should feel the stretch inside your shoulder, especially at the back.



Shoulder Stretches #3

Stand or sit with your pitching arm out to the side and your elbow bent. Move your arm back until you feel the stretch in the front of your shoulder.



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Thigh Stretches #1

Sit on the ground. Stretch both legs out in front of you. Breathe forward, reaching your toes. Eventually, you want to lean forward far enough to put your head on your knees. You should feel the stretch along the backs of your legs.

Thigh Stretches #2

Sit on the ground with one leg stretched out in front of you. Bend the other knee and put your foot behind you. Lean backwards. You should feel the stretch along the front of your thigh.



Facility Survey:

Azalea Little League will be conducting a yearly Facility Survey on all fields and update our 2024 Facility Survey online.

Field lighting survey:

The league will be conducting a field lighting survey on all fields where lighting is equipped.

AZLL will will work to certify all fields to Little league safety standards. Repairs and necessary upgrades will be made to ensure safe late day ball games and activities.

Concession Stand Safety Info:

- Menu shall be posted and approved by the League President and the Safety Officer.

- Concession Safety Procedures shall be posted in the Concession Stand.

Concession Stand Tips

SAFETY FIRST

Requirement 9

12 Steps to Safe and Sanitary Food Service Events: The following information is intended to help you run a healthful concession stand. Following these simple guidelines will help minimize the risk of foodborne illness. This information was provided by District Administrator George Glick, and is excerpted from "Food Safety Hints" by the Fort Wayne-Alten County, Ind., Department of Health.

1. Menu.

Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. Complete control over your food, from source to service, is the key to safe, sanitary food service.

2. Cooking.

Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F; poultry parts should be cooked to 165° F. Most foodborne illnesses from temporary events can be traced back to lapses in temperature control.

3. Reheating.

Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over steam units or other holding devices.

Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.

4. Cooling and Cold Storage.

Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check temperature periodically to see if the food is cooling properly. Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.

5. Hand Washing.

Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!

6. Health and Hygiene.

Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

7. Food Handling.

Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil

to serve food. Touching food with bare hands can transfer germs to food.

8. Dishwashing.

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Wash in a four-step process:

1. Washing in hot soapy water;
2. Rinsing in clean water;
3. Chemical or heat sanitizing; and
4. Air drying.

9. Ice.

Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause foodborne illness.

10. Wiping Cloths.

Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and 1/2 teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized work surfaces prevent cross-contamination and discourage flies.

11. Insect Control and Waste.

Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

12. Food Storage and Cleanliness.

Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

13. Set a Minimum Worker Age.

Leagues should set a minimum age for workers or to be in the stand; in many states this is 16 or 18, due to potential hazards with various equipment.

Safety plans must be postmarked no later than May 1st.

Volunteers Must Wash Hands

HOW



WHEN

Wash your hands before you prepare food or as often as needed.

Wash after you:

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods
- ▶ interrupt working with food (such as answering the phone, opening a door or drawer)
- ▶ eat, smoke or chew gum
- ▶ touch soiled plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough

Do not touch ready-to-eat foods with your bare hands.

Use gloves, tongs, deli tissue or other serving utensils.

Remove all jewelry, nail polish or false nails unless you wear gloves.

Wear gloves.

when you have a cut or sore on your hand

when you can't remove your jewelry

If you wear gloves:

- ▶ wash your hands before you put on new gloves

Change them:

- ▶ as often as you wash your hands
- ▶ when they are torn or soiled

This project is a cooperative effort between the University of Massachusetts Extension and the U.S. Department of Agriculture, National Food Safety and Inspection Service. The U.S. Department of Agriculture, National Food Safety and Inspection Service, is the lead agency for food safety and inspection.



Inspection of Equipment:

The League SO and Equipment Manager will inspect all equipment in the pre-season.

- Managers/coaches will inspect equipment prior to each game and practice.
- Umpires will be required to inspect equipment prior to each game.

Any equipment not meeting Little League Safety standards will not be used and will be replaced promptly by the equipment manager.

First Aid Kits:

New first aid kits have been purchased and placed in each press box at each field. Coaches and managers will be encouraged to monitor usage of kits and update the safety officer if more supplies are needed. There is also an AED in the main building by the concession stand which is available for use if needed. The AED has a new battery as well as pads for adults, children and infants.

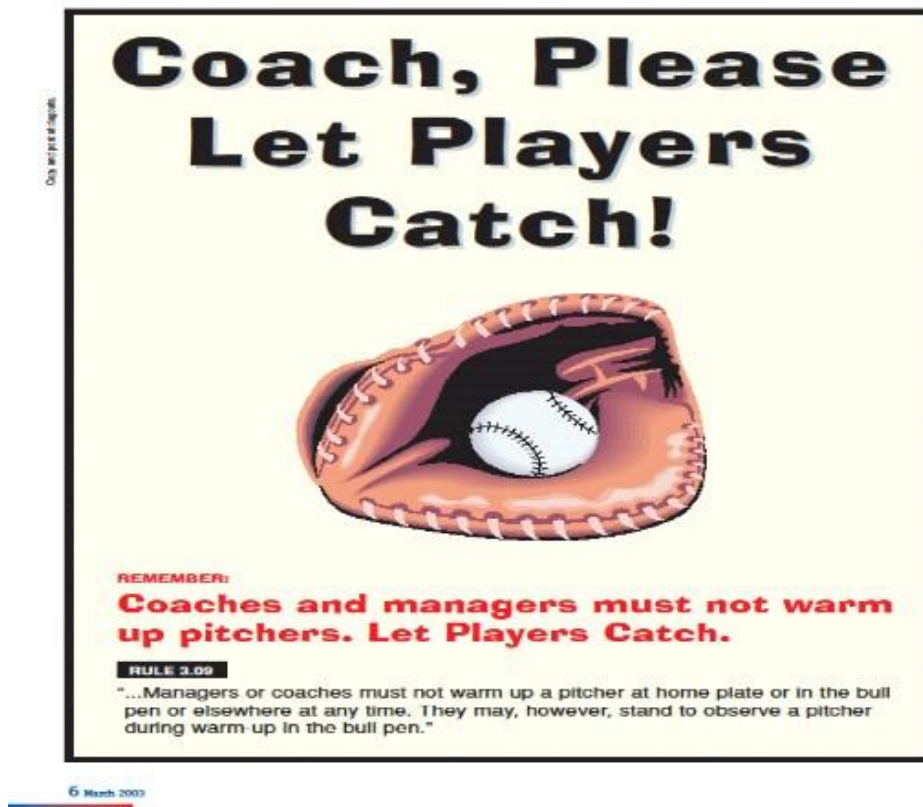
Narcan:

Narcan will be stored on site in the concession stand First aid kit. Narcan is a “OTC” medication and does not require special certification to administer it. Instructions will be clearly posted near the aid kit.

Rule Enforcement:

Azalea Little League will ensure that all teams enforce ALL Little League Rules. Including Proper Equipment for catchers.

- Skull caps are not permitted. Catcher helmets must provide full head protection and meet Little League Safety standards.
- On deck position is not permitted for majors and below.
- Dangling throat guard shall be used on all catchers masks.
- Managers/coaches will not warm up pitchers.
- Breakaway bases will be used on all fields.
- Double-First base rule must be used if applicable.



Safety Plan Registration Form:

Azalea Little League will use the current year qualified safety plan registration form with ASAP plan.

Roster Information:

Azalea Little League will ensure that all team roster information for players, managers and coaches are submitted via the Little League Data Center at www.LittleLeague.org by April 1st.

Idea to help promote or improve your safety plan:

We will be including this safety plan with every coaches packet distributed this year. The packets will be reviewed by managers/coaches during all coaches meetings to ensure everyone understands the safety plan.

Covid-19 Recommendations:

Fields

- Face masks will be required, when mandated by state and local authorities. The league will have disposable masks to offer those that need it.

- Hand sanitizer and disinfectant will be available in all dugouts to be used as needed.

Complex

- Restrooms will be cleaned and disinfected on a regular basis and at the beginning and end of each day.
- Lines for concession will follow social distance guidelines.
- Spectators will follow social distance guidelines while watching games.

Positive Test Results

Refer to the CDC guidelines for appropriate actions.
Guidelines attached.



CDC Newsroom

CDC Newsroom Home

CDC streamlines COVID-19 guidance to help the public better protect themselves and understand their risk

Press Release

Embargoed Until: Thursday, August 11, 2022, 3:00 PM ET

Contact: Media Relations

(404) 639-3286

Today, CDC is streamlining its COVID-19 guidance to help people better understand their risk, how to protect themselves and others, what actions to take if exposed to COVID-19, and what actions to take if they are sick or test positive for the virus. COVID-19 continues to circulate globally, however, with so many tools available to us for reducing COVID-19 severity, there is significantly less risk of severe illness, hospitalization and death compared to earlier in the pandemic.

"We're in a stronger place today as a nation, with more tools—like vaccination, boosters, and treatments—to protect ourselves, and our communities, from severe illness from COVID-19," said Greta Massetti, PhD, MPH, MMWR author. "We also have a better understanding of how to protect people from being exposed to the virus, like wearing high-quality masks, testing, and improved ventilation. This guidance acknowledges that the pandemic is not over, but also helps us move to a point where COVID-19 no longer severely disrupts our daily lives."

In support of this update CDC is:

- Continuing to promote the importance of being up to date with vaccination to protect people against serious illness, hospitalization, and death. Protection provided by the current vaccine against symptomatic infection and transmission is less than that against severe disease and diminishes over time, especially against the currently circulating variants. For this reason, it is important to stay up to date, especially as new vaccines become available.
- Updating its guidance for people who are not up to date on COVID-19 vaccines on what to do if exposed to someone with COVID-19. This is consistent with the existing guidance for people who are up to date on COVID-19 vaccines.
- Recommending that instead of quarantining if you were exposed to COVID-19, you wear a high-quality mask for 10 days and get tested on day 5.
- Reiterating that regardless of vaccination status, you should isolate from others when you have COVID-19.
 - You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results.
 - If your results are positive, follow CDC's full isolation recommendations.
 - If your results are negative, you can end your isolation.
- Recommending that if you test positive for COVID-19, you stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days. Wear a high-quality mask when you must be around others at home and in public.
 - If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation after day 5.
 - Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11.
 - You should wear a high-quality mask through day 10.
- Recommending that if you had moderate illness ☑ (if you experienced shortness of breath or had difficulty

need to isolate through day 10.

- Recommending that if you had severe illness [\[1\]](#) or have a weakened immune system, consult your doctor before ending isolation. Ending isolation without a viral test may not be an option for you. If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.
- Clarifying that after you have ended isolation, if your COVID-19 symptoms worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.
- Recommending screening testing of asymptomatic people without known exposures will no longer be recommended in most community settings.
- Emphasizing that physical distance is just one component of how to protect yourself and others. It is important to consider the risk in a particular setting, including local COVID-19 Community Levels and the important role of ventilation, when assessing the need to maintain physical distance.

Actions to take will continue to be informed by the COVID-19 Community Levels, launched in February. CDC will continue to focus efforts on preventing severe illness and post-COVID conditions, while ensuring everyone have the information and tools, they need to lower their risk.

This updated guidance is intended to apply to community settings. In the coming weeks CDC will work to align stand-alone guidance documents, such as those for healthcare settings, congregate settings at higher risk of transmission, and travel, with today's update.

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES [\[2\]](#)

CDC works 24/7 protecting America's health, safety and security. Whether disease start at home or abroad, are curable or preventable, chronic or acute, or from human activity or deliberate attack, CDC responds to America's most pressing health threats. CDC is headquartered in Atlanta and has experts located throughout the United States and the world.

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