



JGSA / Dragon Select COVID-19 Guidelines

January 19, 2021

1. Prior to each JGSA / Dragon Select activity (practice, game, or clinic), parents/guardians should perform a temperature check at home of the player. Any player or coach with a temperature over 100.4 degrees or showing symptoms of COVID-19 will not be allowed to participate in the JGSA / Dragon Select activity.
2. Players, coaches, and spectators who have tested positive for COVID-19 and are asymptomatic shall not be allowed to travel, participate, or observe a JGSA / Dragon Select activity until they have been self-quarantined for 10 days.
3. Players, coaches, and spectators who are showing COVID-19 symptoms shall not be allowed to travel, participate, or observe a JGSA / Dragon Select activity for 10 days after the onset of symptoms and must be fever free for 24 hours before returning to any JGSA / Dragon Select activity.
4. Close contact = being in contact with a COVID-19 positive person (less than six feet apart) for greater than 15 minutes while either one or both individuals are unmasked.
5. If both the infectious individual and other individual are wearing face coverings consistently and correctly, no quarantine is necessary.
6. Players, coaches, and spectators who have been in close contact to a COVID-19 positive person, must quarantine 10 days from last exposure or quarantine seven days and be able to produce a negative COVID-19 test taken within 48 hours of the end of the seven-day quarantine.
7. If a member of your household has COVID-19, other family members' quarantine period (see item 6 above) does not begin until all household members with COVID-19 meet the criteria to end home isolation.
8. Players, coaches, and spectators who have been in close contact to a COVID-19 positive person, but have had COVID-19 in the previous three months, have recovered and remain asymptomatic, do not need to quarantine.
9. If you've been given more strict quarantine guidelines by a public health official, please follow the guidelines of the public health official before returning to any JGSA / Dragon Select activity.
10. If a player or coach has tested positive for COVID-19, the parent/guardian for the player shall notify the JGSA Board via this [self-report form](#) that the player or coach has tested positive. All efforts will be made to keep the player's / coach's identity confidential.
11. Players will not share any personal equipment or belongings during practices or games, including:
 - a. Bats, helmets, gloves, batting gloves, catcher equipment, defensive facemasks
 - i. For any team items that may need to be shared (such as bats or catching equipment masks, coaches will wipe down these items with disinfectant wipes between use by different players)
 - b. Water bottles, cooling towels, food
 - c. The use of sunflower seeds, big league chew or other types of food that has the tendency to be shared by players is NOT permitted by players or coaches.

12. Each player should have their own antibacterial wipes and hand sanitizer with them at each practice and game. Players will be encouraged to use these products before and after practice and games, and, at the discretion of coaches, during practice and games.
13. During practice, an effort will be made to keep six feet between players/coaches on the field during drills.
14. During practice and games, players and coaches should make an effort to be contactless with other players and coaches (no high-fives, handshakes, fist-bumps, etc.).

If you have any questions, please reach out to any member of the [JGSA Board](#).