



**BRIDGEWATER BASEBALL AND
SOFTBALL INC. (BBSI)**



2021 PROGRAM PREPARATION PLAN



The information in this document is not intended or implied to be a substitute for guidelines published by the US Center for Disease Control (CDC), New Jersey Department of Health (NJDOH) and/or the Bridgewater Township Health Guidelines but rather in addition to those guidelines.

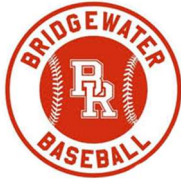
All content, including text, link and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, BBSI makes no expressed or implied representation and assumes no responsibility for the accuracy or completeness of this information.

As of this publication, the Bridgewater Township has not yet published its guidance on this matter. If and when the Bridgewater Township health guideline is published, it will supersede the BBSI Program Preparation Plan, when applicable.

If you have specific questions about your return to practice and competition, you should seek advice from medical professionals and/or public health officials.

Lastly, it is impossible to create a guideline to cover all possible scenarios. When in doubt, please refer to the federal, state and local guidelines and use common sense.

Last updated April 6, 2021



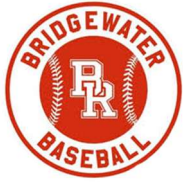
BRIDGEWATER BASEBALL AND
SOFTBALL INC. (BBSI)

2021 PROGRAM PREPARATION PLAN



Revision History

v.2.4	June 19, 2020	Initial creation
v.2.5	June 28, 2020	<ul style="list-style-type: none">NJ GOV issued a travel advisory on June 27, 2020Addendum – Section B Daily COVID-19 QuestionnaireIf you are returning to NJ from states with high COVID-19 infection rates (AL, AR, AZ, FL, NC, SC, TX, UT), please do not visit our facilities nor attend any practices/games for 14 days.
v.2.6	February 3, 2021	<p>Updated to include the latest requirements from the state/county/Bridgewater Township:</p> <ul style="list-style-type: none">Face masks <u>must be worn at all times</u> (no longer optional)Players actively engaged in physical activities still have the option to wear/not wear masks
v.2.7	April 6, 2021	<ul style="list-style-type: none">New guideline if traveling outside DE, NJ, NY and PAEveryone is encouraged to wear face masks if social distancing is not possible

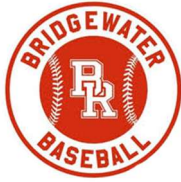


**BRIDGEWATER BASEBALL AND
SOFTBALL INC. (BBSI)**
2021 PROGRAM PREPARATION PLAN



Table of Contents

Section A – Overview	4
Section B – What’s New (as of April 6, 2021)	5
Section C – Daily COVID-19 Screen Questionnaire	9
Section D – Prior to Leaving Home	10
Section E – On-site PRIOR to practice/game	11
Section F – On-site DURING practice/game	12
Section G – Reference Links	15



**BRIDGEWATER BASEBALL AND
SOFTBALL INC. (BBSI)**



2021 PROGRAM PREPARATION PLAN

SECTION A – Overview

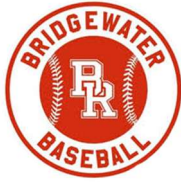
Please refer to our website (<https://bridgewaterbsi.com>) for the latest COVID-19 information and forms.

- All players, parents, guardians, spectators and other attendees are classified as “participants”
- Managers, coaches, board members and other volunteers are classified as “volunteers”
- Please note that during registration, you signed an electronic copy of the 2021 BBSI Covid-19 Waiver/Release Form which applies to all Bridgewater participants and volunteers prior to participating in any BBSI baseball or softball activities.
- By willingly participating in the BBSI Baseball and Softball activities, participants and volunteers assume all responsibilities to follow all applicable federal, state and local health official guidelines
- BBSI Program Preparation Plan is a supplemental guideline. As such, if there is a conflicting information, it is superseded by relevant federal, state and local health official guideline (i.e. Federal guideline > State guideline > Bridgewater guideline > BBSI guideline > Visiting team’s guideline)

For Non-Bridgewater Teams Playing in Bridgewater:

#1 - You agree to abide by BBSI rules and guidelines

#2 – By voluntarily participating in BBSI activities, you are agreeing to the terms outlined in this document.



**BRIDGEWATER BASEBALL AND
SOFTBALL INC. (BBSI)**

2021 PROGRAM PREPARATION PLAN



SECTION B – What's New (as of April 6, 2021)

First, we would like to thank everyone for registering your child(ren) to play spring baseball and softball with Bridgewater Baseball and Softball Inc.

It has been a difficult past year for many and all of us at BBSI are working hard to provide a safe and fun environment for our children.

Thank you in advance for your anticipated cooperation as look forward to kicking off our exciting baseball and softball season!

Key Points

- Traveling outside of DE, NJ, NY and PA?
- To mask or not mask?
- Daily health checks
- What to do when COVID positive?

Traveling outside of DE, NJ, NY and PA?

- With regards to traveling out of state, players are allowed to return to baseball/softball activities after 7 days from the time of their return from traveling outside of the NJ, NY, PA and DE area along with a negative COVID test taken 3 to 5 days after their return.
- IF a player does not get tested after their return, the waiting period to return is 10 days.
- These restrictions apply to all players and coaches who travel unless they have had a confirmed positive COVID-19 case in the past 3 months or are fully vaccinated.
- Link for additional details: [Are there travel restrictions to or from New Jersey? | FAQ \(nj.gov\)](#)

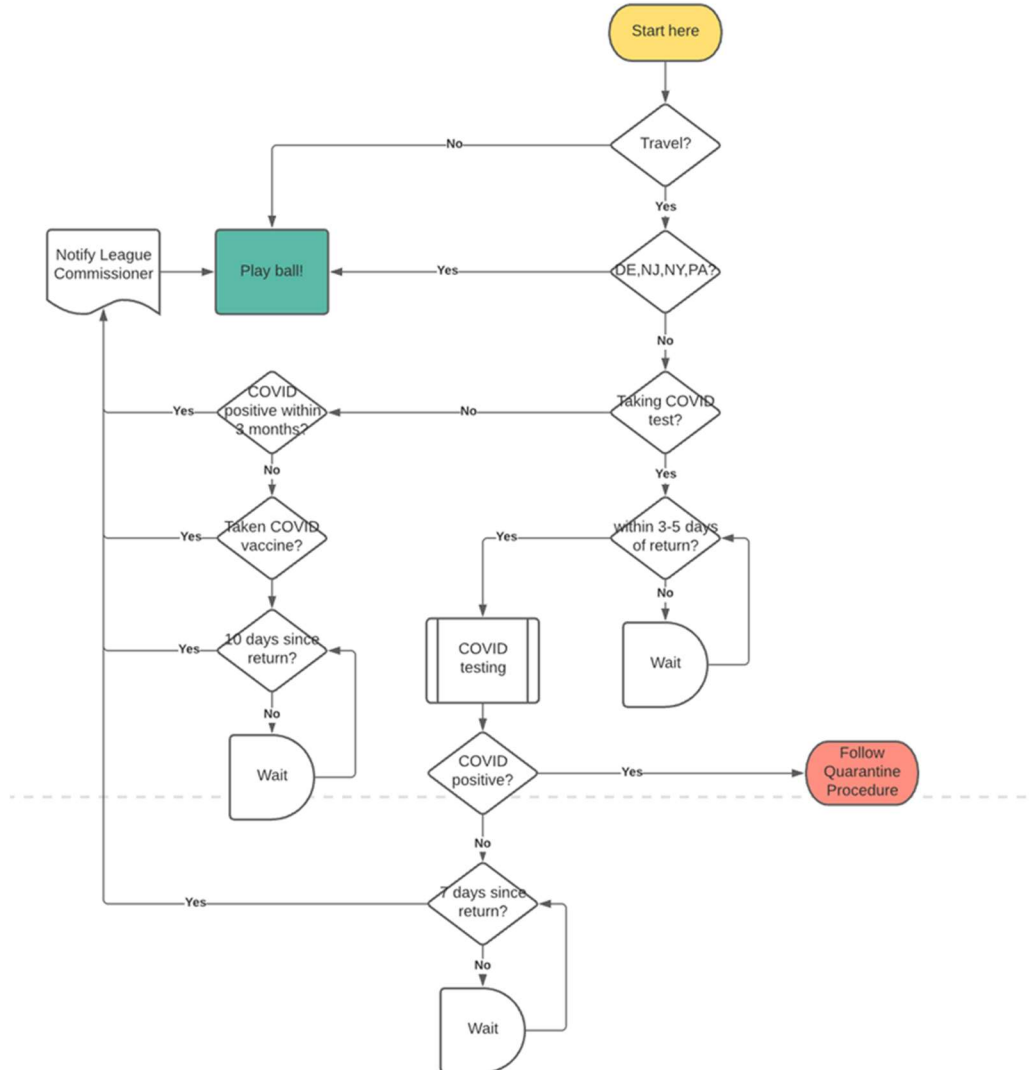


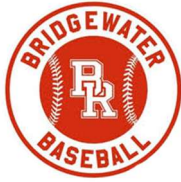
BRIDGEWATER BASEBALL AND SOFTBALL INC. (BBSI)



2021 PROGRAM PREPARATION PLAN

Bridgewater Baseball and Softball Inc Return to Play Guideline





BRIDGEWATER BASEBALL AND SOFTBALL INC. (BBSI)

2021 PROGRAM PREPARATION PLAN

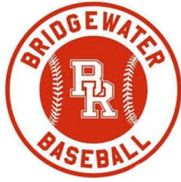


To mask or not mask?

- Coaches and parents are **encouraged** to wear masks throughout the 2021 Recreation and Travel season.
- Parents/family members are expected to social distance while attending games.
- Guidelines will be adjusted based on recommendations from the State, CDC and local Health Department.
- Individuals who are fully vaccinated for COVID are still expected to follow masking and social distancing requirements.

Daily health checks

- Daily self-evaluated wellness screenings need to be completed by all guests prior to attending any baseball or softball activity.
- Temperatures of players and coaches are not going to be taken at the field.
- If any coach or player experiences any of the symptoms related to COVID or any other illness, they are asked to stay home.



BRIDGEWATER BASEBALL AND SOFTBALL INC. (BBSI)



2021 PROGRAM PREPARATION PLAN

What to do when COVID positive?

- What do I do if I think I've been exposed to COVID-19? Should I quarantine? How long do I have to stay home?
- The safest option is to stay home for 14 days.
- If you stay symptom-free for 10 days, quarantine ends. Monitor symptoms, wear a mask and social distance through day 14.
- Testing option: stay at home for 7 days, get tested at day 5, 6 or 7 and stay home while awaiting results. If the test is negative and you stay symptom free, quarantine ends. Monitor symptoms, wear a mask and social distance through day 14. Link for additional details: [What should I do if I think I've been exposed to COVID-19? Should I quarantine? How long do I have to stay home? | FAQ \(nj.gov\)](#)
- What happens if I test positive? How long do I have to stay home?
- If you tested positive for COVID-a9 and have symptoms, it's critical that you self-isolate (stay in your home and away from others) for:
 - 10 days after symptoms first appeared and
 - 24 hours with no fever without the use of fever-reducing medications and
 - Other symptoms of COVID-19 are improving (Note: the loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).

If you tested positive for COVID-19 and have no symptoms: 10 days after you received your positive test results. Link for additional details: [COVID-19 Information Hub | Search \(nj.gov\)](#)

- For additional information, visit the NJ COVID-19 Information Hub at [New Jersey COVID-19 Information Hub \(nj.gov\)](#)



**BRIDGEWATER BASEBALL AND
SOFTBALL INC. (BBSI)**

2021 PROGRAM PREPARATION PLAN



SECTION C – Daily COVID-19 Screen Questionnaire

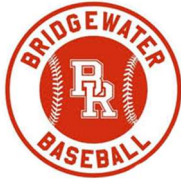
- By voluntarily participating in the BBSI baseball and softball activities, you are agreeing to conduct a self-check for your child or children prior to a practice or game
- There is no questionnaire that can cover all COVID-19 symptoms that may be unique to participant's situation
- Please use common sense when identifying COVID-19 symptoms

ASK THE FOLLOWING QUESTIONS WHEN YOU SCREEN:

- Have you or has anyone in your home had contact within the last fourteen days with any person under screening/testing for COVID-19, with anyone with known or suspected COVID-19?
- Do you currently have any of the following symptoms?
 - Fever (100.4 F or higher) or a sense of having a fever
 - New cough that you cannot attribute to another health condition
 - New shortness of breath that you cannot attribute to another health condition
 - New sore throat that you cannot attribute to another health condition
 - New muscle aches that you cannot attribute to another health condition or that may have been caused by a specific activity (such as physical exercise)
- If you need further information on specific symptoms, you may want to visit the CDC Symptoms of Coronavirus webpage at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

If an individual answers YES to any of the screen questions:

- Immediately contact your doctor and stay home until advised otherwise your doctor
- Notify your contact at Bridgewater Baseball and Softball Inc.



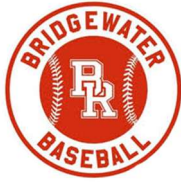
**BRIDGEWATER BASEBALL AND
SOFTBALL INC. (BBSI)**



2021 PROGRAM PREPARATION PLAN

SECTION D - PRIOR to leaving your home

- Participants are responsible for screening their player prior to every game and practice and between games in the event of a multi-game day
- Please DO NOT come to practice or game if :
 - If you said YES to any of the screen questions in the “Daily COVID-19 Screen Questionnaire”
 - There are any household members who are not feeling well or are showing symptoms of COVID-19
 - Any household members have been exposed to a person with COVID-19 within the past 14 days
 - Participant(s) are not comfortable with the guidelines set forth by the NJ DOH, Bridgewater Township and/or BBSI Program Preparation Plan
- Players should avoid carpooling to practice and games
- Parents and guardians should sanitize player equipment frequently between games and practices
- Parents and guardians are responsible for providing hand sanitizer, masks and any other necessary items to their child
- Adults 65 years and older or people of any age with serious underlying medical conditions are strongly encouraged not to attend practice or competition at this time
- Due to limited spectator space resulting from social distancing, BBSI respectfully request that maximum of two parents/guardians attend their child’s practice/game
- Pet(s), including therapy or emotional support animal, are not permitted on premise during practices/games. This statement does NOT apply to service animals as defined in the Americans with Disabilities Act (ADA)



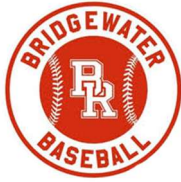
**BRIDGEWATER BASEBALL AND
SOFTBALL INC. (BBSI)**

2021 PROGRAM PREPARATION PLAN



SECTION E – On-site PRIOR to Practice/Game

- Participants should stay in their vehicles until designated practice start or game arrival time
- Players must wear masks to/from car and to/from playing or practice fields
- Parents/guardians will be required to sign in their child with a team manager to certify that the child has satisfactorily completed the “Daily COVID-19 Screen Questionnaire”.
- Under no circumstances anyone showing symptoms of COVID-19 will be permitted to participate (please refer to the CDC symptom checklist; link found in Section F)
- Participants and volunteers should keep 6’ apart from one another whenever possible.
- Non-players including parents/guardians, siblings or non-team members are NOT allowed in or near the dugout at any time
- Players and coaches should sanitize their hands with a 70% or higher alcohol based sanitizer at the start of warm ups
- A coach or volunteer parent should sanitize, with disinfectant wipes, baseballs between innings during games and practices as often as possible
- For 12u and under teams, at least one parent/guardian must stay onsite at all times



**BRIDGEWATER BASEBALL AND
SOFTBALL INC. (BBSI)**



2021 PROGRAM PREPARATION PLAN

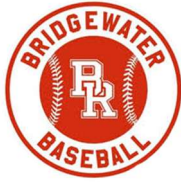
SECTION F – On-site DURING Practice and Competition

HEALTHY PRACTICES

- All players, coaches and umpires should practice “good hygiene” by regularly washing their hands with soap and water and/or using hand sanitizer that contains at least 60% alcohol between innings
- Avoid touching eyes, nose and mouth
- NO spitting
- Players and coaches should avoid all but the essential contact necessary during practice or competition
- Post-game – each team should line up by the baseline near dugouts while maintaining 6 feet distance; handshakes should be replaced by a “tipping caps” as a sign of good sportsmanship

SOCIAL-DISTANCING

- Players, coaches, umpires and spectators should maintain 6-feet of distance whenever possible



BRIDGEWATER BASEBALL AND
SOFTBALL INC. (BBSI)



2021 PROGRAM PREPARATION PLAN

SECTION F – DURING Practice and Competition (cont'd)

FACE COVERINGS

- **Coaches/Spectators**
 - Encouraged to wear face-coverings when social distancing is not possible

- **Players**
 - Should not wear face-coverings when actively participating in vigorous activity during practice or competition

 - Players are encouraged to wear face-coverings when not engaging in vigorous activity or are in close-contact areas where distancing is not feasible (i.e. in dugouts)

 - Players are permitted to wear a face-covering any time if the player or their parent/guardian/caretaker deems it necessary

- **Umpires**
 - Encouraged to wear face-coverings

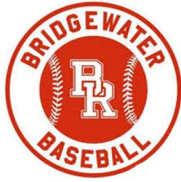
- **General/All**
 - Face-coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance

DRINKS AND SNACKS

- NO sharing of food or beverages

- NO sunflower seeds, gum, candy, chewing tobacco, etc.

- All players, coaches, spectators and umpires should bring their beverages that are clearly labeled with their name



BRIDGEWATER BASEBALL AND
SOFTBALL INC. (BBSI)

2021 PROGRAM PREPARATION PLAN



SECTION F – DURING Practice and Competition (cont'd)

PLAYER EQUIPMENT

- Players should use their own equipment such as bats, helmets, gloves, sunglasses and/or catcher's gear
- All equipment shall be clearly marked with player's full name
- If catcher's equipment needs to be shared, a coach should sanitize the facemask before switching players

BASEBALLS AND SOFTBALLS

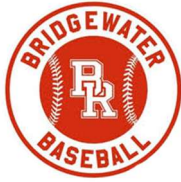
- Each team should use their own game balls while in the field during the competition

UMPIRE PLACEMENT

- **46/60**: Umpires on the 46/60 diamond for league games (7U-10U) will call games from behind the mound. There will be 1 umpire on all 46/60 league games
- **46/60 (9U & 10U tournament games)**: Tournament games will have 2 umpires. The plate umpire will call games from behind the plate
- **50/70**: Umpires on the 50/70 diamond (11U-12U) will call games from behind the plate. There will be 2 umpires on all 50/70 games
- **60/90**: Umpires on the 60/90 diamond (13U-18U) will call games from behind the plate. There should be 2 umpires on all 60/90 games

INJURY

- Manager will approach an injured player wearing mask to assess player's condition
- Parent(s) or Guardian(s) may assist player off the field if a player cannot leave on their own
- First aid should be administered by a member of the player's household if at all possible; however, medical attention should not be withheld from an injured player in immediate need



**BRIDGEWATER BASEBALL AND
SOFTBALL INC. (BBSI)**

2021 PROGRAM PREPARATION PLAN



SECTION G – Reference Links

- NJ Department of Health (NJDOH) – Guidance for Outdoor Organized sports (<https://nj.gov/health/news/2020/approved/20200615b.shtml>)
- Babe Ruth Coronavirus Update - <https://www.baberuthleague.org/news/coronavirus.aspx>
- Babe Ruth Coronavirus Suggested Guidelines - https://www.baberuthleague.org/media/317863/BRL.CV19%20PLAN_5.15.20.pdf
- US Center for Disease Control (CDC) COVID-19 Symptom Checklist - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- US CDC Public Health Guidance For Community-Related Exposure - <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>