



1299 Lafayette St., Jefferson City MO, 65101 • (573) 634-6482
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COVID-19 Baseball/Softball Guidelines

The intention of JC Parks is to provide the information and guidance necessary to assure and protect the health and safety of everyone involved and mitigate the possible spread of the Corona virus while maintaining the integrity of the game of baseball/softball. We will comply with national, state, and local guidelines, including the [Sports Recommended Guidance](#) from the Cole County Health Department which states, "Individual baseball or softball games can be held due to low exposure rate on the field because of the lack of face-to-face contact for prolonged periods of time."

GUIDELINES

The following guidelines shall be followed by teams, coaches, players, parents, and fans when participating in baseball/softball games at JC Parks complexes and fields. The cooperation of everyone involved will prove critical in helping to ensure compliance.

All teams, coaches, players, parents, and fans SHOULD:

- Maintain a minimum of 6 feet social distancing when conducting all activities (e.g., watching the game, speaking with others, using restrooms, walking through the venue).
- Limit the use of the dugouts. Instead, we strongly recommend all individual equipment be spaced out at least 6 feet apart along the outside of the fences by 1st and 3rd base. Teams must clean up their trash and should wipe down all hard surface in their dugouts (e.g., benches, bat and helmets racks) in between each use. Between games, please keep teams separate, minimize traffic in and out of dugouts, and allow extra time for this transition.
- Keep close gatherings (e.g., team huddles, coach's visits to the pitcher's mound, in-game coach-umpire conferences) brief (1 minute or less) and at least 6 feet apart.
- Eliminate all close contact (e.g., handshakes, high fives, fist bumps, hugs).
- Not conduct "good game" handshakes with opponents after games. Instead, in the interest of good sportsmanship, each team should tip their cap/visor or wave to the opponents and umpires from across the field.
- Bring their own sanitizer, disinfectant wipes, etc. and use it frequently throughout games.
- Not attend games if they are ill or displaying signs of illness. To keep mass-gatherings limited, we strongly recommend that only the player's immediate family members/guardians, and possibly grandparents, attend games.
- Temperature checks at home each day are encouraged.
- Wear a face mask except when actively participating in the game.
- Eliminate the sharing of equipment (e.g., helmets, catcher's gear, bats, gloves), or at minimum, sanitize it thoroughly in between use.
- Not spit, chew gum, and chew/spit sunflower seeds. Pitchers should not lick their fingers before gripping the ball. Coaches should not touch their faces when giving signs.

- Not throw the ball around the infield after an out is made.
- Not share food and drinks (e.g., team water jugs). Instead, use individual water bottles or jugs that are clearly marked with their names.
- Handle any player injuries as normal. Coaches should involve parents when necessary.
- Practice proper hygiene:
 - Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
 - Avoid touching your eyes, nose, and mouth (the T-zone) with unwashed hands.
 - Avoid close contact with people who are sick and stay home when you are sick.
 - Cover your cough or sneeze.
 - Clean and disinfect frequently touched objects and surfaces.

All umpires will also:

- Conduct brief pre-game meetings, but with only the two head coaches to review league rules, ground rules, and sportsmanship expectations. Exchanging line-up cards is at the umpire's and head coaches discretion.
- Call the game from behind home plate and work a 2-person system (home plate and the bases) as usual, but maintain a reasonable distance between themselves and all players, especially the catcher, during at-bats.
- Conduct bat testing, if necessary, with as little hand contact to the bats as possible.

JC Parks will also:

- Provide bleacher seating for use as long as all fans remain 6 feet apart unless they are immediate family members. Attendees should bring personal lawn chairs and spread out.
- Provide sanitizer, if supplies allow, in each dugout for teams to use at their discretion. We strongly encourage teams to bring their own sanitizer as well.
- Provide full concessions at all complexes/fields with proper barriers in place and follow all Restaurant Recommended Guidance from the Cole County Health Department.
- Regularly clean all restrooms, concessions, and common areas.
- Keep all entrances/exits as open as possible to enhance traffic flow.
- Ensure sufficient communication and reminders to everyone involved regarding safe practices for all attendees.

These guidelines may be modified at any time. This is not an all-inclusive list, rather a number of measures that can be taken to minimize the potential spread of the virus. These measures can be easily implemented and highly effective. They should lead to a safe, healthy, and enjoyable environment where the kids and adults in our community can play, have fun, and enjoy the game.

Thank you for your cooperation, patience, and understanding.

For more information regarding JC Parks youth sports programs and guidelines, contact program manager Steve Schellman at (573) 634-6493 or sschellman@jeffcitymo.org. For adult sports, contact program manager Missy Morarity at (573) 634-6563 or mmorarity@jeffcitymo.org.