Purpose:
The following parameters are set forth by Lakota Sports Organization (LSO) to resume baseball and softball activities for the Spring 2020 season. The following “Return to Play” plan is intended to, at minimum, incorporate all current mandatory State of Ohio and local guidance. Current guiding documents are:

- Responsible RestartOhio Baseball and Softball Revised 5/21

This document will be updated as deemed necessary by the LSO Board to align with and maintain compliance with additional or overriding information from the State of Ohio or local officials and/or to adapt the protocols below to better serve our players, coaches, and families within the compliance of the State and local guidance.

Participation Requirements (all events):

- Coaches, players, umpires, organization representatives, and spectators need to perform daily COVID-19 symptom assessments prior to arriving at the facility. (Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat, and new loss of taste or smell.) Anyone experiencing symptoms or a temperature of 100.4°F or higher MUST stay home.
- All coaches, players, umpires, organization representatives, and spectators are required to maintain six-foot physical distancing while at the facility and not on the playing field. This includes travel to/from cars and while in parking lots.
- Spectators must maintain six-foot physical spacing between individual family groups.
- Families are requested to minimize the number of spectators attending events when possible.
- Only players, coaches, and assigned team assistants are permitted into dugout areas.
- Coaches and organization representatives are strongly recommended to wear face coverings at all times.
- Athletes are strongly recommended to wear face coverings at all times while not actively participating on the field of play.
- Umpires are strongly recommended to wear face coverings at all times.
- Spectators are strongly recommended to wear face coverings at all times.
- Coaches, players, umpires, organization representatives, and spectators must provide his/her own face covering.
- All coaches and players must supply their own water bottles. No team water coolers or shared drinking stations.
- Players should not share personal equipment, including gloves, helmets, bats, batting gloves, water bottles, hats, and any other on- or off-field gear.
All players to provide his/her own batting helmet. A limited number of batting helmets will be available to borrow from LSO for the season. Please contact your coach for details on borrowing a helmet.

Players are encouraged to provide his/her own bat. Team bats will be available if needed. Team bats to be disinfected after each individual use.

Catchers are encouraged to provide his/her own catchers equipment. Each team will be supplied with minimum one set of team catchers equipment. Team catchers equipment will be disinfected after each use.

All team equipment (bats, catchers gear, etc.) to be sanitized before games, after games, and between in-game uses by different players.

- Player is to sanitize his/her hands upon exit from the field of play. LSO will supply coaches with hand sanitizer to utilize as needed. Each player is encouraged to have a personal container of hand sanitizer for his/her use.
- No eating or spitting of sunflower seeds, gum, or other similar products.
- Game and practice balls will be team specific. No sharing between teams.

**Practice Requirements:**
- Coaches, players, umpires, organization representatives, and spectators must abide by “Participation Requirements (all events)” section of this document.
- Attempt to minimize the number of individuals accessing the playing field. However, to aid in performing close contact instruction parents/guardians may be requested to assist their player on the field during practice. A parent/guardian should maintain six-foot physical spacing to all persons except his/her family member and is strongly recommended to wear a face covering when assisting on the field.
- Coaches and players should maintain six-foot physical distancing except when the ball is in play.
- Coaches are strongly encouraged to split players into multiple smaller groups during practice and have a series of “stations”, to minimize waiting in lines and idle time. Intent is for the players that make up a smaller “station” group to remain the same throughout the duration of a practice (but could be modified from practice to practice).
- Players should refrain from touching others. Activities to avoid include: high fives, fist bumps, hugging, handshake lines, and any other physical contact with players, coaches, or umpires. Players are encouraged to congratulate teammates via tipping of the cap, air high fives, or other non-contact means of celebration.
- Players and spectators must remain in their vehicles until any preceding events are complete and the field is cleared.
- Players and spectators must exit the facility immediately after completing practice.
- Coach must take attendance and be able to supply an attendance roster for each practice upon request.

**Game Requirements:**
- Coaches, players, umpires, organization representatives, and spectators must abide by “Participation Requirements (all events)” section of this document.
- Only players, coaches, and umpires are permitted access onto the playing field.
- Coaches and players maintain six-foot physical distancing except when the ball is in play.
• Players should refrain from touching others. Activities to avoid include: high fives, fist bumps, hugging, handshake lines, and any other physical contact with players, coaches, or umpires. Players are encouraged to congratulate teammates and/or opposing players via tipping of the cap, air high fives, or other non-contact means of celebration. Teams are encouraged to line up six-feet apart down their baseline and tip their caps to the opposing team after games, as a substitution for the traditional handshake line.

• Umpires to maintain as much distance as possible from catcher, batter, and other players (allowing six-feet if possible). Umpires will have discretion to call balls and strikes from six-feet behind the pitcher instead of behind homeplate, if he/she prefers. Umpires are required to wear a face covering if calling the game from behind homeplate due to close proximity of the catcher and batter.

• Each team must supply a game ball to use while playing defense.

• Avoid exchanging physical documents, including line-up cards. Sharing of line-ups and other information electronically is permitted.

• Players, umpires, and spectators must remain in their vehicles until any preceding events are complete and the field is cleared.

• Warm-up activities will not begin more than 30 minutes prior to scheduled game time.

• Players, umpires, and spectators must exit the facility within 15 minutes of game completion.

• No sharing of team snacks or drinks before, during, or after games.

• Each coach must take attendance of his/her team and be able to supply an attendance roster for each game upon request. The Home coach is also required to capture the name of the umpire(s) on the roster for his/her team.

• Coaches are responsible to know any modified rules for his/her age division. These rules will be distributed as any changes are incorporated. Please reach out to your coordinator if there are questions regarding rules or rule changes.

**Facility Guidelines:**

• All dugout benches and enclosed areas near benches to be designated “Off-Limits” by boundary tape or other visible means.

• Whenever feasible field entrances at the backstop to be designated “Off-Limits” by boundary tape or other visible means. Players to enter/exit field around baseline fences to minimize close contact between individuals and touching of the fence/poles/gates at the tight openings. Decision will field specific as determined by the LSO baseball/softball boards.

• Players to be assigned “personal dugout” areas along the outside of the field fence. Each “personal dugout” to include minimum six-foot physical spacing to the next “personal dugout”.
  o Locations of “personal dugouts” to be visibly marked via paint or other means.
  o Players are to reside in his/her “personal dugout” when not actively participating on the field.
  o Face covering are strongly encouraged to be worn by each player while in his/her “personal dugout”
  o Players are encouraged to bring a camp-style chair to sit on in his/her “personal dugout”.

• Coaches to have access to a “sanitation kit” at each field. Kit to include:
  o Hard surface sanitizer, for catchers gear, bats, and other frequently touched hard surfaces.
  o Hand sanitizer
• Coaches to sanitize any permanent hard surfaces physically contacted by players, both before and after games. This includes the fence if touched by players and/or utilized for hanging equipment bags/gear.
• Portable restrooms to be sanitized before activities for the day.
• When possible game start times to be staggered at facilities with multiple fields.
• Time between games to be extended to prevent games from overlapping with warm-up activities for the following game.
• Walter J Long batting cage usage To Be Determined. Currently the batting cage is closed for organized activities. Further direction will be provided once a batting cage plan is finalized.
• Walter J Long fields:
  o Teams utilizing fields W and Z to park in the front parking lot, along Kyles Station Rd.
  o Teams utilizing fields X and Y to park in the rear parking lot, near the back soccer fields.

Suspected or Confirmed COVID-19 Cases:
• Immediately isolate and seek medical care for any individual who develops COVID-19 symptoms.
• Contact LSO leadership (coach, commissioner, or Executive Administrator) and the local health district about suspected cases or exposure. (Monday to Friday 8am-4pm 513-863-1770 or After Hours 1-877-774-4636)
• Any coach, player, umpire, organization representative, or spectator suspected of contracting COVID-19 or having tested positive for COVID-19 MUST follow the CDC guidelines for returning to work/activity prior to participating in any event:
  A. Option 1: If, in consultation with a healthcare provider and local public health authorities knowledgeable about locally available testing resources, it is determined an individual suspected for contracting COVID-19 will not have a test to determine if they are still contagious, that individual can leave home and return to activity after these three conditions have been met:
     1. The individual has had no fever for at least 72 hours (that is, 3 full days of no fever without the use medicine that reduces fevers)
        AND
     2. respiratory symptoms have improved (for example, cough or shortness of breath have improved)
        AND
     3. at least 10 days have passed since his/her symptoms first appeared
  B. Option 2: If, in consultation with a healthcare provider and local public health authorities knowledgeable about locally available testing resources, it is determined the individual suspected of contracting COVID-19 will be tested to determine if the individual is still contagious, that individual can leave home after these three conditions have been met:
     1. The individual no longer has a fever (without the use of medicine that reduces fevers)
        AND
     2. respiratory symptoms have improved (for example, cough or shortness of breath have improved)
        AND
     3. they received two negative tests in a row, at least 24 hours apart. Their doctor should follow CDC guidelines.