



Connecticut Cal Ripken Baseball



Connecticut Cal Ripken Baseball Is a Division of Connecticut Babe Ruth Leagues

Connecticut Babe Ruth Leagues is a Division of Babe Ruth League, Inc.
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District 3
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CT CAL RIPKEN BASEBALL RULES AND REGULATIONS 2020

In this document you will find the current guidelines from the State of CT and CT Cal Ripken Baseball. On the next page you will find a summary of those guidelines followed by pages that have been copy, pasted, annotated, and highlighted from the actual 21 page document put out by the State. There is also a quick summary/checklist on the last page. Phase 2 opening will begin June 17th to include baseball. Each outdoor sporting event field will be limited to two teams, officials, and limited family members. We expect to start practices whenever possible and start games by soon thereafter.



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CT CAL RIPKEN BASEBALL RULES AND REGULATIONS 2020

1. Safety is the number one priority
2. Every participant (coaches, managers, volunteers, parents, umpires, etc.) must sign the National Babe Ruth waiver. Each league needs to maintain a file of these documents.
3. Every team must be Chartered with National Babe Ruth
4. Every team must have Insurance (it is highly recommended to have coverage for Directors and Officers on the policy)
5. SCREENING: Event organizers, staff, coaches, parents, players, umpires/officials must conduct daily symptom assessments (**self-evaluation**). In other words, if any individual has any symptoms STAY HOME.
6. TRAVEL: Athletes are strongly recommended to travel to the venue alone or only with members of their immediate household.
7. PRACTICE: Coaches should keep players in small groups at practice to allow for physical distancing. Practices will be scheduled with at least a 1 hour buffer.
8. GAMES: Will be scheduled with at least a 30-minute buffer to prevent overlap of participants.
9. PERSONAL PROTECTION FOR COACHES/STAFF/ATHLETES/UMPIRES; Coaches and staff are required to wear a face mask or cloth face covering when unable to easily keep 6 ft of physical distance from others, unless doing so would be contrary to his or her health or safety due to medical conditions. Athletes are encouraged to wear face coverings when not engaged in active play. While engaged in the active play of sports or strenuous activities, athletes do not need to wear a face covering. In other words, no masks when on the field, suggested to wear mask off the field, MUST wear mask before and after the game when entering or leaving the area.
10. SHARED EQUIPMENT: Ensure athletes do not share equipment. This includes bats, helmets, and catchers gear.
11. HYDRATION: All players and coaches shall bring their own water bottles. Water bottles shall not be shared.
12. GAME BALLS: Will be disinfected before and after every clinic, practice, and game.
13. DUGOUTS, BENCHES, & BLEACHERS: Are allowed to open only if they can be thoroughly cleaned before and after every use, and 6 ft of distance can be maintained. If you don't want to or can't clean the dugout, benches, or bleachers then just don't use them. Have the players spread out behind the dugout/bench.
14. CROWD CONTROL: Staff should assist with crowd control by reminding spectators to maintain social distancing. Individuals shall not congregate in common areas or parking lots following an event or practice.

PARENT SEATING AREA: Are allowed to open only if they can be thoroughly cleaned and disinfected before and after every use, and 6 ft of distance can be maintained.

15. CONCESSION STANDS: Allowed to open but must follow Sector Rules for Restaurants. Sales of only prepackaged food and drink do not have to follow Sector Rules for Restaurants.
16. PROGRAM ADMINISTRATOR: Appoint a program administrator who is accountable for implementing these rules and make sure players, coaches, spectators keep physically distant and don't share gear or drinks. This can be a parent or spectator. They will NOT be required to have a coaching cert or take the abuse training.
17. IN THE EVENT OF A POSITIVE COVID 19 CASE: Inform CT State Babe Ruth and follow state testing and contact tracing protocols.
18. UMPIRES: The officials assign to work each game shall perform their duties as they have done in the past with a couple of changes.
 - a. It is recommended that the plate umpire call the game from behind the catcher as is the normal practice. If he can stay a few feet or up to 6 feet from the catcher, and still make accurate calls that is better. If the plate umpire does not feel comfortable behind the catcher, he may call the game from behind the pitcher.
 - b. The pregame meeting will be held on the field, away from any players that may be warming up. The Manager from each team and the umpire or both umpires shall attend the pre-game meeting and will maintain the 6-foot separation. If the separation from each other and from players cannot be maintained during the meeting, then masks must be worn during this meeting.
 - c. The game officials can wear a face mask or cloth covering while performing their duties if they choose to do so.
 - d. Game officials must sign the National babe Ruth League Waiver Form.

SECTOR RULES FOR JUNE 17TH REOPEN

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SAFETY FIRST

We will reopen society safely and securely with a proactive program that safeguards the health of our vulnerable residents, continues physical distancing, and provides clear safeguard rules for businesses and institutions deemed safe to reopen.

INTRODUCTION

SPORTS, SPORTS CLUBS & COMPLEXES, GYMS, FITNESS CENTERS, & POOLS

Sports, sport clubs and complexes, gyms, fitness centers, and pools can open in Phase 2. Each outdoor sporting event field will be limited to two teams, officials, and limited family members. Sports that are allowed to be played include all age ranges.

REOPENING PROCESSES

SPORTS, SPORTS CLUBS & COMPLEXES, GYMS, FITNESS CENTERS, & POOLS

PLAN FOR REOPENING

Share these rules with your employees and inform them of any additional specific measures being taken in response to COVID-19.

PROGRAM ADMINISTRATOR

Appoint a program administrator who is accountable for implementing these rules.



CLEANING PLAN

Develop cleaning checklists that incorporate these rules. Ensure it is clear which employees are responsible for implementing the plans.

SPORTS, SPORTS CLUBS & COMPLEXES, GYMS, FITNESS CENTERS, & POOLS



WATER FOUNTAINS

Athletes, coaches, and customers shall be required to bring their own water bottles.

Water fountain use shall be restricted to water bottle filling stations only. Congregating at water bottle filling stations shall be limited and signage reinforcing the use of water bottle filling stations only must be displayed.



CONCESSION STANDS

Allowed to open but must follow Sector Rules for Restaurants.

- Sales of only prepackaged food and drink does not have to follow Sector Rules for Restaurants.

SPORTS, SPORTS CLUBS & COMPLEXES, GYMS, FITNESS CENTERS, & POOLS

Sports included in the Moderate to Low risk categories can begin all of the below activities starting in Phase 2. Higher risk sports are allowed to perform camps and numbers 1 and 2 below. Higher risk sports will be allowed to do everything below post July 6th.

1. Individual or group training.
2. Controlled practices.
3. Scrimmages, games, meets, matches, etc.
4. Tournaments allowed after July 6th (no satellite fields).

MODERATE RISK

Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

- Examples: volleyball, soccer, gymnastics, field hockey, tennis, swimming relays, pole vault, high jump, long jump, crew with two or more rowers in shell, synchronized swimming, baseball, and softball

SPORTS, SPORTS CLUBS & COMPLEXES, GYMS, FITNESS CENTERS, & POOLS



SCREENING

Event organizers, staff, coaches, players, umpires/officials must conduct daily symptom assessments (self-evaluation).



TRAVEL

Athletes are strongly recommended to travel to the venue alone or only with members of their immediate household, if possible. Face coverings are strongly recommended for individuals traveling to and from the venue, walking in and out of the venue, and while not actively participating.



TEAM MEALS

Suspend post-activity group snack.



SHARED EQUIPMENT

Ensure athletes do not share equipment to the most extent possible. If shared, clean and disinfect frequently.



HYDRATION

All players and coaches shall bring their own water bottles. Water bottles shall not be shared.



PRACTICE

Coaches should keep players in small groups at practice to allow for physical distancing.

- Practices will be scheduled with at least a 15 minute buffer to prevent overlap of participants, and allow for time to clean and disinfect commonly used surfaces including, but not limited to:
 - Benches/dugouts
 - Door knobs/handles if indoors



GAMES

Will be scheduled with at least a 30 minute buffer to prevent overlap of participants.

- Start times should be staggered where no more than half of the complex is changing over at any given time. Games may end in a draw if time expires.
- Consider adopting temporary rules to accommodate athlete safety.



GAME BALL(S)

Will be disinfected before and after every clinic, practice, and game.

SPORTS, SPORTS CLUBS & COMPLEXES, GYMS, FITNESS CENTERS, & POOLS



HUDDLES

Players will not huddle at any point during the game/practice. Sportsmanship will continue in a touchless manner – no handshakes/slaps/fist bumps after games.



CONCESSION STANDS

Allowed to open but must follow Sector Rules for Restaurants.

- Sales of only prepackaged food and drink does not have to follow Sector Rules for Restaurants.



DUGOUTS, BENCHES, & BLEACHERS

Are allowed to open only if they can be thoroughly cleaned before and after every use, and 6 ft of distance can be maintained.

CROWD CONTROL

Staff should assist with crowd control by reminding spectators to maintain social distancing when queuing at the gate or other common areas. Spectator compliance with social distancing should be encouraged through periodic announcements or audio recordings.

- Individuals shall not congregate in common areas or parking lots following an event or practice. Strategies should be developed that will avoid large crowds at exits, such as dismissing crowds by section.

PARENT SEATING AREA

Are allowed to open only if they can be thoroughly cleaned and disinfected before and after every use, and 6 ft of distance can be maintained.

SPORTS, SPORTS CLUBS & COMPLEXES, GYMS, FITNESS CENTERS, & POOLS

PERSONAL PROTECTION FOR COACHES/STAFF/ATHLETES

Coaches and staff are required to wear a face mask or cloth face covering when unable to easily, continuously, and measurably keep 6 ft of physical distance from others, unless doing so would be contrary to his or her health or safety due to medical conditions. Athletes are encouraged to wear face coverings when not engaged in active play. While engaged in the active play of sports or strenuous activities, athletes do not need to wear a face covering. However, athletes shall wear face masks at all other times.



PERSONAL PROTECTION FOR SPECTATORS

Spectators are required to bring and wear masks or cloth face coverings that completely cover the nose and mouth unless doing so would be contrary to his or her health or safety due to a medical condition.

SPORTS, SPORTS CLUBS & COMPLEXES, GYMS, FITNESS CENTERS, & POOLS



DAILY HEALTH CHECK

Ask employees resuming on-premise work to confirm they have not experienced COVID-19 CDC-defined symptoms and to monitor their own symptoms, including cough, shortness of breath, or any two of the following symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Employees should stay home if sick.



IN THE EVENT OF A POSITIVE COVID-19 CASE

Employees shall inform their employers, and follow state testing and contact tracing protocols.

- Additional guidance can be accessed at: <https://www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html>



WHISTLEBLOWER PROTECTION

Employers may not retaliate against workers for raising concerns about COVID-19 related safety and health conditions.

- Additional information for the public sector can be accessed at www.connosha.com
- Additional Information can be accessed at www.whistleblowers.gov



LEAVE

Employers shall adhere to federal guidance pertaining to paid leave for employees and provide this guidance to employees. Employers shall post the Families First Coronavirus Response Act (FFCRA) Department of Labor poster. The poster can be accessed at: <https://www.dol.gov/agencies/whd/posters>

- Additional guidance can be accessed at: <https://www.dol.gov/agencies/whd/pandemic/ffcra-employee-paid-leave>

CT CAL RIPKEN BASEBALL RULES AND REGULATIONS 2020

CHECKLIST AND SUMMARY

1. Safety #1
2. Waiver
3. Charter
4. Insurance
5. Schedule practices 1 hour apart and games 30 min apart
6. No masks on the field, suggested off the field, must be worn while coming and going.
7. Players/Coaches/Umpires must maintain physical distancing when not in active play. Yes, that means on the bench too. Spread the players out.
8. No sharing of gear. Gear spread with players.
9. No sharing of drinks. Drinks with players. Come prepared.
10. Disinfect game balls, dugouts, benches, and bleachers before and after every clinic, practice, and game. If you can't disinfect dugouts, benches, and bleachers then DON'T USE THEM.
11. Spectators: spread out NOT NEAR PLAYERS.
12. Individuals perform daily self-eval. If symptomatic, STAY HOME.
13. No hanging out before or after a game. No huddle. No team conferences. GO HOME.
14. Assign someone (one person per team) to monitor and implement these rules.
15. IN THE EVENT OF A POSITIVE COVID 19 CASE follow state testing and contact tracing protocols.