

Dear EPBC Families

EPBC is happy to announce that we are going to begin our baseball season on April 1st, 2021 with games starting the week of April 26th. Although we are excited to start our season, we understand that we are still in a time where caution is needed. We have come up with several guidelines and changes to our baseball program. Below we will get into the EPBC Back-to-Play changes in more detail.

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19. Those players with certain conditions or FAMILY MEMBERS with certain conditions are encouraged NOT to play. Know also that because this is new disease, anyone who participates is putting themselves and their families at risk.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- [People 65 years and older](#)
- People who live in a nursing home or long-term care facility

People of all ages with [underlying medical conditions, particularly if not well controlled](#), including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People overweight or obese
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease
- People who are pregnant

Families are encouraged to ask the opinions of both the parents and players personal physicians if they believe it is safe for their family to participate this summer.

We appreciate the patience that you have shown as we navigate this unprecedented time.

Thank You,

EPBC Board

EPBC BACK TO PLAY GUIDELINES:

We have put together guidelines with advice from the CDC, IDPH, local health professionals, and other national governing bodies. We cannot predict what is going to happen with the guidelines moving forward these are the ones that we are going to follow starting April 1st. As the guidelines change, we may have to alter our protocols as well which we will communicate with all families.

EPBC BACK-TO-PLAY GUIDELINES

Everyone (fans, coaches, parents, players, umpires):

- 1) If there is any indication of illness (per current CDC guidelines) you shall not attend games or practices. CDC has indicated that **A MINIMUM OF 10 DAYS with the last 24 hours symptom free without medications** is the timeline to use for your return if YOU were ill or randomly found to be COVID positive.
- 2) IF A close contact is ill: All Contacts Must be quarantined for 14 days after the last/most recent contact with the case when the case was infectious. Household contacts with separate living quarters between case and contacts: quarantine for 14 days after last exposure to case. A close contact is defined as someone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before illness onset
- 3) Household Contacts that share a room/living quarters (i.e. have ongoing contact with or exposure to the case): quarantine during contact and for 14 days after case is released from isolation. THIS WOULD MEAN a minimum 24 day quarantine for a parent who took care of an ill child or a 24 day quarantine for a child if a sick parent/sibling remains in the house.
- 4) Please consider how a prolonged Quarantine period could affect your financial well-being of your family before making the decision to participate.
- 5) Healthy and continued hygiene (EPBC will be looking to provide sanitation / washing stations at each field)
- 6) People with a high risk for infection should NOT gather at EPBC events (per CDC guidelines)

Practices / Games:

- 1) All Managers, coaches, and players will be asked to wear masks for all EPBC activities (games and practice). The league has purchased gaiter style masks for every coach and player. You are welcome to wear these or your own mask. Masks will help stop the spread and our goal is to keep everyone healthy throughout the season and in school for the remainder of the school year.
- 2) No more than 10 people in a gathering at a time – baseball/softball, by its nature, allows for greater social distancing outdoors. Families who have quarantined together may be an exception to the rule of 10. Please use the entire areas around our fields!
- 3) Spectators are asked to wear a mask if they cannot maintain social distance from others at the park. We ask for a minimum of 10 feet between FAMILY groups while sitting at the park.
- 4) Parents should provide hand sanitizer or needed cleaning supplies. We will do our best to provide cleaning supplies and hand washing stations.
- 5) 3 coaches required on the field of play and/or dugout wearing masks. For example, 2 base coaches and a bench coach.
- 6) Umpires – will wear masks and umpire the game from either behind the pitcher's mound or home plate.
- 7) All players will spread down the first and third base lines as an extension of the dugout for social distancing. Players are welcome sit with their families along the left field and right field fences. All

- equipment (hat, mitt, bat, etc.) will be kept at the player's assigned spot. We will have coaches helping direct players to their families and to the 3 dugout positions when it is their turn to bat.
- 8) No more than 3 kids in the dugout at 1 time (should allow 6ft between players). Transition times must be managed as best that they can to accommodate this.
 - 9) For Peewee division we will not have catchers but will use nets behind home plate for baseballs for the first part of the season. Minors and Majors will have catchers.
 - 10) All players will have their own helmet. Please contact board@epbaseballclub.com if you will need assistance in ordering a helmet.
 - 11) **NO FOOD OR DRINK IN THE DUGOUTS** – All water, food will be kept at each family station. NO post game snacks.
 - 12) Concession stand will be open and offer prepackaged items (water, Pop, Gatorade, Chips, candy etc) We will not be making any food items in our concession stand for the safety of our families and stand workers.
 - 13) High fives, fist bumps, and other contact – we should do our best to have the kids avoid this. We understand that there will be excitement. Encourage elbow bumps or maybe “foot-fives”! Time to be creative for celebrations! Coaches should do the same.
 - 14) No post-game handshake lines, lining up along your baseline, tipping your cap and waving / stating words of encouragement should be done.
 - 15) Parade Day, Team photos are on hold for the time being. We will see where things are for our league picnic at the end of the season.
 - 16) No sunflower seeds or spitting, No Gum
 - 17) Coaches and players should wear masks when within 6 feet of any player, coach, or umpire.
 - 18) Masks may limit the breathing of those who are supposed to wear them. If they remove the masks between innings or at a stoppage of play, that is encouraged, as long as they are maintain social distance.

As we all know this is a fluid situation with information changing daily. What we know that won't change is that we are going to need your full support and cooperation to make this work for our children. This means we **MUST** practice social distancing, no congregating in groups around the park. We will need parent involvement to help administer the guidelines we have outlined. Specifically having your child sit with you at your family station during the games. The reality is that if we can't adhere to these guidelines or we feel we can't offer a safe option for our children to play we will be forced to end our season. We all want some sense of normal back but the health and safety of our community is the priority.

If you have any questions email board@epbaseballclub.com

Thank you

EPBC Board