

LAKEWOOD TIGERS BASEBALL

CDC & CDPHE Guidelines for Organized Youth Sports

- **As of FEB 26, 2021** – CO is Level Blue - Groups of up to 50 players, excluding coaches or referees/umpires (or other staff required for player safety) at a time per court or per field.
- Team Cohorts (the practice of maintaining a stable group with a fixed membership) facilitates disease control by minimizing the number of new contacts.
- ALL spectators, referees, coaches, and non-competing individuals, including players should wear a mask during practices and games.
- If a player or participant cannot medically tolerate wearing a mask, the athlete may obtain a medical exemption from a medical professional and carry the exemption with them at all times.
- Spectators and athletes must not mingle once they have started practice/game.
- Bring your own personal equipment, like gloves, headgear, helmets, water bottles, and bats. Coaches will limit shared equipment.
- Wear a mask that covers your nose and mouth to help protect yourself and others.
- Clean or sanitize your hands before you step in the dugouts or on the fields and after you step out of the dugouts or off the fields for practices, games.
- Bring extra masks and hand sanitizer with at least 60% alcohol. (all participants).
- Limit travel required outside of the local communities.
- Clean and disinfect shared items between practices/games.
- Avoid high fives, handshakes, fist bumps, or hugs.
- Spitting is not allowed. No seeds.
- Do not share open containers of food and drinks with others who do not live in your household.
- Plan to eat and drink at designated times and not throughout the event, so you can wear a mask as much as possible. (NO food, snacks, seeds, etc. in dugouts)
- Stay home & notify your Head Coach & Team manager if feeling any symptoms related to COVID-19 or if you have been around anyone that has been around anyone that is sick.
- Get tested if you have signs or symptoms of COVID-19 or if you think you may have been exposed to someone with COVID-19
- Behaviors and decisions of participants outside the sports setting may impact the ability of the entire team to participate in training or competition if a single athlete or coach becomes exposed or ill.