

# Roland Park Baseball Leagues

COVID-19 League Rules and Guidelines for Fall 2021

Effective August 20, 2021

## Rules and Guidelines for Play

- Face coverings should be worn by players when in the dugout and social distance cannot be maintained. Face coverings do not need to be worn when in the field of play or during practices.
- All pre-game meetings, mound visits, coaches discussions, and team discussion should maintain social distance of at least six feet.
- RPBL-hired umpires calling the game behind home plate must wear a mask at all times. RPBL-hired umpires may also choose to call the game from a distance of at least six feet from the pitcher, and will not be required to wear a mask.
- Coaches must wear masks when in close contact with players, whether vaccinated or unvaccinated, due to the Delta variant.
- RPBL will update these guidelines as the situation develops.

## Rules for COVID Exposure for RPBL Community

- Quarantine if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully vaccinated.
- Unvaccinated individuals who have had close contact with someone with COVID should stay home for 14 days after their last exposure to that person.
- People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms.
- Fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms, and wear a mask indoors in public for 14 days following exposure, or until their test result is negative.
- The following guidelines apply for unvaccinated individuals:
  - Stay home for 14 days after your last contact with a person who has COVID-19.
  - Watch for fever (100.4°F+), cough, shortness of breath, or other symptoms of COVID (see here [Symptoms of COVID-19 | CDC](#)).

## Rules for those with COVID-19 Positive Test and/or Symptoms

- Individuals with COVID-19 Symptoms or a Positive Test must not attend any RPBL activities.
- Individuals can return to participation after:
  - 10 days since symptoms first appeared and
  - 24 hours with no fever without the use of fever-reducing medications and
  - Other symptoms of COVID-19 are improving (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).

## Rules and Guidelines for Coaches

- Coaches must wear a face mask or covering when in close contact (six feet or more) with players or other individuals during RPBL activities, even if vaccinated, due to the current situation with the Delta variant. RPPL will update this guidance as the situation changes.
- Coaches will maintain extra masks as well as provide helmets to any players who don't have them. These items are available upon request from the RPBL equipment coordinator.
- Coaches will follow RPBL's Guidance for Quarantine for COVID exposure, symptoms, and/or a positive test.
- Any COVID exposure or infection must be reported to the RPBL Commissioner.
- Coaches must maintain attendance at all events in the event contact tracing is necessary.

## Rules and Guidelines for Parents

- Parents must provide their players with their own water bottle and face covering.
- Parents are asked to social distance when spectating, and if not possible, face coverings are encouraged.
- Parents must ensure their player has their own helmet. If they don't have a helmet, please ask their coach who will provide the equipment.
- Parents will follow RPBL's Guidance for Quarantine for COVID exposure, symptoms, and/or a positive test.
- Any COVID exposure or infection must be reported to the team's coach and the RPBL Commissioner.

## Rules and Guidelines for Umpires

- RPBL-hired umpires must wear a mask when calling the game behind home plate.
- RPBL-hired umpires may also choose to call the game from a distance of at least six feet from the pitcher, and will not be required to wear a mask.
- Umpires will follow RPBL's Guidance for Quarantine for COVID exposure, symptoms, and/or a positive test.
- Any COVID infection or exposure must be reported to the League Commissioner.

## Rules and Guidelines for League Administration

- Require training for all coaches prior to them beginning with their teams.
- Establish COVID-19 protocols for RPBL that clearly define how infections and suspected exposures are handled by parents, coaches, players, and the leagues.
- Establish a COVID Committee to address any infection or exposure.