Coaches, athletes, volunteers, or spectators experiencing any of the symptoms below should not attend practices or games. They may return to games and practices once they have had no fever for 24 hours without the aid of fever-reducing medications and their symptoms are improving.

 Fever (100.0 or higher without fever-reducing medication)

 Cough, shortness of breath, or difficulty breathing

 New onset of loss of taste or smell

 Sore throat

 Runny nose or congestion

 Headache or sinus pressure

 Chills, muscle pain, or body aches

 Nausea, vomiting, or diarrhea

Coaches (or designated team safety coordinators) are responsible to ensure that athletes do not exhibit any of the above symptoms before they practice or play.

Coaches, athletes, volunteers, and spectators should maintain social distancing guidelines (6 ft.) as much as possible. When social distancing is not possible, face coverings are recommended (except on the field during practices or games).

Coaches, athletes, and volunteers are expected to bring their own source of hydration.

Athletes are expected to provide their own equipment (glove, bat, helmet, etc). Mid-East Little League will provide players in need with dedicated equipment upon request.

Athletes should refrain from spitting or eating in the dugout.

Athletes should practice good hand hygiene. Hand sanitizer will be provided by the coaching staff.

Coaches, athletes, and volunteers who test positive for Covid-19 or have been exposed to Covid-19 may return once the following conditions have been met:

 They have had no fever for 24 hours without the aid of fever-reducing medications.

 Their symptoms are improving.

 They have completed their quarantine requirement.

 They have been cleared to return by a healthcare provider.

If you have any questions throughout the season, please contact your athlete’s coach. You may also contact Mid-East Little League Safety Officer Chris Hochstetler via text or cell at 814.720.3772.

*By working together, we can make a fun, rewarding, and safe experience for all our Mid-East Little League baseball and softball players!*

**MID-EAST VOLUNTEER COVID-19 SAFETY PROTOCOL AGREEMENT**

*Mid-East Little League is committed to a safe return-to-play timeline. The first line of defense against the spread of Covid-19 is a commitment from the parents or guardians of our athletes to keep their athlete at home if he or she exhibits any of the Covid-19 symptoms described in the Mid-East Little League Covid-19 Safety Protocol handout, tests positive for Covid-19, or has contact with someone who has Covid-19. Therefore, we ask parents or guardians to read this Covid-19 Safety Protocol handout and agree to the statement below.*

I have read and acknowledge the Mid-East Little League Covid-19 Safety Protocol handout and agree to monitor myself for the Covid-19 symptoms listed in the Mid-East Little League Covid-19 Safety Protocol. I will stay at home if any symptoms are present, if I test positive for Covid-19, or if I am in contact with someone who has Covid-19.

Thank You

Mid-East Little League