

Pine Tar Academy

COVID-19 Return to Activity Guidelines

May 20, 2020

In response to Governor Tim Walz's Emergency Executive Order 20-56, "Safely Reopening Minnesota's Economy and Ensuring Safe Non-Work Activities during the COVID-19 Peacetime Emergency", Pine Tar Academy has implemented the following requirements and guidelines for returning to activity. This document currently encompasses private lessons, camps, clinics and group practices. When guidelines are established by the State of Minnesota for returning to play baseball games, this document will be updated accordingly. Please note that all guidelines from local and state officials supersede these requirements and guidelines.

General Guidelines

1. Prior to an activity, parents, players and instructors will be informed of Pine Tar Academy's requirements and guidelines:
 - a. Requiring participants to practice physical distancing at all times.
 - b. Recommending limiting carpools to immediate family members.
 - c. Establishing protocols for entering and leaving a facility or park.
 - d. Explaining that any participant experiencing symptoms of illness should not attend an activity and will be prohibited from participating. Participants will be screened prior to participation and will not be allowed to participate if symptoms are present.
 - e. Making clear that all posted and published local- and state-regulated guidelines shall be followed.
 - f. Informing that spectators may be prohibited if group size requirements are exceeded.
2. Employees experiencing symptoms of illness should not report to work and will be allowed to return to work with a doctor's note.
3. Employees or participants who start experiencing symptoms of illness during an activity will be isolated and sent home as soon as possible.
4. All employees must receive training on Pine Tar Academy's COVID-19 Return to Activity Guidelines before they can work. Completion of training must be documented.
5. All employees will wear masks or nonmedical cloth face coverings at all times. Face coverings or masks will be provided to employees.
6. All employees will be provided with hand sanitizer.
7. Hand sanitizer and disinfectant spray or wipes will be available at all activities and venues. Parents are encouraged to supply their players with antibacterial wipes or hand sanitizer.
8. Prior to beginning an activity, players will be reminded to avoid touching their face or spitting and that sunflower seeds are not allowed.
9. Visual cues will be provided where possible to establish physical distancing requirements at our venues. Examples include tape, cones, signs and screens.
10. Frequent cleaning and disinfecting will be conducted in high-touch areas, such as batting tees, training equipment, balls, buckets, desk tops, door handles, elevator panels, railings, copy machines, credit card readers, delivery equipment, etc.
11. Participants should bring their own water bottle or thermos. Coolers aren't allowed.

Lessons

1. Players should provide their own gear (glove, bat, helmet, etc.) and gear should not be shared with others.
2. Lessons are limited to one player and one instructor (or two players from the same family) unless a venue allows for appropriate physical distancing that would allow for 2 or more players.
3. One parent may observe a lesson while maintaining a physical distance of six feet from the instructor at all times. If physical distancing isn't possible or group size requirements are exceeded, a parent will not be allowed to observe.

4. At all times, the instructor should maintain a six foot physical distance from a player or parent (verbal and visual instruction only).
5. Prior to a lesson, gear should be disinfected and the instructor should sanitizer their hands.
6. Benches and other shared spaces or hard surfaces should be disinfected between uses.
7. Instructors are required to wear masks or nonmedical cloth face coverings during lessons. Parents and players are encouraged to do the same. During a private lesson, an instructor may ask a player to wear a face covering.

Indoor Camps and Clinics or Practices

1. Group size will be limited based on the ability to provide adequate physical distancing. Maximum group size will be noted in our registration system and website.
2. Maximum group size will adhere to facility, local and state guidelines.
3. Parents and family members may not be allowed to observe if their attendance violates maximum group size restrictions.
4. Benches and other shared spaces or hard surfaces should be disinfected between uses.
5. At all times, instructors should maintain a six foot physical distance from a player or other instructor (verbal and visual instruction only).
6. Players should provide their own gear (glove, bat, helmet, etc.) and gear should not be shared with others.
7. Gear provided by Pine Tar Academy will sanitized before use and between uses by different players.
8. Players will be required to sanitize their hands if a baseball is shared in a game of catch or a drill.
9. Visual cues will be laid out whenever possible to ensure physical distancing between players during an activity or drill.
10. Space will be marked for players to stow their equipment bag and gear while maintaining adequate physical distancing.
11. Instructors are required to wear masks or nonmedical cloth face coverings during lessons. Parents and players are encouraged to do the same.
12. Additional time will be built into camp or practice plans to allow for setting up visual cues for six foot physical distancing when transitioning between activities.

Outdoor Camps and Clinics or Practices

1. Group size will be limited based on the ability to provide adequate physical distancing. Maximum group size will be noted in our registration system and website.
2. Maximum group size will adhere to facility, local and state guidelines.
3. Parents and family members may not be allowed to observe if their attendance violates maximum group size restrictions.
4. Prior to an activity, hard surface areas (benches, bat racks, etc.) will be disinfected.
5. Bench or dugouts will be used to the extent physical distancing can be maintained. Additional spaces will be marked for players to stow their equipment bag and gear.
6. At all times, instructors should maintain a six foot physical distance from a player or other instructor (verbal and visual instruction only).
7. Players should provide their own gear (glove, bat, helmet, etc.) and gear should not be shared with others.
8. Gear provided by Pine Tar Academy will sanitized before use and between uses by different players.
9. Players will be required to sanitize their hands if a baseball is shared in a game of catch or a drill.
10. Visual cues will be laid out whenever possible to ensure physical distancing between players during an activity or drill.
11. Instructors are required to wear masks or nonmedical cloth face coverings during lessons. Parents and players are encouraged to do the same.
12. Additional time will be built into camp or practice plans to allow for setting up visual cues for six foot physical distancing when transitioning between activities.

Appendix A – Sources and References

State of Minnesota COVID-19 response – <https://mn.gov/covid19/>

State of MN COVID-19 Preparedness Plan Template - <https://mn.gov/deed/newscenter/covid/safework/safe-reopening/>

PINE TAR ACADEMY, LLC

Post COVID-19 Activity Waiver

This waiver is required before a player may participate in any Pine Tar Academy, LLC activity.

This waiver may be found online at: www.pinetaracademy.com.

In consideration of being allowed to participate in any way in a Pine Tar Academy, LLC ("PTA") program, such as lessons, camps, clinics, workouts, club team practices, club team games and club team gatherings, the undersigned acknowledges and agrees that:

1. The risk of injury and/or illness from the activities involved in the program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist;
2. The risk of direct or indirect contact with individuals who have been exposed to and/or diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies does exist and it is impossible to eliminate the risk of contact with or close proximity to an individual with a communicable disease;
3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation;
4. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual, significant hazard during my presence or participation, I will remove myself from participation and bring such hazard to the attention of the nearest official immediately; and,
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS PTA, its officers, officials, coaches and/or board members, other participants, sponsoring agencies, directors, sponsors, advertisers, and, if applicable, owners of the premises used to conduct the event (collectively, the "Releasees"), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PARENT'S/GUARDIAN'S SIGNATURE SHOULD BE USED FOR ANY MINORS. By electronically acknowledging this waiver, parent or legal guardian agrees to the above statements.

FOR PARENT/GUARDIAN OF PARTICIPANT OF MINORITY AGE: This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

POST COVID-19 Protocol for Changes to This Document: Due to the uncertain aspects in return to play, this document is expected to change based on new guidelines from federal, state and local officials. You should always follow your local and state guidelines. You are advised to view the most current version PTA's Return to Activity Guidelines at www.pinetaracademy.com prior to an activity.

In the event of any conflict in language between any printed version of the POST COVID-19 Return to Play Guidelines, Procedures and Recommendations and the online version, the online version shall prevail.