



Parent Tot, Tball and Rookies Covid-19 Guidelines

We look forward to having you or your registered participant be a part of Parent Tot Tball, Tball and Rookies Baseball programs! **Remember: if you are feeling sick, be North Dakota Smart and stay home!** Once a program begins, the West Fargo Park District will issue a credit/refund in the case of illness.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestions or runny nose, nausea or vomiting, and/or diarrhea. The West Fargo Park District will not be checking the temperatures of all participants, but we do have the ability to do so if this is deemed necessary.

It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days after exposure based on the time it takes to develop illness!

Participants Responsibilities

- Face masks are REQUIRED while participating in tball/baseball.
- Wash hands regularly with soap and water. When washing is not possible, hand sanitizer shall be utilized. Sanitizer will be available on each field but we highly recommend parents bring their own in case supply runs out.
- Avoid touching eyes, nose, and mouth.
- Practice social distancing, staying at least 6 ft apart when possible.
- Players should consider wearing batting gloves when handling a bat.
- Participants should consider providing their own helmet for hygienic reasons.
- DO NOT come to baseball if participant has a temperature of 100.4 or higher or is experiencing signs of Covid-19.
- NO SUNFLOWER SEEDS ALLOWED IN RUSTAD.
- No high fives, fist bumps, handshakes and team huddles.

Equipment

- WFPD HIGHLY recommends bringing your own equipment such as a helmet (not required for Parent/Tot Tball), bat, baseball glove and water bottle. (drinking fountains will not be available) Label all equipment with your child's full name.
- Helmets are not available for purchase through WFPD for the winter league.
- If you do not bring your own equipment, WFPD will provide bats and helmets. We will not provide baseball gloves due to Covid-19.
- WFPD equipment will be sanitized between sessions or more if applicable. Hand sanitizer and hand washing is highly recommended during your baseball session.

Spectators

- Spectators are allowed in the turf area during tball and baseball.
- Practice social distancing, staying at least 6ft. part from other spectators.
- WFPD HIGHLY RECOMMENDS those with underlying health conditions to stay home.
- **BRING YOUR OWN LAWN CHAIR AS THERE WILL BE NO SEATING AVAILABLE.**
- NO SUNFLOWER SEEDS ALLOWED IN RUSTAD.

Employee Responsibilities

- Face masks are REQUIRED to be worn by WFPD staff/coaches.
- Wash hands regularly with soap and water. When washing is not possible, hand sanitizer shall be utilized.
- Avoid touching eyes, nose, and mouth.
- No high fives, fist bumps, handshakes and team huddles. .

Restrooms

- Restrooms will be available.
- Use proper hand washing protocols before returning to baseball.

Severe Weather

- In case of inclement weather, please call our weather cancellation line at 701-551-7138.

***All Covid-19 guidelines are subject to change.*