



Covid 19 Mitigation Plan 2022

General Rules

- Any Participant not feeling well or experiencing COVID -19 related Symptoms is to stay home and will not participate in any Galarraga Baseball Academy activities for 10 days from the first day of symptoms, must be fever free for 24 hours without any symptom altering medication.
- Should a player or coach test positive, then must quarantine for 14 days and Galarraga Academy must be notified immediately. Positive cases of COVID -19 must be fever free without the use of any symptom altering medication for 24 hours before returning to training.
- If Any Participant is exposed to a known COVID -19 case including quarantine from school the participant must quarantine for 10 days, or 7 with negative test and not attend any training.
- Any participant with a positive case of COVID -19 within their household must quarantine and may not return to participation until 14 days after the positive test result and positive household member is symptom free for 24 hours.
- Any participant who travels out of the country should quarantine for 5 days before returning to training. Quarantine begins from the day you return to the US.
- We recommend players do not carpool to and from training.

During Clinics or Camps

- Parents should screen their players before coming to the field by taking their temperature and making sure they have not COVID -19 symptoms
- Participants and spectators Should stay home if they are feeling ill or showing signs of COVID -19
- Players do not share personal equipment or water.
- Player and coaches will not shake hands, high five or first bump at anytime during practices.
- Galarraga Baseball Academy will provide hand sanitizer to all coaches and players during and after practice