



# Middletown Athletic Association Coronavirus Preparedness Plan

After reviewing CDC information as well as state and local health departments, we ask that you please adhere to the following:

- If a player or a member of their immediate family is exposed to or tested positive for the Coronavirus, please alert your child's coaches, the MAA President (Rich Webb at [rwebbprezmaa@gmail.com](mailto:rwebbprezmaa@gmail.com)) and the leader of your sport immediately.
  - Little League President – Michael Kepner at [MAABaseball13@gmail.com](mailto:MAABaseball13@gmail.com)
  - Softball Director – Bill Thomas at [maasuburban@gmail.com](mailto:maasuburban@gmail.com)
  - Soccer Director – Dave Schaller at [maasoccer13@gmail.com](mailto:maasoccer13@gmail.com)
- Players must stay home from practices and games if they;
  - Have a fever OR
  - Have a persistent cough OR
  - Are frequently sneezing and/or have a runny nose.
- After an illness, players may not return to practices or games unless they have been fever free, without medication, for at least 48 hours.
- Parents that are ill should not attend practices or games.
- There will be no pre or post game handshakes, high fives, etc.
- Team pinnies will be washed after every use
- Water bottles are not to be shared
- It is highly recommended that Parents/Players clean and disinfect their equipment after a practice or game. For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.

Finally, state and local health officials continue to urge residents to practice preventive steps such as:

- Frequent handwashing with soap and warm water for at least 30 seconds
- Avoiding close contact (within six feet) with people who are sick
- Avoiding touching one's eyes, nose and mouth
- Staying home when sick
- Covering one's coughs or sneezes with a tissue and throwing the tissue in the trash (then washing hands right after)
- Cleaning and disinfecting frequently touched objects and surfaces with household cleaning sprays or wipes

## Helpful Information

- CDC's What You Should Know - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CHOP's FAQ - <https://www.chop.edu/centers-programs/division-infectious-diseases/frequently-asked-questions-about-2019-novel-coronavirus>
- Little League Update - <https://www.littleleague.org/player-safety/coronavirus-update/>
- World Health Organization (WHO) Information - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

As always, if you have any questions, please let your coach or a [member of the MAA board](#) know and we will do our best to help.