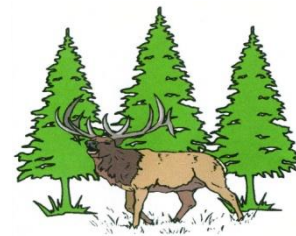


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Requirements for Youth Sports Team to Play League Games on Monroe City Ball Fields

June 2020

"Play Smart, Play Safe"

Monroe City supports youth sports programs and in order to be compliant with Governor Herbert's Covid-19 Guidelines for the Yellow Risk Phase, Monroe City is requiring the following guidelines to be followed for teams to play games. Not following guidelines may suspend game play for all teams involved. It is very likely that Governor Herbert will change the Risk Phase to Green very soon, so please be patient and cooperative with following the guidelines.

- Participants should have their symptoms checked prior to each practice or competition. Any player, or person not feeling well, should not attend games or practices.
- Spectators maintain social distancing of 6 feet between household groups and wear face coverings when social distancing guidelines are difficult to maintain.
- Bleachers/stands will not be available for use. Spectators are encouraged to sit in grassy areas following 6-ft. social distancing at all times.
- No handshaking/celebrations: Players and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- (BASEBALL) Participants in dugouts or staging areas where social distancing is difficult will make all reasonable efforts to maintain as much space between them as possible. Participants should refrain from physical contact and from sharing or passing any items amongst them. Hand sanitizer shall be available and utilized within these areas.
- Players should limit any sharing of playing equipment, bats, gloves, fielder's mask, catcher's gear, helmets, cleats, pads, water bottles etc. Baseballs and Softballs should be cleaned whenever possible and an adequate supply should be on hand.
- Cleaning supplies, as well as hand sanitizer, should be available in the dugout/sideline areas. These supplies will be supplied by each individual coach/team. If supplies are unavailable to purchase, please refer to the attached CDC homemade hand sanitizer and wipes.
- Allow for gaps in between games to help limit the number of people at the park at one time. Schedule games times to end at a specific time limit to allow players, coaches, adults to leave ball field before next scheduled game is to start.
- Concessions will not be allowed at the ball fields. Sunflower seeds, candy and chewing gum is discouraged amongst coaches/players/spectators.

CDC-Approved Bleach Spray

The bleach spray can of course be applied directly onto many surfaces (clean visibly dirty surfaces first and be sure to read up on the materials bleach can ruin), but I also use it to make “wipes” by saturating a folded paper towel with it and using that to wipe down items we bring into the house. I highly recommend watching the [informative video](#) by Michigan family physician Dr. Jeffrey VanWingen to learn proper grocery and takeout sanitation. The CDC is currently recommending a 0.1 percent bleach solution for COVID-19.

Ingredients

- Household Bleach (containing 5.25 percent or 6 percent hypochlorite, so check the label)
- Water

Directions

Mix 5 Tablespoons (1/3 cup) bleach per gallon of water or 4 teaspoons bleach per quart of water. Pour into spray bottle as needed.

UPDATED/CORRECTED (on April 10) CDC-Approved Hand Sanitizer

First, it's recommended by the CDC to wash your hands with soap and water whenever possible. When you are out and can't do that, hand sanitizer is good backup. We haven't left the house without it, even for walks and biking in the neighborhood. Jagdish Khubchandani, PhD, associate professor of health science at Ball State University recommended the below formula to Healthline.Com and was updated to reflect the ratios needed to kill COVID-19 germs. The CDC is currently recommending at least 70 percent isopropyl alcohol (or 60 percent ethanol) for COVID-19.

Ingredients

- Slightly more than 2/3 cup 91 to 99 percent isopropyl or ethanol alcohol (slightly more is about 1.5 tsp more)
- Approximately 1/3 aloe vera gel
- A few drops of your favorite essential oil (I used ylang ylang and my husband and I both love it)

Directions

- Wipe down clean countertops with your diluted bleach solution
- Wash your hands for with soap and water for 20 seconds
- Add alcohol to a cleaned and sanitized measuring cup, then fill to 1 cup with gel and oils
- Using a thoroughly cleaned spoon or whisk, mix all of the ingredients until well blended
- Pour into a sanitized receptacle for storage and into sanitized travel-sized plastic bottles to toss in your purse or pocket
- Do not touch until ready for use

