

San Diego County Youth Sports Physical Distancing and Safety Plan

PROGRAM NAME: Point Loma Little League **ADDRESS:**

1049 Catalina Blvd, San Diego, CA 92107

All measures of the San Diego County's Social Distancing and Sanitation Protocol must be in place.

- A copy of this plan will be provided to all volunteers, parents and guardians, and youth participants. A copy of this plan will be posted at each facility entrance.
- All parents and guardians, and youth participants will be required to sign a commitment to abide by the plan requirements prior to being allowed to participate or enter a facility. This form will also outline the common symptoms of COVID-19:
https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/Coronavirus%20Fact%20Sheet_ENGLISH.pdf
- Point Loma Little League acknowledges and supports decisions to not participate among youth, parents, and adult leaders who are uncomfortable participating for any reason.
- Point Loma Little League will divide participants into smaller "stable sports groups" limiting group participation to 12 (not including coaches) until SD County allows for more participants. These groups should be consistent and rostered as such.

HEALTH PROTOCOLS FOR LEAGUE OFFICIALS AND VOLUNTEERS:

- Point Loma Little League will train all league officials and volunteers on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette per CDC guidelines: https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Reopening_AmericaGuidance.pdf
- Screen league officials and volunteers before entering any facility or field: Send home any league official or volunteer who has any of the following new or worsening signs or symptoms of possible COVID-19: Cough - Shortness of breath or difficulty breathing - Chills - Repeated shaking with chills - Muscle pain - Headache - Sore throat - Loss of taste or smell - Diarrhea - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit - Known close contact with a person who is lab confirmed to have COVID-19.
 - League officials will be required to inquire about (or check if they have a thermometer) current or recent temperatures upon arrival of players, manager, coaches, and volunteers.
- Do not allow league officials or volunteers with new or worsening signs or symptoms listed above to return until: In the case of an individual who was diagnosed with COVID-19, all three of the following criteria are met: at least 3 days (72 hours) have passed since recovery (resolution of out the use of fever-reducing medications); and the individual has improvement in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed since symptoms first appeared; or in the case of an league official or volunteer who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until they have completed the same **three-step** criteria listed above; or if the individual has symptoms that could be COVID-19 and wants to return to **work** before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

HEALTH PROTOCOLS FOR FACILITIES:

- ❑ Frequently clean and disinfect any regularly touched surfaces, such as equipment, doorknobs, tables, chairs, and restrooms per CDC guidelines.
- ❑ Point Loma Little League will provide for disinfection of practice and drill spaces and regular clean high-touch surfaces.
 - All items that were touched during the practice and left for the next team must be sanitized by the team ending practice. This includes but is not limited to:
 - Entry gates
 - Pitching machines
 - Storage bins
 - Bases
- ❑ Frequently disinfect any items that come into contact with participants per CDC guidelines.
 - Baseballs are the only shared element and will be switched out regularly and disinfected as necessary.
- ❑ Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available. Place readily visible signage to remind everyone of best hygiene practices..
 - All players and coaches will administer hand sanitizer upon entry to the field and will apply at the minimum of one time each hour while at the park.
- ❑ Restrooms: The facility will post hand washing flyers from CDC on doors and in bathrooms that include symptoms of COVID-19.
 - Bathrooms will be opened by the first manager with doors left open and will be closed by the last manager to use the fields that day.
- ❑ Limit the number of participants in the restrooms to allow for users to easily maintain at least six feet of distance from one another at all times.
- ❑ Snackbar and vending machines will be closed.
- ❑ Self-serve water dispensers will be temporarily closed.
- ❑ Trash cans will have city maintained easy access (open) lids for easy accessibility to dispose of your own trash.

DROP OFF AND PICK UP:

- ❑ Parents should drop off kids and pick them up from practice. Only players and manager/coaches will be allowed to attend the practices.
- ❑ Depending on what field your practice is happening on, there will be specific directions of entering and exiting the fields.
- ❑ Players will handle and care for their own equipment.
- ❑ All non-player equipment will be sanitized before and after each use.
- ❑ All equipment will be placed so that it can be retrieved without touching anything but the equipment.
- ❑ The minimum equipment necessary must be used for practices.
- ❑ There will be a maximum of 12 players per team.
- ❑ Designated and separated practice areas and equipment for each stable sports youth group will be pre-positioned to maintain safe social distancing.
- ❑ Hand washing or use of hand sanitizer will be required before practice, during breaks, and after practice is completed by all players, manager, & coaches.
- ❑ Physical distancing will be enforced by the league administrators.

SPREAD OUT SCHEDULING OF PRACTICES AND GAMES:

- ❑ All scheduling will have sufficient time between practices and games to comply with social distancing guidelines.
 - Practice times will be spaced out 30 minutes to give time for sanitizing and to ensure teams do not mingle.
 - Players should depart the field area within 5 minutes of practices ending
 - Players should not arrive to the field any earlier than 5 minutes prior to practice
 - If they arrive sooner, they should wait in their car
- ❑ Players/families/spectators are instructed not to show up to fields more than 40 minutes before game time.
- ❑ If there is a game or practice prior to your event, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
- ❑ On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes.

ON-FIELD GUIDANCE:

- ❑ **No Handshakes / Personal Contact Celebrations**
 - There will be no pre/post-game gatherings. This means no lining up, no pledges, no handshakes, no fist pumps, no chest bumps, no high-fives, etc. This will be eliminated completely.
- ❑ **Drinks**
 - Athletes, managers/coaches, and umpires will bring their own personal drinks to all practices and games. Drinks should be labeled with the person's name and there will be no sharing.
- ❑ **Personal Protective Equipment (PPE)**
 - All managers/coaches, volunteers, umpires, etc., will wear face masks when in close contact areas and places where social distancing is not feasible.
- ❑ **Dugouts**
 - Dugouts may not be sufficient to house 12 kids, a manager, & coaches. Players will stow their equipment down the right field or left field fence lines.
 - Players are to stay at their assigned spots when on the bench or while waiting their turn to bat.
- ❑ **Player Equipment**
 - All equipment bags will be hung outside of the fence spaced out enough to prevent direct contact. All equipment is to remain inside each players' personal equipment bag, and only pulled out when in use. There will be no sharing of equipment. Players should have their own individual batter's helmet, glove, bat, and catcher's equipment.
 - Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent, guardian, or caretaker.
- ❑ **Baseballs**
 - "Game baseballs" will be disinfected and changed out every/every other inning to limit individual contact.
 - "Warm-up baseballs" should be separated from game balls and disinfected after use.
 - Any foul balls landing outside the field of play should be retrieved by players, coaches, or umpires. No spectators should retrieve foul balls.
 - Umpires should limit their contact with the ball. The catcher should be retrieving foul and passed balls as much as possible.
- ❑ **Spitting, Sunflower Seeds, Gum etc.**
 - Spitting, Sunflower seeds, and gum, will not be allowed in dugouts or on the playing field.

GAME OPERATIONS AND UMPIRE GUIDANCE:

☐ Pregame Plate Meetings

- If pregame plate meeting is needed, six feet of distance between individuals, and face masks are required.
- Plate meetings should only consist of one manager or coach from each team, and game umpires.

☐ Limit League / Game Volunteers

- For each game, there should only be the required team managers/coaches, umpires, and one (1) league administrator (i.e. Safety Officer, player agent, etc.) in attendance.
- Practices should be limited to the managers/coaches and players.
- There will be no score books. Scorekeeping will be done by team coaches or team parent/guardian via GameChanger. It will be the responsibility of the managers/coaches to forward the stats, scores, and results of the game to league officials and division managers.
- Only 1 individual will be allowed in the Press box to run the scoreboard.

☐ Field Preparation and Maintenance

- Fields should be mowed, raked, and lined prior to teams and spectators arriving at the complex and after they depart. This will be done by league administrators only.

☐ Umpire Placement

- Properly masked umpires will need to be placed behind the plate, 6 feet behind the catcher or more in order to have visibility to the entire field for safety reasons.

SPECTATOR VIEWING AND FIELDS:

- ☐ All social distancing procedures will be strictly followed.
- ☐ Leagues are encouraged to utilize streaming opportunities to provide virtual spectating.

HEALTH PROTOCOLS FOR FACILITIES:

You may contact the following person with any questions or comments about this protocol:

Name: Allison Leitz

Phone Number: 619.241.3184

Date of Form Completed: 1/20/2021