



# Princeton Little League



## COVID-19 PREPARATION PLAN

### General Preparation

- Points of Contact:
  - Meghan Hedin (meghan.hedin@gamil.com, 609.902.1438) -- President, PLL
  - Jeff Frole (JeffFrole@gmail.com, 201.724.2501) – VP Baseball, PLL
- Only players, approved coaches and volunteers are allowed on the field and in the dugout area
- Players may only come to their designated session
- Session start times will include a gap to limit contact between groups at the field or parking area, and allow for sanitization of the dugout areas between sessions
- Bathrooms are cleaned regularly by PRD
  - Limited occupancy as per signs at facility
- Individuals should remain 6 feet apart from one another whenever possible, and masks or cloth face covering are required when social distancing is not possible
- COVID-19 policies will be distributed to all participants and posted at the field
- Signs will be posted in highly visible locations around the field reminding participants and spectators
  - Social distancing protocols
  - Face covering requirements
  - Good hygiene practices
- Hand sanitizer will be available in the dugouts and the check-in table
- All coaches will be given hand sanitizer
- Participants and spectators must adhere to precautions outlined in the COVID-19 Preparation Plan
  - Failure to abide by the regulations will result in removal from the program
- Participants/spectators should not come to sessions if they or any family members are unwell or are showing signs of COVID-19
- Participants/spectators should not come to sessions if they or any family members have been exposed to COVID-19 in the past 14 days
- Persons in higher risk groups (adults 65 year and older, or people of any age with serious underlying medical conditions) are strongly encouraged not to attend at this time
- Families should contact the league (info above) if they or someone in their household become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone suspected or confirmed to have COVID-19.
- Local health officials, coaches, and families immediately of anyone with COVID-19 while maintaining that person's confidentiality in accordance with the Americans with Disabilities Act (ADA).
- If any coaches, volunteers or players get sick, they should not return until they have met CDC's [criteria to discontinue home isolation](#).



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- As medical and government guidance changes, our policies will change as well. Any updates to our protocols will be communicated to participants.
  - [NJ Department of Health COVID information](#)
  - [NJ DoH COVID Guidance for Sports Activities](#)
  - [Princeton Department of Health](#)

## At the Field

- Limited participation of 18 players per session
- Practice activities are structured to minimize close contact between players
  - Social distancing reinforced during drills
  - No catchers in scrimmage situations
  - Coach-pitch only at all levels
- Players, coaches and volunteers must complete an online check-in prior to arrival at each session
  - Symptom questionnaire ([CDC info](#))
  - Travel-status check ([NJ DoH info](#))
- Players, coaches and volunteers will have a temperature check up on arrival at the field
- Anyone showing symptoms of COVID-19, or who has traveled to a location on the NJ State Advisory area within the last 14 days, will not be permitted to participate
- Participants who feel unwell during the activity will be removed from the activity and instructed to return home
- MASKS
  - Everyone must wear masks or cloth face coverings when arriving at the field and at check-in
  - Coaches will wear masks or cloth face coverings at all times
  - Spectators are encouraged to wear masks or cloth face coverings at all times. Face covering is required in areas where social distancing cannot be maintained
  - Players must wear masks or cloth face coverings in the dugouts. They are encouraged to wear them on the field of play, but are not required to while participating in drills or game activities
- EQUIPMENT
  - All players must provide their own playing equipment. This includes:
    - Baseball mitt
    - Batting helmet
    - USA Baseball-approved bat
  - There is no sharing of personal equipment among players
- FOOD AND DRINK
  - All participants and coaches must bring their own water/sports drink. No sharing of beverages or team coolers are allowed.
  - No food is allowed in the dugout areas.
  - No gum or sunflower seeds or spitting of any kind



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- **BASEBALLS**
  - Each session will be provided a bucket of baseballs that will be sanitized after the session. There is no sharing of baseballs between sessions.
  - Baseballs hit out of play will be retrieved by a coach. Spectators should not return balls to the field.
  - Baseballs from each session will be cleaned post-session with EPA-approved cleaning solution by designated volunteers
- **DUGOUT AREA**
  - Dugout areas will be expanded to allow ample room for social distancing among players. These areas will be marked off, and are only for players, coaches and designated volunteers.
  - Designated volunteers will monitor the dugout areas and remind players of face covering requirements and social distancing protocols
  - Dugouts will be sanitized with EPA-approved cleaning solution by designated volunteers between sessions
- No handshakes, high-fives or team huddles
  - Group instruction by coaches will be done on-field in a socially distanced setting
  - Players will tip their caps post-scrimmage rather than a traditional handshake line
- Sessions must end at their appointed time. No extra innings
- Players should pack up and leave the dugout areas promptly so the dugouts can be cleaned before the next session

## **Spectators/Families**

- Families should not congregate in the parking lot
- Families should limit attendance to one adult per player whenever possible
- Spectators are encouraged to wear masks or cloth face coverings at all times. Face covering is required in areas where social distancing cannot be maintained