



## 2020 Covid-19 Safety Plan

# General

- RLL is excited to have a modified season this summer for all age groups (7-12 yrs old).
- RLL has developed a safety protocol
  - Completely following the Commonwealth of MA guidelines.
  - Some traditional and usual aspects of baseball will have to be modified.
- Responsibilities of the league, parents, coaches, and players are summarized in this document.
- Additional details, state guidelines will be provided via web links.
- We ask that all parents, coaches, and players be responsible, but flexible in planning for the safety of everyone so the players can have a great experience.

# League Responsibilities

- Have hand sanitizer and cleaning wipes available at each league field.
- RLL is scheduling extra time between practices/games to minimize overlap to the extent practical.
- Provide catchers' gear to players as needed in AA – Majors leagues
  - Limited supply available.
  - Must be returned at end of season.
- Provide this document to each coach and parent prior to season.
  - Post on RLL website.
  - Hold a preseason coaches training meeting
  - Email to all parents

# We are currently in PHASE 2

- Phase 2 activities will include practices only
- Inter-team games, scrimmages, and tournaments are **not** permitted
- Limit activities exclusively to “no-contact” drills
- Group size is limited to groups of no more than 12 participants, including coaches
- Fields may be used by more than one group of 12 at one time, but groups must be spaced at least 20 feet apart while sharing a field
- **We anticipate PHASE 3 announced approximately July 6<sup>th</sup>**
  - **This document includes phase 2 PLUS anticipated phase 3 guidelines.**

# Parent Responsibilities – Prior to Season

- All participant legal guardians must sign an additional liability waiver regarding COVID19. No player may participate in any team activity until waiver has be electronically signed.
- All participant legal guardians must read, agree to, and sign off on the safety protocols. No player may participate in any team activity until waiver has be electronically signed.
- Supply a glove, batting helmet, and water bottle for your player(s).
  - All personal equipment should be labeled.
- Supply a mask for your player(s) for when they are not on the field.
- Players may not share equipment.

# Parent Responsibilities – During Season - 1

- Conduct a symptom assessment of your player(s) (including taking their temperature) prior to each practice or game and keep them home if they have any symptoms.
  - **Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat, and new loss of taste or smell.**
- Notify the coach and the RLL if your player or someone they have been in contact with is confirmed to have COVID-19.
- Limit spectators to each event to 1 parent per player.
  - For ROOKIE and SINGLE A teams, a parent must be present with their player for the entirety of each **game** or practice.
  - Perform a self-assessment and assessment of siblings and family members prior to coming to the venue as a spectator.
  - Stay home if experiencing any symptoms.

# Parent Responsibilities – During Season - 2

- No gum, sunflower seeds, or similar will be permitted.
- Restrooms and Snack Shack will be closed – please plan accordingly.
- Adhere to social distancing guidelines when attending games as a spectator.
  - **Stay out of designated player areas and maintain a six foot distance from the field.**
  - **Spread out from other spectators and maintain a six foot distance from each other. Bleachers will likely either not be used or will need to be minimally used.**
    - Commonwealth of MA protocols recommend that spectators also use masks.
  - Leave the field as quickly as reasonable after games/practices.
  - Do not congregate in parking lots or other common areas.
  - Commonwealth of MA protocols recommend not sharing vehicles with non-household member (discourage carpooling among teammates).
  - Review the protocols with your player and ensure they understand what is required to participate.
    - **Players who will not or are not able to adhere to the protocols will not be permitted to participate.**
- **ROOKIE and SINGLE-A leagues players will sit with their families throughout the game, except during at-bats and time in field.**
- **AA, AAA, and MAJORS teams will use modified “dugouts” away from parents.**

# Coach Responsibilities – Prior to Events

- Maintain an accurate roster including name, address, and contact information for each coach and player.
  - **The coach will maintain this list for the season and will provide the list to the local health department if requested.**
  - **If an RLL team will be playing a non-RLL team, the RLL coach must have a similar roster and contact information for the non-RLL team prior to the start of the game.**
- Conduct a symptom assessment (including taking temperature) of yourself prior to each practice or game and stay home if they have any symptoms.
  - Per the CDC, symptoms include **cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat, and new loss of taste or smell.**
  - if any player or coach becomes sick or shows symptoms during a practice or game, they should stop participation and be sent home.



# Coach Responsibilities – At Events

- If any player or coach becomes sick or shows symptoms during a practice or game, they should stop participation and be sent home.
- Understand and adhere to social distancing guidelines to the extent practical when running practices and games.
- It is recommended that coaches supply their own masks and wear them at all times.
  - Face coverings should be worn by coaches, officials, and spectators in accordance with MA guidelines
- Review the requirements for players, coaches, and umpires in detail. General player requirements include:
  - **No sharing of equipment, water bottles, etc. For teams with catchers, RLL will loan sets of gear to identified players as needed (supply is limited).**
  - **Players should use hand sanitizer when coming off the field (RLL will supply to each team).**
  - **No spitting, seeds, gum, or similar products are permitted.**
  - **It is recommended that players wear masks when not actively participating.**
  - **No contact between players/coaches/umpires. This means no high-fives, post-game handshake lines, etc.**
    - **It is suggested that teams line up on foul lines after games to tip their caps to opponents and umpires.**

# Coach Responsibilities – At Events - 2

- ROOKIE and SINGLE-A leagues players will sit with their families throughout the game, except during at-bats and time in field.
- AA, AAA, and MAJORS teams will use modified dugouts away from spectators.
  - The number of players permitted in the dugout will be limited –there will be designated areas outside the dugout for each player. RLL will be working to establish these areas.
- Note that the setup required WILL differ among Reading fields.
- RLL will provide coaches with local health department contact information to allow quick access as needed.
- **Minimize in-person team meetings and have your team leave the field promptly when your practice/game ends.**
- It is suggested that each coach will have one team representative to assure all safety protocols are in place during practice/game.
- All high touch surface areas must be sanitized at the end of each activity.
  - Rakes, hoses, shed handles, etc..
  - Sanitizing agents will be provided by RLL at each field.

# Player Responsibilities

- Understand and adhere to social distancing guidelines during practices and games. If you feel sick before a practice or game, tell a parent right away.
- If you feel sick during a practice or game, tell your coach right away.
- Follow your coach's instructions for where to sit and where to put your equipment.
- **Restrooms and Snack Shack will be closed**
- When you're not on the field:
  - **Use the hand sanitizer when you come off the field/into the dugout.**
  - **Players should wear masks.**
  - **Stay six feet away from others (stay in your designated spot).**
  - **Keep your drinks and equipment separate from your teammates.**
  - **Do not use their equipment or let them use yours.**
  - **No spitting, seeds, gum, or similar products are allowed.**
- No touching other players (or coaches, or umpires).
  - No shaking hands, high-fives, chest bumps... No handshake lines after the game.

# Game Operations and Umpire Guidance

- Fields ideally are prepared prior to arrive of players
  - Completed by coaches and spectators participating
  - Equipment used cleaned after each use
- Plate meeting should be very limited or eliminated
  - Follow social distancing (6 ft) for meetings
  - Participants wear a face covering
  - No players may participate in plate meetings
- Umpires (AA, AAA, Majors) will be placed behind pitchers mound to call balls and strikes
  - Encouraged to keep a safe distance from players as much as possible
  - Encouraged to wear face covering
- Rotate game balls every 2 innings during games.

# Next Steps (for coaches):

- Determine which players are interested in catching (AA-Majors), and those that need gear.
- When designing practice plans, plan with extra safety measures.
  - Where players place equipment (spread apart, perhaps off bench).
  - Social distancing guidelines.
  - Group size for drills/stations.
- Assign coach/volunteer to monitor safety procedures.
- Ensure you have face covering for all events.

# Resources

## ® Little League Best Practices

- <https://www.littleleague.org/downloads/best-practices/>

## Covid-19 symptoms

- <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

## Commonwealth of MA guidelines

- <https://www.mass.gov/doc/outdoor-adult-sports-supervised-youth-sports-leagues-summer-sports-camps/download>

## People who are at higher risk

- <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>