

Charlton Little League General Guidance For Return to Play General Guidelines

Bathrooms:

- Will be closed except to players in cases of emergencies.
- Will be cleaned before each game and after each game (Wiping down of all touch points)

Handwashing:

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth at all times
- Players are encouraged to bring their own hand sanitizer for personal use. Hand sanitizer should be placed in all common areas off-field for easy use.

On-Field Guidance Practices

- Practice times will be separated by 30 minutes, please do not arrive more than 10 minutes before your practice time.
- All players and Managers/coaches will have their temperature taken prior to participating in practice to that no fever is present. Anyone with a temperature reading greater than 100.0 will not be allowed to participate in practices as well as anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19. These individuals will not be allowed to practice until cleared by a medical professional
- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should only attend Little League activities with permission from a medical professional.
- If there is a practice prior to your event, players/coaches/managers/parents are encouraged to stay in their vehicles or at recommended social distances until the start of their practice to prevent overcrowding of spectator spaces and walkways.
- Practices should be limited to the minimum number of managers/coaches and the players.

- Dugouts will be off limits for practices; equipment should be left along the fences. Players must wash hands with hand sanitizer prior to throwing baseballs during warmup.
- After warm-up, those baseballs must be placed in a separate bucket to be cleaned.
- Baseballs should be wiped with disinfecting wipes prior to being used
- Manager/coaches must wear cloth face covering when on the field and speaking to players that are within 6' (i.e. third base coach to runner on third base or coach performing soft toss)
- Players and managers/coaches should bring their own personal drinks to practices Drinks must be labeled with the player's name.
- Individuals should take their own drink containers home after practice for cleaning and sanitation or use single-use bottles.
- There should be no use of shared or team beverages.
- There must be no shared equipment such as bats, helmets, catchers gear, etc. In the event that equipment must be shared, all items must be wiped down with disinfecting wipes prior to other player wearing them.
- Coaches should limit their touching of a player's bat, glove, helmet, etc. Coaches must use hand sanitizer if they touch a player's bat, glove, helmet, etc.

No Handshakes/Personal Contact Celebrations:

- Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their practice to minimize unnecessary contact with players, coaches, and parents from the next practice.

Spitting, Sunflower Seeds, Gum, etc.:

- Sunflower seeds, gum, etc., should not be allowed in dugouts or on the playing field.
- All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.

On-Field Guidance **Games**

- Players/families/spectators are instructed not to show up to fields more than 30 minutes before game time.

- If there is a game prior to your event, players/coaches/managers/parents are encouraged to stay in their vehicles or at recommended social distances until the start of their practice to prevent overcrowding of spectator spaces and walkways.
- All individuals should measure their body temperature to ensure that no fever is present prior to participating in practice. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend practices until cleared by a medical professional
- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should only attend Little League activities with permission from a medical professional.
- Use of dugouts will not be permitted during games, except for on deck batter and double deck batter. Players must remove helmet, bat, batting gloves, baseball gloves and place in dugout. Players will be required to bring a lawn chair to sit in along the fence line.
- Players must wash hands with hand sanitizer prior to throwing baseballs during warmup.
- After warm-up, those baseballs must be placed in a separate bucket to be cleaned.
- Baseballs should be wiped with disinfecting wipes prior to being used
- Manager/coaches must wear cloth face covering when on the field and in the dugout.
- Players will be required to wear cloth face coverings when in the dugout. Face coverings will not be allowed to be worn on the field.
- Players and managers/coaches should bring their own personal drinks to games. Drinks must be labeled with the player's name.
- Individuals should take their own drink containers home after games for cleaning and sanitation or use single-use bottles.
- There should be no use of shared or team beverages.
- There must be no shared equipment such as bats, helmets, catchers gear, etc. Some critical equipment may not be able to be obtained by every individual. When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned first and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before used by a new player. Increased attention should be paid to detailed cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).
- Individuals disinfecting equipment are encouraged to use gloves while using disinfectants and follow the manufacturer's directions for use. All disinfectants should be stored properly, in a safe area, out of reach of children.

- Baseballs should be rotated through on a regular basis, at least every two innings, to limit individual contact. Baseballs rotated out must be wiped down with disinfecting wipes prior to being placed back in the rotation.
- Balls used in infield/outfield warm-up should be isolated from a shared ball container.
- Foul balls landing outside the field of play should be retrieved by the fielding team/coaches. No spectators should retrieve the ball.
- Coaches should limit their touching of a player's bat, glove, helmet, etc. Coaches must use hand sanitizer if they touch a player's bat, glove, helmet, etc.

No Handshakes/Personal Contact Celebrations:

- Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- Players and coaches should line up outside their dugouts at the end of the game, where one team claps and the other team tips their cap. Then the teams will switch roles.

Umpires

- Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls.
- Umpires will not be allowed to have extra baseballs on them, the coach from the team that is pitching will be required to throw in game balls if balls are lost out of play.
- Umpires will be required to wear cloth face coverings.

Spitting, Sunflower Seeds, Gum, etc.:

- Sunflower seeds, gum, etc., should not be allowed in dugouts or on the playing field.
- All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.

Pre-Game Plate Meetings:

- Social distancing of six feet between individuals should be implemented during all pre-game plate meetings between teams and umpires.
- Plate meetings should only consist of one manager from each team, and game umpires.
- All participants should wear a cloth face covering.

Equipment Inspection:

Players should place their individual equipment in a well-spaced out manner for inspection. Umpires should avoid direct contact with equipment where possible but, when required, use hand sanitizer that contains at least 60 percent alcohol after the inspection of each individual piece of equipment.

Press Box:

- No one will be allowed in the press box

Field Preparation and Maintenance:

- All equipment used to rake the field, line the field, etc must be wiped down with disinfecting wipes (attention paid to the touch points)

Concession Stands:

- All concession stands will be closed.

Spectator Attendance:

- Bleachers will be removed at all fields.
- Games being held at Bond Road-
 - Parents will be allowed to sit along the right field foul line and outfield areas and must practice social distancing guidelines and ensure they are not within 6' of players.
- Games being held at Center Field-
 - Parents are able to sit anywhere as long as they are practicing social distancing from others and ensure they are not within 6' of players.
- All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; wear a cloth face covering; avoid direct hand or other contact with players/managers/coaches during play.
- Spectators should bring their own seating or portable chairs.
- A spectator with any of the following conditions should not attend a practice or game until evaluated by a medical provider and given clearance to do so:
 - Active COVID-19 infection

- Known direct contact with an individual testing positive for COVID-19
- Fever
- Cough
- Those at higher risk for severe disease should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing. Such groups include:
 - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease.
 - Those currently residing in a nursing home or long-term care facility
 - Those over 65
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their practice to minimize unnecessary contact with players, coaches, and parents from the next practice.

Cover Your Mouth and Nose with a Cloth Face Covering When Around Others:

- The cloth face covering is meant to protect other people in case you are infected. All players, coaches, volunteers, and spectators should practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas.

Cover Coughs and Sneezes:

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash immediately.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60 percent alcohol.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Leagues are encouraged to provide handwashing stations and/or hand sanitizer, if possible.