



Minisink Valley Little League

Fall 2020 Guidelines

This document outlines **Minisink Valley Little League's** plan to return our players to the game safely during the ongoing COVID-19 pandemic. In order to be successful, we need to be sure every member of the community is committed to adhering to the guidelines included in this plan. Every member of the Minisink Valley Little League family – which includes volunteers, parents, and spectators – is required to read and become familiar with this document prior to visiting our playing fields located at the VFW1, VFW2, Greenville Park Field, or any other baseball/softball field we use during this season.

PRIOR TO YOUR PLAYER'S FIRST PRACTICE

- Parents are asked to bring a completed Medical Release Form along with the completed MVLL COVID-19 Waiver to their players' Manager. These forms can be found on our website, minisinkvalleylittleleague.com

PRE-PRACTICE AND GAME DAY HEALTH CHECKS

- Prior to every practice and/or game, please be sure to conduct a self-monitoring health check. This must include a temperature check, anything 100.4 or higher, **YOU MUST STAY HOME**. Please refer to the self-monitoring health checklist provided at the end of this document.
- If you, or anyone in your home, answers "YES" to any of the symptoms in the chart provided, **PLEASE STAY HOME** and immediately notify your Team Manager.
- Self-monitored health checks are for players, coaches, volunteers, and all spectators coming to our fields.
- If you are considered a potential high risk person, as outlined by the CDC, we are advising you to not remain at the fields.

PRACTICE

- Please consider dropping your players off at the start of practice and returning to pick them up at the end. This is in an effort to avoid gatherings as much as possible.
- Parent helpers will not be permitted to be on the fields or in the dugouts at any time. **ONLY ASSIGNED COACHES WILL BE PERMITTED TO PARTICIPATE WITH THE PLAYERS FOR PRACTICES AND GAMES.**



GAMES

- **Spectators-** WILL NOT BE PERMITTED TO USE THE BLEACHERS at any of our fields. Bleachers will be used for our players, as we must limit the number of people in the dugouts.
- **Spectators-** MUST maintain social distancing (minimum 6 feet) around the outfield and sidelines where permitted, please bring your own chairs if you would like to sit.
- **FACE MASKS - This will apply to practices and games.**
 - **Spectators-** Face coverings must be worn by all spectators whenever the 6ft minimum social distancing is not possible. For example, entering and leaving the fields is a busy time for everyone, please wear face masks. Face masks MUST also be worn in and around the rest rooms.
 - **Players-** Players do not have to wear masks while they are playing on the fields. They will be given the option though by their manager during games, upon entering the dugouts. If masks are worn, players may sit in the dugout as a group. If they choose to not wear them, players will be socially distanced and use the bleachers as additional seating.
 - **Managers/Coaches/Umpires-** Must wear masks at all times when on the field or around players.
- There will be signs and areas clearly marked where you can and cannot be, please adhere to said signage at all times.
- All players, coaches, volunteers & spectators must leave the field IMMEDIATELY after the conclusion of the games.
- No touch rule: players should refrain from high fives, fist bumps, hugs, handshake lines and other physical contact with others. A “tip of the cap” can be used in lieu of handshakes after the game.
- Rain Delays: In the event of a rain delay, all individuals must return to their vehicles until the start of the game.

HYGIENE STANDARDS, DISINFECTING AND EQUIPMENT

- Wash hands frequently and for at least 20 seconds
- When unable to wash hands, please use hand sanitizer. Each team will be provided hand sanitizer for the players and volunteers.
- Players must have their own gloves, batting gloves and helmets – if a player does not have their own helmet, the League will provide a helmet to be kept and used for the season.
- Sharing bats and catcher’s gear will be permitted after disinfecting between player uses.





- Each team will have disinfectant wipes and/or spray for use on equipment.
- Players will need to bring their own water bottles clearly labeled with their names.
- Sharing snacks is NOT PERMITTED.
- Gum, seeds, snacks, candy and chewing tobacco are NOT PERMITTED.
- Pitchers are not allowed to touch the ball and their mouth. For example, players are not permitted to lick their fingers and then touch the game ball, etc.
- Spitting is NOT allowed at any of our fields.

VOLUNTEERS

- Must avoid exchanging documents or equipment with players, coaches or spectators.
- Umpires calling balls and strikes will do so either from a standing position behind the pitcher and at least 6 feet away or behind the plate standing at least 6 feet away from the catcher. There will be ZERO TOLERANCE for arguing with an umpire's call.
- Coaches may approach the umpire, keeping a minimum of 6 feet of distance.
- Coaches are to attend to any injured players through the use of appropriate personal protective equipment to administer first aid as necessary.

**Minisink Valley Little League reserves the right to modify or revoke this plan as well as change the season at any time to preserve the health and safety of our players, families and volunteers.*

***Once the uniform order is placed, there will be NO REFUNDS for the Fall season. In the event we are forced to cancel the season for any reason, we will still distribute the uniforms. REMINDER - the Fall MVLL uniform is a dry fit tee and hat BB /visor SB.*

QUESTIONS?

If you have any questions, or concerns please contact:

Tom Barry

Minisink Valley Little League President @ minisinkvalleyll@gmail.com



MINISINK VALLEY LITTLE LEAGUE



SELF MONITORING HEALTH CHECKLIST

HISTORY OF EXPOSURE	YES	NO
<i>Within the last 14 days: have you had contact with any person who has tested positive for an infection with COVID-19?</i>		
<i>Have you been admitted to or visited a hospital in the past month?</i>		
<i>If yes, please specify the reason for admission or visit:</i>		

Have you experienced any of the following symptoms during the past 14 days?					
SYMPTOMS	YES	NO	SYMPTOMS	YES	NO
<i>Fever (100.4 or above)</i>			<i>Vomiting/Nausea</i>		
<i>Cough (persistent)</i>			<i>Diarrhea</i>		
<i>Dyspnea (difficulty breathing)</i>			<i>Skin Hemorrhage</i>		
<i>Sore throat</i>			<i>Rash</i>		
<i>Chest pains</i>			<i>Fatigue/Tiredness</i>		
<i>Conjunctivitis (pink eye)</i>			<i>Headache</i>		
<i>Myalgia (muscle pain/aching)</i>			<i>Loss of taste</i>		
<i>Chills</i>			<i>Loss of smell</i>		
<i>If you answered YES to any of the above or are being treated already, please list which vaccines and/or biologicals are being used:</i>					

PLEASE BE AWARE THAT IF YOU HAVE ANSWERED YES TO ANY OF THE ABOVE QUESTIONS, YOU SHOULD STAY HOME, INFORM YOUR TEAM MANAGER IMMEDIATELY AND FOLLOW LOCAL PUBLIC HEALTH GUIDELINES