



# Responsible Restart



## Little League Baseball

### Arrival to Venue

- **All participants, spectators, must adhere to six-foot physical distancing while at the facility.**
- Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home, especially if you have a fever of 100.4 or higher.\* If anyone in your house hold has been diagnosed with Covid-19 you must stay at home.
- No team water coolers or shared drinking stations.
- Players should be dropped off for team warm-ups forty-five minutes prior to game time.
- It is recommended that lineups be entered by spoken word and recorded by officials/umpires without exchanging any physical documents with coaches or players.
- Players are strongly recommended to travel to and from games with a member of their immediate household.
- Strongly recommended that spectators remain in their vehicle until your player's game begins.

### Practice/ Games

- **Coaches and players must adhere to physical six-foot distancing except when the ball is in play.**
- Coaches must wear face coverings at all times.
- Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home, especially if you have a fever of 100.4 or higher.\* If anyone in your house hold has been diagnosed with Covid-19 you must stay at home.
- Must not share water or equipment. Belongings should be used only by the individual owner including, but not limited to water bottles, gloves, bats, hats, and other on- and off-field gear.
- No touch rule – players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A "tip the cap" can be used following the game in lieu of the handshake line.
- No spitting or eating seeds, gum, other similar products.
- Players will be given a designated spot to sit/ stand during each game and must remain in those spots unless on the field of play.
- Whenever possible, equipment and personal items should have proper separation and should not be shared.
- Face coverings are strongly recommended for any spectators.
- For each practice session, it is recommended that coaches divide players into groups and establish rotating shifts when possible.
- Players should bring individual water containers.
- Hand washing or hand sanitizing, in the absence of soap and water, are strongly recommended for players during the games. (Hand sanitizer will be provided by VLL in each of the dugouts.)
- Players should be dropped off for team warm-ups forty-five minutes prior to game time.

### Spectators

- **Must adhere to six foot social distancing practices. This includes in and around bleachers for anyone not in the same family.**
- Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home, especially if you have a fever of 100.4 or higher.\* If anyone in your house hold has been diagnosed with Covid-19 you must stay at home.
- Must not enter player areas (on the field of play or bench areas).
- Strongly recommended to wear face coverings at all times.
- Strongly recommended that spectators remain in their vehicle until your player's game begins.
- Older adults and people of any age who may be at higher risk are strongly recommended to limit their participation during the season.

*In the interests of keeping everyone safe at Vestal Little League games, practices and other events, the Vestal Little League Board reserves the right to remove from the premises any person who is sick or exhibiting symptoms of illness.*

*The Vestal Little League Board Reserves the right to amend or modify this document and the rules and restrictions contained herein. This includes the right to add further rules and restrictions, to ease these rules and restrictions, remove or modify these rules and restrictions based upon recommendations and guidance from Little League International, the CDC, federal, state and local officials.*

*\* 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.*

## Coaches

- **Must adhere to six-foot social distancing practices.**
- Must wear face coverings at all times.
- Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home, especially if you have a fever of 100.4 or higher.\* If anyone in your house hold has been diagnosed with Covid-19 you must stay at home.
- No spitting or eating seeds, gum, or other similar products.
- No touch rule – coaches should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.
- Must ensure that players are following COVID-19 -related prevention measures included herein.
- Coaches should ensure the players are adhering to social distancing in dugouts and other seating areas.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

## Umpires/ Officials

- **Must adhere to six-foot social distancing practices when interacting with players, coaches, and spectators off the field of play.**
- Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home, especially if you have a fever of 100.4 or higher.\* If anyone in your house hold has been diagnosed with Covid-19 you must stay at home.
- Must wear face coverings at all times.
- Must avoid exchanging documents or equipment with players, coaches, or spectators.
- Umpires calling balls and strikes should allow adequate distance behind the pitcher while still able to perform their duty.

## Leaving the Venue

- Individuals should not congregate in common areas or parking lot following the game or practice
- Umpires should adhere to social distancing practices when interacting with players, coaches, and spectators off the field of play.
- Individuals should not exchange items.
- No team meals or snacks will be provided during the season.

## Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact the local health district about suspected cases or exposure.
- Organizer must maintain a complete list of coaches and players present at each game to include the date, beginning and ending time of the game, plus name, address, and phone contact to be made available upon request from local health district.
- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/ notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.



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