



2021 Spring
Youth Sports Conditioning
COVID-19 Physical
Distancing & Safety Plan



The following plan been developed and reviewed by the East Sacramento Little League (ESLL) Board of Directors in accordance with the Sacramento County Public Health COVID-19 Guidance for Youth Sport Conditioning, rev. 12/20/2020 and the California Department of Public Health. Upon approval, this plan will be implemented and maintained by the ESLL President, Tammy McCarley and Safety Officer, Dr. Samir Sheth, MD.



This plan has been developed and abides by the following tenets :

- East Sacramento Little League acknowledges that the severe acute respiratory syndrome corona virus 2 (SARS-CoV-2), also known as COVID-19, is a respiratory illness that is spread through the air via respiratory droplets from an infected person or by touching contaminated surfaces.
- East Sacramento Little League acknowledges that preventing the transmission of COVID-19 requires a combination of prevention measures including : physical distancing, wearing face coverings, sanitizing surfaces, and staying home when not feeling well. *Physical distancing alone is insufficient to prevent transmission of COVID-19.*
- East Sacramento Little League baseball/softball youth conditioning will take place outdoors only.
- East Sacramento Little League baseball/softball youth conditioning will take place with Physical Distancing guidelines of maintaining at least 6 ft. of distance between participants *whenever possible.*
- East Sacramento Little League baseball/softball youth conditioning will be conducted in Cohorts in accordance with Sacramento County Public Health guidelines allowing for a configuration up to but no more than 27 individuals total per cohort. All participants and volunteers shall remain within their designated cohort for the duration of the youth conditioning program.
- East Sacramento Little League baseball/softball acknowledges that no tournaments, events, or competitions are permitted within youth conditioning.



East Sacramento Little League Youth Conditioning will focus on individual fitness and baseball/softball skills training in physically distanced cohort settings.

Conditioning drills may include the following : stretching, form running, structured throwing mechanics, baserunning, batting (tee, soft toss, bunting, live hitting), infield fielding drills, outfield fielding drills, pitching and catching techniques. Drills will be designed to allow for proper physical distancing between participants.

Registration for East Sacramento Little League's 2021 Spring Youth Conditioning Program will be completed online only.

ESLL's Youth Conditioning Program is anticipated to occur over an 8 week period and subject to cancellation at any time if instructed by SCPH Dept. or out of an abundance of caution associated with repeated closures due to COVID-19 illnesses. The program is also subject to cancellation and/or adjustment if local and state health regulations are updated to allow for youth sports competitions.

All ESLL Board Members, volunteers, and parents/guardians of registered participants will be provided a copy of this plan.



Volunteer Health Protocols

Upon approval of this plan and prior to the start of any Youth Conditioning, ESLL will conduct a Safety Meeting for all Board Members and designated volunteers (Managers & Coaches) to review the following :

- Preventions, transmission, and care of COVID-19 illness
- Cleaning and disinfecting
- Hand Hygiene
- Respiratory etiquette
- CDPH Guidance for the Use of Face Coverings
- Physical distancing

The Safety Meeting will be conducted by ESLL Safety Officer – Dr. Samir Sheth, MD. All volunteers in attendance will be required to acknowledge understanding and receipt of the ESLL Youth Conditioning Plan.

Follow up communication and protocol reminders will be emailed to all Volunteers and Participants on a weekly basis.



Practice Area Health Protocols

- Baseball/Softball activities within the youth sports conditioning program will be conducted outdoors at designated Practice Area locations.
- Hand sanitizer, disinfecting wipes and EPA-approved disinfectant spray will be made available at each location.
- Each practice area will have designated and separated locations for drop off and pickup to allow for proper physical distancing between cohorts.
- Cohort conditioning start and finish times will be staggered in 15 minute intervals to avoid interaction between cohorts.
- A written copy of the ESLL Youth Conditioning plan will be available at designated practice areas during youth conditioning sessions.
- Designated locations include : East Portal Park (Softball Field and Bowl), McKinley Park soccer fields, Coloma Center, and George Sims Park. If ESLL is granted permits at additional sites, these practice area health protocols will apply to those sites as well.



Participant Protocols

- ESLL volunteers will screen participants before they enter any practice area for COVID-19 symptoms through a series of verbal questions and visual observations. *In addition, parents will fill out an online questionnaire prior to practice to confirm absence of symptoms.*
 - *Temperature checks will be used when when arriving at practice and participants will be sent home if temperature is equal to or greater than 100.4 degrees Fahrenheit.*
 - All participants and volunteers shall wear face coverings while participating , even with heavy exertion as tolerated (unless the face covering could become a hazard), and face coverings will be worn when not participating.
- EQUIPMENT
 - All participant personal equipment (glove, bat, helmet) will handled only by that participant.
 - All participant personal equipment, including personal hydration, will be placed 6 ft. apart at the practice area.
 - Baseballs and *catcher's equipment* shall be the only shared equipment and will be cleaned and disinfected daily.
 - *Sport equipment must be designated and marked for each cohort youth sports group. This equipment must not be allowed to be used by any other cohort youth sports group. The minimum equipment necessary will be used for practices and drills.*
- Participants will be given hand sanitizer at the beginning of each conditioning session, during each water break, and the conclusion of each session.
- Physical distancing will be maintained by all participants during all conditioning hydration breaks.
- Participants shall not share water bottles or jugs.
- No gum or sunflower seeds will be allowed.
- No outside food or refreshment will be provided to Participants.
- Participants within each cohort will be reminded that hugs, high-fives, etc. are not allowed.
- Only Participants and Volunteers will be allowed to attend Youth Conditioning sessions.
- Parents will be instructed not to congregate at the practice area and reminded that face coverings are required at participant pickup and drop off.
- *Participants will be required to sign a COVID-19 waiver*



Participant Protocols continued

- Any individual who is diagnosed with COVID-19 cannot participate in Youth Conditioning until all three of the following criteria are met as per the [CDC Criteria for Discontinuing Home Isolation](#). Please note the ESLL will be slightly more conservative with regards to precautions on returning to play.
 - I. Any player or coach who is diagnosed with COVID-19 cannot return until at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever reducing medications)
 - II. The individual has improvement in symptoms (e.g., cough, shortness of breath, etc.) and
 - III. At least 10 days have passed since symptoms first appeared.
- In the case of a player or coach who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until they have completed the same three step criteria listed above; if the individual has symptoms that could be COVID-19 and wants to return before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.
- Asymptomatic COVID-19 individuals (i.e. – individuals who never develop symptoms of COVID-19 but test positive for COVID-19) should follow isolation precautions and can return 10 days after date of positive COVID-19 test.
- Moreover, if a Volunteer or Participant has a [close contact](#) (as defined by the CDC), they must notify the ESLL president, safety officer and/or Volunteer immediately and must remain in quarantine as per the CDC criteria for discontinuing home isolation.
- If a Volunteer or Participant develops symptoms during a training session, they will be instructed to leave and seek out appropriate medical care.