

# ***Bangor East LL Summer Plan 2020***

## **Tentative Dates:**

Practices: week of June 8

Games: week of June 22

Season End: last week of July

## **GENERAL GUIDANCE**

All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each LL activity. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend a LL activity until cleared by a medical professional.

Bangor East Little League (defined as BELL) and Taylor Field Complex (includes both fields, batting cages, buildings, bleachers and spectator standing areas around field): In the interest of the kids and all involved, BELL is operating the 2020 baseball season in compliance with Maine CDC and Little League Baseball guidelines. Should a player, coach, volunteer or spectator act in a manner that puts compliance in jeopardy, BELL reserves the right to have that person leave the Taylor Field Complex.

Players are encouraged to bring their own hand sanitizer for personal use. Hand sanitizer will be placed in common areas off-field for use during activities at Taylor Field.

All players, coaches, volunteers, independent contractors and spectators should practice social distancing of six feet wherever possible from individuals not residing in their household.

No more than 50 people will be allowed on the Taylor Field Complex at one time.

Each player may be limited to one family member in attendance during LL activity, pending final roster sizes.

Spectators are asked to bring their own seating when possible.

BELL is working on possible video-streaming games for families unable to attend.

To help with social distancing, when arriving at Taylor Field, home team vehicles will use parking lot adjacent to batting cages. Visitor team vehicles will use centerfield parking lot.

## **ON-FIELD GUIDANCE**

Players and coaches will take measures to prevent all but essential contact necessary to play the game.

No handshakes, fist / elbow bumps, chest bumps, celebrations, etc.

BELL will follow LL suggestion of tipping cap as a sign of good sportsmanship.

All players, coaches and umpires will bring their own personal drink and will take their own containers home afterward for sanitizing and cleaning or use single-use bottles.

Teams will not share any food or snacks.

All players, coaches, umpires, spectators will refrain from spitting. No sunflower seeds or gum allowed.

Maine CDC Guidelines: While face coverings are recommended, face coverings are not compatible with many sports and inhibit respirations during exercise. Face coverings are not currently recommended for players during practice or competition. Face coverings can be used, if feasible, during coach strategy sessions and whenever possible.

Face coverings are allowed on the field if any participant wishes to use one.

Dugouts will not be used for team gatherings. Players will be assigned a designated spot behind the fence line (Left Field, Right Field lines) with social distancing recommendations. When not playing in the field or at bat, players must stay in their assigned spot.

We are requesting that players bring and use their own individual helmet, glove and bat. Any catchers should bring their own equipment when possible. If a player does not have access to their own equipment, BELL will sign out equipment as available for the player to use for the season. Equipment signed out will need to be returned at conclusion of the season.

### **GAME OPERATION GUIDANCE**

Field prep will be done before teams and spectators arrive and after they leave. Shared equipment and common shared surfaces will be wiped down with cleaner and disinfectant before and after use on a regular basis.

One volunteer BELL administrator will be assigned to be present at each game and will be asked to handle on-field and off-field issues.

Taylor Field Complex concession stand and bathrooms will not be open. Pre-game meetings will be eliminated when possible. Umpire will call balls & strikes from a socially distanced spot behind the pitcher's mound.

LL guidelines call for baseballs to be rotated on a regular basis, at least every two innings, to limit individual contact. There will be one container used for in-game balls.

Balls used for infield/outfield warm up will be isolated from shared ball container.

No spectator should retrieve foul balls, only game participants.

One individual should handle scoreboard remote box for each game.

All games will be played with a time limit.

BELL will schedule games & practices with time spacing between activities.

Players & families should vacate field / facility after the game as soon as is reasonably possible.

For contact tracing reasons, coaches will record players & staff in attendance for each LL activity.

If an individual associated with BELL tests positive for COVID-19 the league will end the summer season.

Given the unique circumstances we are dealing with, these guidelines are subject to change by the BELL Board of Directors.

## **GAMES & PRACTICES**

Families & players must register for play, must attend a mandatory informational meeting and must sign a 'hold harmless waiver' before participating in any BELL activity.

All games and practices will be Monday thru Friday. No weekend play.

## **PRACTICE PLANS**

First two weeks of season will be designated for practices for all our teams at all levels.

Practice emphasis for Majors:

1. Arm conditioning (throwing programs)
2. Basic skill work
3. Team concept (cutoffs/relays/situations)
4. Develop pitching (5-6 players)

Practice emphasis for Minors:

1. Introduce throwing program/ proper throwing mechanics
2. Skill work
3. Situations

Practice emphasis for Farm:

1. Throwing mechanics
2. Fielding mechanics
3. Hitting mechanics
4. Basic rules (positions, where to throw the ball, base running)

**BANGOR EAST LL 2020 WAIVER AND RELEASE OF LIABILITY**

**READ BEFORE SIGNING**

In consideration of being allowed to participate in any way in Bangor East Little League athletic sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) from the activities involved in this program are significant, potentially life-threatening, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I acknowledge that I am aware that there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from:
  - An outbreak of any and all communicable disease, including but not limited to, the virus “severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)”, which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof;
5. In consideration of having the opportunity to participate as either a team member or competitor at location, and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify Bangor East LL volunteers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my participation in the above activities. I indicate my agreement to this hold harmless elective noted below.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

Participant Name: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

DATE SIGNED: \_\_\_\_\_

**FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of the activity and his/her responsibilities for adhering to the rules and regulations. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releases and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releases from any and all liabilities incident to my minor child’s/ward’s involvement or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

DATE SIGNED: \_\_\_\_\_

Emergency Phone Number: ( \_\_\_\_\_ ) \_\_\_\_\_