



St. Helena Little League Return to Play Plan 2021

St. Helena Little League Return to Play 2021



COVID-19 continues to pose a risk to communities, and we are required to follow recommended precautions and adapt to minimize its risk. We also recognize the importance of youth sports and recreation in supporting mental health, physical fitness and personal and social development.

With safety as our first priority, we have developed the following plans to support a safe environment for our players based upon published guidelines from CA Department of Public Health, for **“Outdoor and Indoor Youth Sports and Recreational Adult Sports”**

These plans will remain in place until further notice and will be continually assessed to align with any updates from CA Dept of Public Health, Napa County Public Health and the City of St. Helena.



Phased Approach to Return to Play 2021

Phase	Phase 1	Phase 2	Phase 3
<p>Activity Description</p>	<p>Team Clinics</p> <p>Skill building, conditioning, practice and training can be conducted outdoors with physical distancing within stable cohorts.</p>	<p>Scrimmages and Games</p> <p>Inter-Team Competitions between teams from the same County or immediately bordering County (if they are in same Tier)</p>	<p>Tournaments</p> <p>Competition between teams from non bordering Counties or Out of State.</p>
<p>Anticipated Timing</p>	<p>Permitted Now January 2021</p> <p>Allowed during Regional Stay at Home and during all Tiers.</p> <p>SHLL expects to begin Clinics during the week of February 14, 2021</p>	<p>TBD</p> <p>Combining teams is not permitted until Napa County is in the Red Tier (Substantial)</p>	<p>TBD</p> <p>No projected date at this time.</p>

CHECKLIST FOR COACHES

Protect Players from COVID-19

- Send a welcome email or call parents and/or players. Inform them about actions that the sports program will take to protect players. Remind them to stay home if sick or if they have been around someone who is sick.
- Be a role model. Wear a cloth face cover and encourage parents, fans, officials, and sports staff to wear one during practices and games.
- Provide hand sanitizer with at least 60% alcohol to players before and after practice/game, or encourage them to wash their hands with soap and water.
- Educate players about covering coughs and sneezes with a tissue or their elbow. Discourage spitting.
- Remind players about social distancing and identify markers (signage or tape on floor, if applicable). Encourage your players to focus on building their individual skills and cardiovascular conditioning, so they can limit close contact with other players.
- Check with your sports administrator to make sure they are following cleaning and disinfection recommendations.
 - Cleaning and disinfecting frequently touched surfaces on field, court, or play surface (e.g. drinking fountains) at least daily or between use.
 - Cleaning and disinfecting shared equipment

Lower Risk → Higher Risk

Skill building drills at home Within-team competition Full competition from different areas

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Stop the spread of germs that can make you and others sick!

Wash your hands often

Wear a cloth face cover

Cover your coughs and sneezes

Keep 6 feet of space between you and your friends

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Facilities Preparation

- Signage will be posted at entrances to the fields
- Physical markers on the sidelines and bleachers to ensure proper social distancing
- Cleaning checklist posted for high touch areas and equipment (pitching machine, batting cages, catchers gear, balls)
- Hand sanitizer (60% alcohol) and disinfectant will be available at each field and in ump shed (meets EPA criteria for use against SARA-CoV-2)
- Hand wash station will be available with soap
- Snack Shack will remain closed

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

6 ft

Stay home when you are sick, until you get medical care.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

*Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Do not use all possible symptoms. Please get your medical provider for any other symptoms that are not on this list.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

STAY SAFE ON AND OFF THE FIELD

Stay home if you are sick.

Bring your own equipment and gear (if possible).

Cover your coughs and sneezes with a tissue or your elbow.

Wash your hands or use sanitizer before and after events and sharing equipment.

Tell a coach or staff member if you don't feel well.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Team Procedures

The following guidelines address **Returning to Play: Phase 1: Team Clinics**

Note: Combining teams for Scrimmages or Games is not approved until Napa County moves into the Red Tier (Substantial). Additional Guidelines will be added at that time.

- Players and Coaches will be in stable cohorts by Team
- Dugouts will not be used
- Marked sidelines to maintain proper distancing
- All players will hang/store gear as marked to allow for appropriate distancing
- Coaches/volunteers will adjust drills to maintain physical distancing when possible
- League equipment (pitching machine, batting cages, catchers gear) will be sanitized before and after use using appropriate disinfectants and while wearing gloves
- Foul balls will be retrieved by players / coaches, not spectators
- Players, parents, coaches, volunteers will not congregate before or after practice or in common areas such as the parking lot



Parents/Guardians

- Will review 'Return to Play Agreement and Waiver'. **A signed copy is required before player can participate**
- Are expected to assess player's health prior to the player attending baseball/softball activities, and if the player exhibits any signs of illness, the player will stay home
- Will send player with their own equipment including face covering
- Will drop off at designated spot right before practice/games to avoid forming a group
- Will wear face coverings and maintain 6ft distancing from non household members when at the field
- Will immediately notify Coach and Safety Officer if player has tested positive for COVID- 19 or has been in direct contact with someone who has tested positive for COVID-19
- Will notify Coach of any travel plans outside of the State



Managers/Coaches/Volunteers

- Identify a Covid Compliance Volunteer to perform and log health screenings of players/coaches/volunteers upon arrival: temperatures taken, screen for cough, signs of illness
- Identify volunteer to help maintain physical distancing among players, coach, volunteers during practices
- Distribute and collect signed 'Return to Play Agreement and Waiver'. **Players may not participate until waiver is signed.**
- Managers are instructed to send players home if there are any indications of illness.
- Managers will immediately notify SHLL President, Safety Officer and Player Agent if any player, coach or manager exhibits symptoms, tests positive or has been in contact with someone who has tested positive.
- Wear a face covering when not actively engaged in play
- Ensure there aren't any communal or shared team drinks or food, only individual player water bottles which must be labeled.
- Implement all Guidelines for Return to Play



Players

- Will stay home if sick, especially if suffering from flu-like symptoms (fever of 100.4 or higher, and cough, sore throat, body aches, unusual fatigue, diarrhea or vomiting)
- Will bring a face covering to all baseball/softball activities.
- Will wear a face covering when not actively engaged in play.
- Will practice 6 feet physical distancing.
- Will place personal bags on marked spots and return to those spots when not in play.
- Will bring their own labelled equipment. Shared equipment (helmets, gloves, bats, hats, glasses) are not permitted.
- Will not share food or snacks. Will bring own personal labelled water bottle. Water will not be provided nor available
- Understand there is no spitting. No sunflower seeds or gum
- Understand no unnecessary physical contact ex: high fives, handshakes, fist bumps or hugs
- Will inform coach if they feel ill
- Will sanitize their equipment when at home after each use



Behaviors for Everyone

- Players and coaches will wash their hands or use hand sanitizer at the beginning of play and before/after using any shared equipment
- Coaches/volunteers will reinforce physical distancing and sanitation protocols
- Coaches/volunteers and players will wear face coverings when not actively engaged in play
- Coaches/volunteers, players to maintain proper distancing when possible
- No shared food or beverages
- Will sanitize their equipment when at home after each use



Preparation if Someone Gets Sick

- If an individual exhibits COVID-19 symptoms, immediately separate the individual
- Contact parent/guardian right away to pick up said individual
- Inform coaches/volunteers, player and family that sick individual cannot return until they have met CDCs criteria to discontinue home isolation
- Close off area used by sick individual and do not use until after cleaning protocol has been followed
- Wait at least 24 hours before cleaning and disinfecting if possible. If 24 hours is not feasible, wait as long as possible
- Clean and disinfect surfaces or shared objects in the area
- Coaches, volunteers, parents should notify SHLL President, Safety Officer and Player Agent if individual has tested positive for COVID-19 or have been in contact with someone who has tested positive
- SHLL President, Safety Officer and Player Agent will implement communication guidelines to notify the appropriate parties and communicate accordingly



Be Safe, Have Fun!

We realize these guidelines present a different way of playing, but they are being implemented to align with the Guidelines from CA Department of Public Health and Napa County Public Health Office which places priority on the health and safety of our players and community.

We are excited to be able to offer the opportunity for our players to enjoy physical fitness while developing their skills and team building. We look forward to seeing them on the field soon!

If you have questions about these guidelines, please feel free to contact:

Jeff Blaum, SHLL President: 707-363-5143

Elaine Lund, SHLL Safety Officer: 415-726-8500

Anna Marie Longo, SHLL Player Agent: 415-378-2583



Play Ball!