

Northumberland County Little League



2021 Spring Season – COVID Safety Guidelines

PURPOSE and SCOPE

In compliance with Commonwealth of Virginia COVID Phase 3 Guidelines and the Little League® Best Practices for Organizing, Playing, and Watching Games, NCLL has implemented the following COVID Safety Guidelines for the 2021 Spring Season, applicable to both practices and games.

GUIDELINES

1. Parents must review and sign COVID waiver before child is allowed to participate. (A copy of this waiver is provided in Appendix A.)
2. There shall be no use of shared or team beverages.
3. Food, seeds, snacks, gum, etc. will be forbidden during gameplay, this includes in the dugouts or on the fields of play.
4. Players and coaches should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name.
5. Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.
6. No handshakes or personal contact celebrations will be allowed, including shaking hands after the games. As a show of sportsmanship, players and coaches will tip their hat to the other team at the completion of games.
7. Players should bring their own sanitizing wipes and/or hand sanitizer.
8. If a player, coach, parent, or fan is showing any COVID symptoms, or has been exposed to someone with COVID symptoms, please STAY HOME!
9. Parents must take child's temperature before arriving at ballpark; if temperature is above 100.4F, please STAY HOME!
10. All players, coaches, parents and fans should sanitize hands before arriving at park.
11. Players, families, and other fans should vacate the field/facility as soon as is reasonably possible after the conclusion of practice/games to minimize unnecessary contact with players, coaches, and spectators, ideally within 10 minutes.
12. Parents are not allowed on field or in the dugouts, there will be NO EXCEPTION to this policy.
13. Players and coaches are required to wear cloth face coverings when in close contact areas and in places where recommended social distancing is challenging or not feasible, in particular, while players and coaches are in the dugouts.
14. Players will be permitted but not required to wear a cloth face covering on the field during practice or games, if desired.
15. Players should have their own individual batter's helmet, the Little League will provide one if the player does not have their own.
16. Measures will be enacted to avoid or minimize equipment sharing when feasible.
17. If equipment is shared, it must be sanitized before it is used again. If using shared catcher's glove, must wear batting glove underneath catcher's glove.
18. All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.
19. The Concession stand will operate in accordance with Virginia Phase 3 Guidelines, in particular:
 - i. No one with a fever or any other symptoms of COVID shall be permitted to work in the concession stand.
 - ii. All concession workers shall wear a face covering while working in the concession stand.
 - iii. All patron shall wear a face covering while in line or waiting for an order at the concession stand.
 - iv. While waiting in line, all patrons must stand a minimum of six feet apart, line markers shall be provided.

Appendix A – NCLL 2021 Spring Season COVID Waiver

WAIVER, RELEASE AND ASSUMPTION OF LIABILITY

In consideration of participating in any way in the Northumberland County Little League 2020 Fall Season Program (“Releasees”) and related events and activities, including without limitation any practices, games or other activities of any description at any location, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury and/or illness from the activities involved in the program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist;
2. The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies does exist, and it is impossible to eliminate the risk that I could be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease;
3. 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 all full responsibility for my own participation and, if applicable, the participation of any individual to whom I am parent or guardian. I specifically acknowledge the contagious nature of COVID-19 and similar contagions, voluntarily assume the risks that I may be exposed to or infected by participating in the Northumberland Little League Program and understand that such exposure or infection may result in personal injury, illness, permanent disability, and death.
4. I willingly agree to comply with not only the stated and customary terms and conditions for participation in the Northumberland County Little League Program but also with any suggested or mandatory best practices, guidelines and other measures that may be imposed by government authorities and/or the Northumberland County Little League Program.
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS THE Northumberland County Little League Program, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of the premises used to conduct the event (“Releasees”), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, loss or damage to person or property, including all liabilities, actions, damages, costs or expenses of any kind, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
6. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT AND ACKNOWLEDGE BY SIGNING BELOW THAT I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY AGREEING TO IT ON MY OWN BEHALF OR ON BEHALF OF THE YOUTH PARTICIPANT TO WHOM I AM PARENT OR GUARDIAN, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

ACKNOWLEDGEMENT BY ADULT PARTICIPANT: By acknowledging and signing below, I agree and verify the following:

- 1) I understand, consent and agree to assume the risks of participation in these programs; and
- 2) that I specifically agree to the release as provided herein of all the Releasees, and, for myself, my heirs, assigns and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my involvement or participation in the Northumberland County Little League Program EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

ACKNOWLEDGMENT BY PARENTS AND/OR LEGAL GUARDIANS OF YOUTH PARTICIPANTS: By acknowledging and agreeing to the check box below, I agree to and verify the following:

- 1) I am the parent or legal guardian for the youth participant for whom I am parent or guardian, as listed below;
- 2) that the date of birth of the youth participant associated with this guardian account is correct;
- 3) that as parent/legal guardian with legal responsibility for this youth participant, I consent and agree to assume the risks of his/her participation in these programs; and
- 4) that I specifically agree to his/her release as provided herein of all the Releasees, and, for myself, my heirs, assigns and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to this youth participant's involvement or participation in the Northumberland County League Program as provided above EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

Signature of Adult Participant (Coaches)

Date

Print Name

Signed as an individual and as parent or legal guardian of: (Players)

Youth Participant

Date of Birth

Signature of Parent or Legal Guardian

Date

Appendix B

Virginia Phase Three Guidelines

Recreational Sports

SCOPE: Indoor and outdoor recreational sports activities

PHASE 3: Recreational sports activities must either implement the following mandatory requirements or must not take place.

Mandatory Requirements:

- ✓ Participants and organizers of recreational sports activities must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. Participants and organizers of recreational sports activities must adhere to the following additional requirements for such activities:
- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for high-risk individuals, and staying home if sick (samples at bottom of this document).
- ✓ Indoor and outdoor recreational sports should maintain ten feet of physical distance between all instructors, participants, and spectators, where practicable.
- ✓ The total number of attendees (including both participants and spectators) of recreational sports cannot exceed the lesser of 50% of the occupancy load on the certificate of occupancy, if applicable, or 250 persons. For sports played on a field, attendees are limited to 250 persons per field.
- ✓ Ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation. Persons with symptoms should stay home until CDC criteria for ending isolation have been met. Persons with severe symptoms may need to be evaluated by a healthcare provider. Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.
- ✓ Conduct daily screening of coaches, officials, staff, and players for COVID-19 symptoms prior to admission to the venue/facility. Children should be screened per the CDC guidance for screening children. Adults should be asked if they are currently experiencing fever (100.4 degrees Fahrenheit or higher) or a sense of having a fever, a new cough that cannot be attributed to another health condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health condition, or new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise). Anyone experiencing symptoms should not be permitted in the venue/establishment. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.
- ✓ All shared items must be disinfected between each use to the extent practicable.

Stop the Spread of Germs

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



Stay at least 6 feet
(about 2 arms' length)
from other people.



Cover your cough or sneeze with a
tissue, then throw the tissue in the
trash and wash your hands.



When in public, wear a
cloth face covering over
your nose and mouth.



Do not touch your
eyes, nose, and mouth.



Clean and disinfect
frequently touched
objects and surfaces.



Stay home when you are sick,
except to get medical care.



Wash your hands often with soap
and water for at least 20 seconds.



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