

Cascade Little League 2021 COVID-19 Guidelines

Overview

Cascade Little League (CLL) plans to resume play and practice for little league baseball and softball during the regular 2021 season.

The goals of these guidelines are to:

1. Continue play and practice while maintaining COVID-19 safety protocols.
2. Provide a safe and healthy environment for youth sports activities.
3. Minimize risk to the lowest practical level while maintaining regular baseball/softball games play.
4. Maintain physical distancing and the wearing of approved face coverings when necessary.

General Requirements

- Coaches will clean, and disinfect frequently touched surfaces (ex. balls, nets, tees, dugouts, and gear) before and after each game or practice.
- Coaches will ensure the safe and correct application of disinfectants and keep these products away from children.
- Coaches will follow physical distancing guidelines, implementing activities and structure that require physical distancing.
- Coaches will ensure all players and parents are familiar with this entire document and all requirements before participating. Coaches are encouraged to hold an online meeting to review the requirements.
- Players & Parents must sign COVID-19 Waiver prior to participation.

Participation Requirements

- All players must be registered with CLL and wear a face covering when social distancing cannot be maintained.
- Players and coaches will not attend games or practices for at least 7 days after any illness onset and 72 hours after fever has passed without use of fever reducing medicine, and COVID-19 symptoms (fever, cough, shortness of breath, and diarrhea) have improved.
- If a player or coach develops a new cough (e.g., unrelated to pre-existing conditions such as asthma or allergies), fever, shortness of breath, or other symptoms of COVID-19 during the practice/game, they will be isolated away from others immediately, asked to wear a face covering, and sent home as soon as possible.

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- While waiting for a sick child to be picked up, a coach will stay with the child in a location at least 6 feet away from others. The coach will remain as far away as safely possible from the child (At least 6 feet), while remaining in the same location.
 - The affected individual will not attend games or practices for at least 7 days after illness onset and until 72 hours after fever has passed without use of fever reducing medicine, and COVID-19 symptoms (fever, cough, shortness of breath, and diarrhea) have improved.

Check In/Check Out

- Coaches will record each player on a Daily Participant List when the player arrives at the field and when they depart.
- To avoid other gatherings of larger crowds we ask that parents either remain in vehicles or socially distance themselves outside the field area to maintain state guidelines for gathering size.
- After checking in each player will place their equipment in a designated area, previously marked 6ft apart, along the outside of the foul line during games or on the inside of the fence during practices.

Physical Distancing: General

- Practices and game will support physical distancing; striving to maintain at least 6 feet between individuals.
- Dugouts will only be occupied by the on-deck batter, and the in-hole batter. No equipment or food or drink will be in the dugout. In the event of practices, dugouts most likely will not be used. All equipment will be outside on fields.
- Parents are not allowed within 6' of any player or coach at any time. We will discourage parental interaction during the entire event. CLL will only monitor the immediate area of our coaches and players and will not monitor public areas outside the designated playing area.
- Spectators may line up at 6-foot intervals along the foul lines. It is understood that they do so at their own risk.
- Coaches will wear masks if 6 feet of separation cannot be maintained from other coaches or players.
- Players are encouraged to wear masks when arriving, departing, and anytime 6 ft. separation cannot be maintained.
- The umpires will have authority to stop games if physical distancing or equipment use standards are not maintained.

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Before the Practice/Game (See Form Below)

- Players and coaches will complete a “pre-practice/game screening” before every event. This will consist of the following items:
 - Players and Parents will Check in with Head Coach to record players name, parents name and to ask the required COVID-19 screening questions.
 - Ask player/parent if they have experienced any shortness of breath, difficulty breathing, fever, chills, nausea, muscle pain, sore throat, and new loss of taste or smell in the last 72 hours.
 - Ask player if they have been knowingly exposed to anyone with COVID-19 in the last week before event.
 - Sanitize player hands prior to entering field of play.

All players must:

- Completely pack all equipment in an equipment bag or backpack that can be hung on the fence.
- Have their own water bottle with their first and last name on it in their own bag.
- Have their name clearly written on the bottom of the bill of their hat and batting helmet.

Physical Distancing and Hygiene: Practices and Games

- Players will arrange themselves around the circle at intervals of no less than 6’ for stretches and 10’ for drills. One player or coach will be in the center to run the stretches or drills.
- When players are warming up by playing catch, they will form into groups of two and stay with that group while playing catch. If either player touches their mouth or nose during that time, they will stop, sanitize hands, and switch out the practice ball.
- Players may not share equipment. Players may only use their own equipment, including bats, helmets, and gloves. If players do not have their own equipment, the league will issue sanitized equipment to them for the season. Equipment must be signed out by a parent, who will be responsible for returning it at the end of the season.
- Each player must use league provided hand sanitizer before practice and games and will use it before they enter the field. Players are encouraged to have sanitizer in their bags as back-up.
- The catcher must position themselves back 6 feet from the batter or both must wear an approved face covering.

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- Umpires must stand either in the infield at least 6' from the nearest player or must maintain a 6' distance from the catcher and batter if they choose to remain behind the plate or wear an approved face covering.
- When a player is on base, defensive players must remain 6' away from the player except when making a play.
- No physical contact is allowed, including high-fives, handshakes, or horseplay.

Equipment (Practice & Game Scenario)

- Each player will be required to bring their own individual equipment. Absolutely no equipment will be shared between players. First and Last Names should be clearly visible on each piece of equipment.
- CLL will loan a bat, a helmet, and catchers gear to every individual registered player who needs them.
- CLL and coaches will designate locations for each player to place their individual equipment before the players arrive. A location will be designated for each team to maintain distancing between cohorts. Example placements and designators include:
 - Flagging tape spaced every 6-10 feet along the first and 3rd base fences with each group taking one side.
 - Cones spaced 6 feet apart in two different areas of the field.
- Team equipment (balls, nets, tees) will be designated for each team. If equipment must be shared between groups, it will be sanitized before and after use by each team.
- The team on defense will provide the game balls for each half-inning. The defensive coaches are responsible for changing out game balls as needed.
- Coaches will be responsible for setting up, handling, and sanitizing team equipment. Players will not move or handle team equipment.
- If a player gets a hit and is on base, only a coach or manager can pick up the players bat and return it to the dugout. The players will retrieve their bat when they return to the dugout and sanitize their hands.
- Each player will sanitize their equipment after each game or practice.

Food & Drink

- Players may carry a snack in their equipment bags. Players are required to wash or sanitize hands before and after eating.
- Players will supply their own water. The players' drinks will be kept with their equipment at their individual pre-marked equipment spot. All drink containers must be labeled with the player's first and last name.

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- Absolutely no sharing of food or drink.
- Players may not spit or chew sunflower seeds.

Record Keeping & Notification

- The CLL Board will maintain copies of all Daily Participant Lists for 6 weeks after the close of the regular season.
- The team manager will maintain the record and turn the final record over to the League Safety Officer at the end of the season or upon request.
- Parents will notify the team manager and the CLL Board for any coach or player that develops a new cough (e.g., unrelated to pre-existing conditions such as asthma), fever, shortness of breath, or other symptoms of COVID-19 within 2 weeks of a practice or game.
- The President, Vice Presidents or CLL Safety Officer will report and consult with the Local Public Health Authority if anyone who has attended a practice or game is diagnosed with COVID-19.
- The CLL Safety Officer will report to the Local Public Health Authority any cluster of illness among the program staff or players.

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WAIVER OF LIABILITY AND HOLD HARMLESS FOR COMMUNICABLE

DISEASES INCLUDING COVID-19

Player Name: _____

Grade: _____ Home Phone: _____

Address: _____

Parent(s)/Guardian(s) Names: _____

Parent/ Guardian phone: Work: _____ Home: _____ Other: _____

The novel coronavirus (“COVID-19”), has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. While rules, guidance, and personal discipline may reduce this risk, the risk of serious illness and death does exist. **Cascade Little League cannot completely mitigate the transfer of communicable diseases like COVID-19 especially when involved in tee-ball, baseball, or softball. Participation in tee-ball, baseball, or softball includes possible exposure to and illness, injury, or death from infectious diseases including COVID-19.**

In consideration for providing my child the opportunity to participate in tee-ball, baseball, or softball and any related transportation to and from tee-ball, baseball, or softball events, both my child and I voluntarily agree to waive and discharge any and all claims against Cascade Little League and release it from liability for any exposure to or illness or injury from an infectious disease including COVID-19, including claims for any negligent actions of Cascade Little League or its agents, to the fullest extent allowed by law, for myself, my child, our estates, our heirs, our administrators, our executors, our assignees, and our successors.

I also agree to release, exonerate, discharge and hold harmless Cascade Little League, its Board of Directors, the individual members thereof, and all officers, agents, employees, volunteers, and representatives from all liability, claims, causes of action, or demands, including attorney fees, fines, fees, or other costs (e.g. medical costs) arising out of any exposure to or illness or injury from an infectious disease including COVID-19, which may result from or in connection with my child’s participation in tee-ball, baseball, or softball.

I further certify and represent that I have the legal authority to waive, discharge, release, and hold harmless the released parties on behalf of myself and the above-named player.

I certify that I have read this document in its entirety and fully understand its contents. In exchange for the opportunity to participate in tee-ball, baseball, or softball the above-named player and I freely and voluntarily assume all risks of such hazards and notwithstanding such, release Cascade Little League from all liability for any loss regardless of cause, and claims arising from the student’s participation in tee-ball, baseball, or softball.

Player Signature

Date

Parent/Legal Guardian Signature

Date