

# Tomball Little League

## COVID-19 Guidelines



As we enter the Spring 2021 season, we wanted to ensure that our families knew that the health and safety of our players and families remains our top priority. Outlined below are the procedures and guidelines which should be followed when attending a game or practice at the Tomball Little League fields.

This document is available at [www.tomballlittleleague.com](http://www.tomballlittleleague.com). All parents/guardians should fully review this document. In addition, parents should review with their children to help them understand these guidelines as well. Managers should also review guidelines with their teams as appropriate, depending on age. It will be important that Managers and Coaches help kids during practices and games to remind them of the processes and procedures.

**The guidelines, procedures, and recommendations below do not replace or supersede any protocols or restrictions outlined by our state and local authorities for both Texas and Harris County. It is imperative that state and local guidelines are followed at all times.**

### Tomball Little League (TLL) Safety Procedures as related to COVID-19:

#### **General Guidelines:**

- Follow all state and local guidelines.
- If a player or spectator comes in contact with, has symptoms, or tests positive for COVID-19 and they have been to the Tomball Little League fields, **an e-mail should immediately be sent** to [president@tomballlittleleague.com](mailto:president@tomballlittleleague.com) and [safetymanager@tomballlittleleague.com](mailto:safetymanager@tomballlittleleague.com) so that individuals who have come in contact with that person can be notified.
- If a player has **exposure or close contact** with a COVID-19 positive person, the player can return to regular play if symptom-free for 14 days from last date of contact **or** 10 days from last date of contact **AND** documentation of a negative test result for COVID-19.
- If a player or coach **tests positive** for COVID-19, the player or coach will be required to quarantine, and the remaining members of the team will be notified. Any player or coach testing positive for COVID-19 will be required to remain away from the TLL fields until:
  - Resolution of fever for at least 24 hours without the use of fever-reducing medication, **AND**
  - Improvement in symptoms, **AND**
  - At least 10 days has passed since symptoms first appeared, **AND**
  - Submission of a note signed by a licensed healthcare provider stating that they person is safe to return and is no longer at risk of spreading the virus **OR** documentation of a negative test result for COVID-19.

- If a player or coach has **symptoms** as described below and was directed to care for themselves at home (or has NOT been tested), they should self-isolate until:
  - Resolution of fever for at least 24 hours without the use of fever-reducing medication, AND
  - Improvement in symptoms (e.g., cough, shortness of breath), AND
  - At least 10 days has passed since symptoms first appeared, AND
  - Submission of a note signed by a licensed healthcare provider stating that they person is safe to return and is no longer at risk of spreading the virus OR documentation of a negative test result for COVID-19.
- Any spectator showing symptoms, have has exposure/close contact with a positive person, or who has tested positive for COVID-19 should remain away from the Tomball Little League fields for a minimum of 14 days from last date of exposure or last date of symptoms.
- Tomball Little League will work with the Harris County Health Department to ensure proper protocol is followed.

### **General TLL complex guidelines**

- Restrooms will be disinfected daily.
- Social distancing should be practiced when standing in line at the concession stand. There are markings to ensure the proper distance is maintained.
- Disinfectant spray or disinfectant wipes will be in all press boxes for use to wipe down press boxes, pitching machines, etc.

### **General spectator guidelines:**

- Any spectator or attendee experiencing symptoms of sickness should not attend any event at TLL. A list of symptoms can be found [HERE](#) and below.
- As best as you can, please limit the number of attendees to the TLL fields. While we enjoy having extended family come watch the kids play ball, it is important that we limit crowd size as much as possible.
- All event attendees should practice social distancing. Guidelines can be found [HERE](#).
- Protective masks for spectators are encouraged, but not required.
- Unless using the restroom or going to the concession stand, spectators should remain at the field where their family member is playing. Some like to exercise (walk) during their child's practice. That is ok as long as it is on the outside of the premises and not near the fields and social distance guidelines are still followed.
- During games, parents should not approach the dugout.
- Please ensure your player has everything he/she needs prior to the game or practice.
- Parents are encouraged to supply their players with wipes or hand sanitizer to use between innings.

### **General player guidelines:**

- Any player or attendee experiencing symptoms of sickness should not attend any event at TLL. A list of symptoms can be found below and [HERE](#). Coaches should monitor this and alert parents if they see any symptoms.
- Players should avoid handshakes/high fives, etc. Coaches will need to continually monitor this

and remind kids, especially the younger players.

- Players **will be required to wear masks** when in the confines of the dugout. They may remove their mask when outside of the dugout.
- **No sunflower seeds or gum** should be brought to a game/practice. Kids should also refrain from spitting.
- All players must use their own equipment. This includes gloves, bats, helmets, etc. Sharing of catcher equipment is explained in the general coach guidelines section.
- If a player contracts COVID-19 he/she will not be permitted to return without meeting all requirements outlined in the General Guidelines section above.

#### **General coach guidelines:**

- At the end of a game coaches must ensure all trash is removed from the dugout.
- Coaches must sanitize shared equipment (ex – catchers gear) after each practice/game prior to their next practice/game.
  - Catchers are encouraged to use their own equipment if at all possible
  - In the scenario where multiple kids will be using the same league-provided catchers gear: if multiple players will be using the team catchers gear, the equipment must be wiped down and disinfected prior to additional kids using the gear. For any parents who do not want their child to use shared catchers equipment, please discuss with your team's Manager.
  - Where we are able, we will issue additional catchers gear at the request of a team.
- At least one coach should remain in the dugout at all times. This coach **must wear a mask while in the confines of the dugout** and enforce the use of masks when the players are inside the dugout.
- Coaches are not required to wear a mask when outside of the dugout.
- If a coach contracts COVID-19 he/she will not be permitted to return without meeting all requirements outlined in the General Guidelines section above.

#### **Practices:**

- Team should enter the practice field on the opposite side of the field from which the previous team practices is exiting to eliminate crowds.
- Dugouts should not be used during practices.
- Player bags should be spread out on in foul territory at least 6 feet apart to allow players to practice social distancing when they are taking out or putting away equipment.
- Spectators should follow social distancing guidelines.
- As much as possible, players and coaches should practice social distancing during practice.
- Coaches for machine pitch teams should wipe down the machine after every practice. Disinfectant spray or disinfectant wipes will be provided in each press box. The machine should be returned to the press box after the last practice.
- Bases should be left on the field.
- Team should clear out immediately after practices or games.

## Games

- No team water coolers should be provided in the dugout or in the stands. Parents should provide their kids with their own drinks.
- Umpire/Coach pre-game meeting will be limited to the umpires and one coach from each team. Social distancing during this meeting should be followed.
- End of game handshakes will be eliminated. Instead, teams can tip their caps from the other side of the field to the other team. We still want to encourage good sportsmanship.
- Coaches for machine pitch teams should wipe down the machine after every game. Disinfectant spray or disinfectant wipes will be provided in each press box. The machine should be returned to the press box after the last game.
- Bases should be left on the field.
- Teams should not share in any post game snacks or drinks.

## Guidance for Seeking Treatment from Health Care Provider for Personal Illnesses (COVID-19, Seasonal Cold and Flu)

If a player or coach reports they are experiencing COVID-19 related symptoms, the person is required to seek medical attention and treatment as appropriate, to determine if it is safe to return to the TLL fields.

Symptoms may include:

Fever or chills	New loss of taste or smell
Cough	Sore throat
Shortness of breath/difficulty breathing	Congestion or runny nose
Fatigue	Nausea or vomiting
Muscle pain	Diarrhea
Headache	

## Seasonal Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often experience some or all of the following symptoms:

Fever or feeling feverish/chills	Cough
Sore throat	Runny or stuffy nose
Muscle or body aches	Headaches
Fatigue (tiredness)	

Some people may have vomiting and diarrhea, though this is more common in children than adults.

## Further guidance

- Little League Coronavirus FAQ can be found [HERE](#)
- Little League Coronavirus updates can be found [HERE](#)
- Little League on field guidance can be found [HERE](#)
- Specific Texas guidelines can be found [HERE](#) and [HERE](#)

Should you have any questions please contact [president@tomballlittleleague.com](mailto:president@tomballlittleleague.com) or [safetymanager@tomballlittleleague.com](mailto:safetymanager@tomballlittleleague.com)