

San Diego County Youth Sports Physical Distancing and Safety Plan

PROGRAM NAME: Clairemont Hilltoppers Little League

ADDRESS: 4280 Avati Dr, San Diego, CA 92117

All measures of the San Diego County's Social Distancing and Sanitation Protocol must be in place.

- A copy of this plan will be provided to all staff, volunteers, parents and guardians, and youth participants. A copy of this plan must be posted at each facility entrance.
- All parents and guardians, and youth participants will be required to sign a commitment to abide by the plan requirements prior to being allowed to participate or enter a facility. This form will also outline the common symptoms of COVID-19:
https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/Coronavirus%20Fact%20Sheet_ENGLISH.pdf
- Sports Organizations will acknowledge and support decisions to not participate among youth, parents, and adult leaders who are uncomfortable participating for any reason.
- Sports Organizations will divide participants into smaller "stable sports groups" limiting group participation to 12 (not including coaches). These groups should be consistent and rostered as such.

HEALTH PROTOCOLS FOR LEAGUE OFFICIALS AND VOLUNTEERS:

- Train all league officials and volunteers on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette per CDC guidelines:https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Reopening_America_Guidance.pdf
- Screen league officials and volunteers before entering any facility or field: Send home any league official or volunteer who has any of the following new or worsening signs or symptoms of possible COVID-19: Cough - Shortness of breath or difficulty breathing - Chills - Repeated shaking with chills - Muscle pain - Headache - Sore throat - Loss of taste or smell - Diarrhea - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit - Known close contact with a person who is lab confirmed to have COVID-19.
- Designated league official will be required to take the temperatures upon arrival of players, manager, coaches, and volunteers.
- Do not allow league officials or volunteers with new or worsening signs or symptoms listed above to return until: In the case of an individual who was diagnosed with COVID-19, all three of the following criteria are met: at least 3 days (72 hours) have passed since recovery (resolution of out the use of fever-reducing medications); and the individual has improvement in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed since symptoms first appeared; or in the case of an league official or volunteer who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until they have completed the same **three-step criteria listed** above; or if the individual has symptoms that could be COVID-19 and wants to return to **work** before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

HEALTH PROTOCOLS FOR FACILITIES:

- Frequently clean and disinfect any regularly touched surfaces, such as equipment, doorknobs, tables, chairs, and restrooms per CDC guidelines.
- Each Facility/Organization shall identify how the organization will provide for disinfection of practice and drill spaces and regular cleaning of high-touch surfaces.
- Frequently disinfect any items that come into contact with participants per CDC guidelines.
- Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available. Place readily visible signage to remind everyone of best hygiene practices. The league is financially set and has plenty of funds to buy supplies to make this a safe environment for all families. .
- Restrooms: The facility will post hand washing flyers from CDC on doors and in bathrooms that include symptoms of COVID-19.
- Limit the number of participants in the restrooms to allow for users to easily maintain at least six feet of distance from one another at all times.
- Snackbar and vending machines will be closed.
- Self-serve water dispensers will be temporarily closed.
- Trash cans will have no lids and are easily accessible to dispose of your own trash.

DROP OFF AND PICK UP:

- Parents should drop off kids and pick them up from practice. Only players and manager/coaches will be allowed to attend the practices.
- Depending on what field your practice is happening on, there will be specific directions of entering and exiting the fields.
- Players will handle and care for their own equipment.
- All equipment will be washed and pre-sanitized before and after each use.
- All equipment will be placed so that it can be retrieved without touching anything but the equipment.
- The minimum equipment necessary must be used for practices.
- There will be a maximum of 12 players per team.
- Designated and separated practice areas and equipment for each stable sports youth group will be pre-positioned to maintain safe social distancing.
- Hand washing or use of hand sanitizer will be required before practice, during breaks, and after practice is completed by all players, manager, & coaches.
- Physical distancing will be enforced by the league administrators.

SPREAD OUT SCHEDULING OF PRACTICES AND GAMES:

- All scheduling will have sufficient time between practices and games to comply with social distancing guidelines.
- Players/families/spectators are instructed not to show up to fields more than 40 minutes before game time.
- If there is a game or practice prior to your event, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
- On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes.

ON-FIELD GUIDANCE:

❑ **No Handshakes / Personal Contact Celebrations**

- There will be no pre/post-game gatherings. This means no lining up, no pledges, no handshakes, no fist pumps, no chest bumps, no high-fives, etc. This will be eliminated completely.

❑ **Drinks**

- Athletes, managers/coaches, and umpires will bring their own personal drinks to all practices and games. Drinks should be labeled with the person's name and there will be no sharing.

❑ **Personal Protective Equipment (PPE)**

- All managers/coaches, volunteers, umpires, etc., will wear face masks when in close contact areas and places where social distancing is not feasible.

❑ **Dugouts**

- Dugouts may not be sufficient to house 12 kids, a manager, & coaches. We will use the extra set of bleachers from the North Field (home side), South Field (visitor side), and Intermediate Fields (both home and visitor sides) in order to keep all players 6 feet apart and behind the fence.
- Players are to stay at their assigned spots when on the bench or while waiting their turn to bat.

❑ **Player Equipment**

- All equipment bags will be hung outside of the fence spaced out enough to prevent direct contact. All equipment is to remain inside each player's personal equipment bag, and only pulled out when in use. There will be no sharing of equipment. Players should have their own individual batter's helmet, glove, bat, and catcher's equipment.
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent, guardian, or caretaker.

❑ **Baseballs**

- "Game baseballs" will be disinfected and changed out every/every other inning to limit individual contact.
- "Warm-up baseballs" should be separated from game balls and disinfected after use.
- Any foul balls landing outside the field of play should be retrieved by players, coaches, or umpires. No spectators should retrieve foul balls.
- Umpires should limit their contact with the ball. The catcher should be retrieving foul and passed balls as much as possible.

❑ **Spitting, Sunflower Seeds, Gum etc.**

- Spitting, Sunflower seeds, and gum, will not be allowed in dugouts or on the playing field.

GAME OPERATIONS AND UMPIRE GUIDANCE:

❑ **Pregame Plate Meetings**

- If pregame plate meeting is needed, six feet of distance between individuals, and face masks are required.
- Plate meetings should only consist of one manager or coach from each team, and game umpires.

❑ **Limit League / Game Volunteers**

- For each game, there should only be the required team managers/coaches, umpires, and one (1) league administrator (i.e. Safety Officer, player agent, etc.) in attendance.
- Practices should be limited to the managers/coaches and players.
- There will be no score books. Scorekeeping will be done by team coaches or team parent/guardian via GameChanger. It will be the responsibility of the managers/coaches to forward the stats, scores, and results of the game to league officials and division managers.
- Only 1 individual will be allowed in the Press box to run the scoreboard.

❑ Field Preparation and Maintenance

- Fields should be mowed, raked, and lined prior to teams and spectators arriving at the complex and after they depart. This will be done by league administrators only.

❑ Umpire Placement

- Properly masked umpires will need to be placed behind the plate in order to have visibility to the entire field for safety reasons.

SPECTATOR VIEWING AND FIELDS:

- ❑ Rookie games that are played on the grass fields located between the North and South fields, will be changed and altered to make sure that we keep the traffic down to a minimum.
- ❑ North field (Juniors) and South field (Minors) - There will be a limited number of people that can sit in the stands. Bleachers will be on a first come, first serve basis. There will be ample space to bring your own seating and portable chairs to set up behind the outfield fences.
- ❑ Padres field (Intermediate) - The dynamics and rules for the foul line on the visitors side will be altered. A new chalk line will be drawn from the end of the visitors dugout to the outfield fence. Spectators will be encouraged to bring your own seating and portable chairs to set up. This will create additional room to have more space to social distance.
- ❑ Leagues are encouraged to utilize streaming opportunities to provide virtual spectating.

HEALTH PROTOCOLS FOR FACILITIES:

You may contact the following person with any questions or comments about this protocol:

Name:

Phone Number:

Date of Form Completed: