



2020 Return to Play Guidelines For All LGLL Games, Practices and Events

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FOUNDED IN 1952

General Guidelines

1. Anyone with an active COVID-19 infection or any symptom of COVID-19 (e.g., cough, sore throat, headaches, chills or fever 100.4 degrees or higher) or anyone who has been in close proximity to an individual who has an active COVID-19 infection or with symptoms of an infection will not attend any practice, game or LGLL event. This person will be required to remain symptom-free for 72 hours without the use of fever-reducing medications before returning to practice or play in a game. Parents are responsible for screening and taking a player's temperature before the player participates in a practice or game.
2. If any player, coach, umpire or volunteer, or anyone who has close contact with these individuals tests positive for COVID-19, they must immediately inform LGLL President Jeff Nowak at lagrangelittleleague@gmail.com so that proper precautions can be taken.
3. Anyone at higher risk, which the CDC has defined as someone with a serious underlying medical condition or who is age 65 or older, should consider consulting a medical provider before attending any practice or game and should adhere to current CDC guidelines for safety.
4. All players and coaches should practice good hygiene before, during, and after practices and games. Good hygiene includes washing hands before and after games and use of hand sanitizer during baseball activity. Sanitizer will be made available for each team, pending availability.
5. Social distance (6 feet) must always be maintained except in the very limited situation where the game requires it (e.g., making a play on a runner). All team meetings and any gatherings will be held at a social distance.
6. Individuals who do not comply with LGLL guidelines will be asked to comply. Repeated offenses will result in action by the league board.

Player Guidelines

In addition to the general guidelines, above:

1. During practice or a game, masks or face coverings are permitted but not required.
2. The player should leave the car ready to play (e.g., wearing shoes/cleats, all necessary equipment ready) to avoid having unnecessary personal belongings on the field.
3. Dugouts will NOT be used except for the limited purpose for the catcher to suit up and remove catcher's gear between innings.
4. When not in the field, players will be positioned in a pre-marked area around the dugout that will allow them to maintain a distance of 6+ feet from each other. Players must remain in their designated off-field area when not on the field. Players should bring their own chair to place in their designated spot.
5. Player equipment will be spaced 6 feet apart in designated areas.
6. No sharing of water bottles. Each player must have his/her own water bottle.
7. No sharing of equipment between players.
8. Every piece of player equipment (including masks) should include the player's name.
9. No sunflower seeds, food, or spitting allowed.
10. Players should have hand sanitizer and sanitize before and after play. Coaches also will have hand sanitizer.
11. Avoid physical contact with teammates and other players. This includes high fives, fist bumps, and post-game handshakes.
12. Player equipment such as helmets, gloves and bats should be cleaned and disinfected after each practice by a parent.

Coaches/Game Officials

In addition to the general guidelines, above:

1. Coaches should always have a mask or face covering on their person and are required to wear a mask or face covering when unable to maintain a 6+ foot distance from players.
2. Players and coaches must take measures to prevent all but the essential contact necessary to practice and play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
3. Coaches should limit the number of balls used in each practice and game, sanitizing them periodically. Game balls will be removed from the game at least every two innings.
4. Coaches will be responsible for taking attendance of their players at each game.
5. Coaches will determine use of catcher's gear and will be responsible for its use and cleaning. Catcher's gear will be sanitized before and during game when there is a change of catcher. Coaches are strongly encouraged to use no more than two catchers per game to minimize the use of catcher's gear by different players. No player will be required to play catcher.
6. The umpire will be located in field socially distanced behind the pitcher and will wear a mask or face covering. No umpire behind home plate. If a coach acts as umpire, he/she must wear a mask or face covering.
7. Any regularly-touched parts of the facilities (e.g., gate handles) must be sanitized after each use. Coaches also are responsible for sanitizing any field equipment after use (e.g., rakes, shovels, chalk machine, etc.).
8. Each team shall designate a Safety officer(s) among the team's parents who will assist in maintaining these guidelines at all team games. The safety officer will position him/herself near the player grid to ensure players are keeping a social distance and to assist with hand and equipment sanitation.
9. In the event of a player injury, coaches will maintain social distancing when the situation warrants it, recognizing that the player's safety and well-being are paramount.
10. Coaches shall regularly inform the LGLL Board of how these guidelines are being followed.

Parents/Spectators

In addition to the general guidelines, above:

1. To avoid contact with a prior team's practice or game, players should be dropped off and picked up exactly at the listed time indicated by their coach, and *no earlier*. Games will start as soon as possible after listed time.
2. Parents/spectators should stay in their car for any practice drop off, pick up. To minimize people in attendance, only players and coaches are allowed to attend practice.
3. Families are encouraged to limit the number of spectators per family during the pandemic.
4. It is recommended that parent/guardian help warm their players up by stretching and throwing at home before each game.
5. All players and spectators shall vacate the premises immediately after an event/game.
6. There will be no concessions available throughout the season, and bathrooms will be opened after approval by the Park District, presumably after we have reached Phase 4.
7. All spectators will sit in designated areas using their own chairs and must follow social distancing. Bleachers will be closed.
8. Spectators should not retrieve foul balls. Only players and coaches should handle game baseballs.
9. All items should be removed from the area after the practice or game.
10. Parents must sign a waiver before a child can participate in any practice or game.