

Media Little League

COVID-19 Protocol

Overview:

As an organization, we will be following guidelines and recommendations provided by the State of Pennsylvania and the Centers for Disease Control and Prevention (CDC) and governing leagues/associations. We will continue to monitor government recommendations and may adjust guidelines accordingly.

New Proposed Measures:

- Contact the Safety Officer (Dr. Steve Cohen) or board member (Dr. Rob Nunag) for all matters relating to COVID-19, overseeing, prevention, event planning, case reporting, and dissemination of information.
- Symptom monitoring/tracking for all players and staff: daily symptom checklist (see below).
- Medical evaluation recommended for any symptomatic coaches and players.
- New Return to Play plan implementation (including social distancing requirements).
- Case reporting to league and local health authorities.
- Emergency response planning with local emergency medical services.
- A commitment to abide by national and local government recommendations and guidelines regarding hygiene, social distancing, limits on group size, and other means of reducing the spread of COVID-19.
- Postings and dissemination of new guidelines to our membership.
- Everyone must wear a mask at all times.

Modification of Baseball Activities:

- Team workouts will be broken down into smaller workout groups whenever possible, and workout groups may be staggered
- Maximum group size is 8 players (per coach).
- Groups will be kept consistent until deemed safe by local, state, and federal guidelines.
- All events will be outside until deemed safe by local, state, and federal guidelines.
- Safe play will be required based on local, state, and federal guidelines
- Flow will be controlled by using specific entrances/exits throughout the facility.

Coach / Volunteer Requirements:

1. Must complete online self-assessment prior to attending.
2. Must always adhere to social distancing guidelines.
3. Must wear a mask at all times.
4. Only use your own equipment.
5. Must use hand sanitizer after handling any team equipment such as balls, buckets, cones, or screens.

Player Requirements:

1. Must complete online self-assessment prior to attending.
2. Must adhere to social distancing guidelines whenever possible.
3. Must wear a mask at all times.
4. Only use your own equipment.
5. Do not unnecessarily touch any team equipment such as buckets, screens, or cones.
6. Must come to the complex in full gear upon entry and exit.
7. When not playing, must stay in designated player area outside of dugout behind fence covering.
8. No sunflower seeds, chewing gum, spitting.

Umpire Modifications:

For the 2021 season, Umpire positioning will be determined, as we get closer to our season and based on updated County, State and Federal Protocols.

GENERAL HEALTH RECOMMENDATIONS:

We ask all members to follow the below general hygiene best practices to reduce the risk of spreading infection:

- Avoid touching your face.
- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterwards.
- Wear a mask at all times.
- Frequently clean commonly used surfaces (doorknobs, for example) with an antiseptic cleanser.
- Avoid contact with other individuals (shaking hands, for example).
- Maintain a distance of 6' between you and others.
- Stay at home, if you feel sick and contact your care provider.

Symptom and Exposure Questionnaire

All players and coaches are required to complete the following COVID-19 symptom and exposure questionnaire before you practice / games. If your answer to questions 1, 2, or 3 is “Yes,” please do not show up to league facilities and contact your physician immediately.

1. In the past 72 hours, have you experienced any of the following symptoms?

	Yes	No
Shortness of Breath or Difficulty Breath	<input type="checkbox"/>	<input type="checkbox"/>
Cough	<input type="checkbox"/>	<input type="checkbox"/>
Fever	<input type="checkbox"/>	<input type="checkbox"/>
Headache	<input type="checkbox"/>	<input type="checkbox"/>
Chills	<input type="checkbox"/>	<input type="checkbox"/>
Sore Throat	<input type="checkbox"/>	<input type="checkbox"/>
Loss of Taste or Smell	<input type="checkbox"/>	<input type="checkbox"/>
Muscle Pain	<input type="checkbox"/>	<input type="checkbox"/>
Nasal Congestion	<input type="checkbox"/>	<input type="checkbox"/>
Runny Nose	<input type="checkbox"/>	<input type="checkbox"/>
Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>

If you answered “Yes” to any of the above, please provide details (use additional sheet if necessary):

2. Have you had a fever at or above 100 degrees Fahrenheit or taken any fever-reducing medications (e.g., Tylenol or Advil) within in the last 72 hours?

Yes

No

If you answered "Yes," please provide detail below (including temperature readings, if available):

3. Do you have reason to believe that you, or anyone with whom you've had close contact, may have been exposed to Covid-19 in the past 14 days?

Yes

No

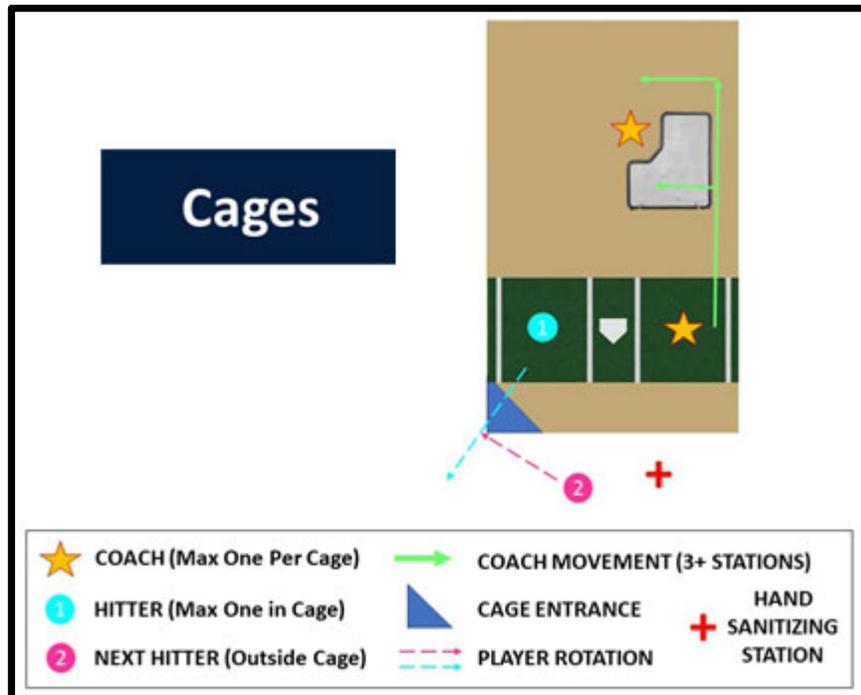
If you answered "Yes," please provide detail below (and identify the individual, if possible):

4. Please list below any countries other than the United States or Canada in which you have spent time over the last 30 days. If you have not left the United States and Canada within the last 30 days, please write "None." (Use additional sheet, if necessary.)

NAME: _____

DATE: _____

Batting Cage Positioning and Use Recommendations



Protecting our Pitchers:

PROTECTING OUR PITCHERS Little League® has always placed safety as a top priority, and we continually strive to provide children with safe and healthy baseball/softball opportunities. For more than a decade, the Little League program has been at the forefront of promoting arm safety for youth pitchers. Our pitching regulations must be followed throughout all play, and it's important to give your baseball and softball pitchers the opportunity to properly warm-up and get their arms used to throwing again. Additionally, we recommend that coaches implement calisthenics, stretches (active and static), and jogging for pitchers, as well as all players, to loosen muscles, build endurance, and work back into the season in a safe and effective manner. Here is some guidance to help in getting your pitchers ready for the resumption of play. Baseball

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- During week one, pitchers should throw to 1-35 pitches in a bullpen session. Pitchers throwing more than 21 pitches shall observe one day of rest. We recommend throwing 35 pitches on Monday, Wednesday, and Saturday. †
- Week two, we recommend pitchers throw no more than 35 pitches in their first exhibition game. Pitchers throwing more than 21 pitches shall observe one day of rest.
- Pitchers may throw up to 50 pitches in their second exhibition game if they have thrown in a previous exhibition game.
- If they have not thrown in a previous game, said pitcher may only throw up to 35 pitches. Pitchers throwing more than 35 pitches shall observe two days of rest. †
- During the first week of game play, it is recommended that a pitcher not throw more than 65 pitches in a game. Pitchers throwing more than 51 pitches shall observe three days of rest. † Week two of the regular season, regular pitching rules will apply as outlined in the rulebook.