



San Diego County Youth Sports Physical Distancing and Safety Plan

PROGRAM NAME: District 32 Interleague
ADDRESS: Various locations

The following plan has been established to resume Little League Baseball activities while protecting and supporting our Board Members, Volunteers, Players, and Spectator's health. We will practice social distancing, and limit large gatherings to minimize risks of COVID-19. This guidance has been approved by the local league's Board of directors. Little League practices are the only activity approved by the State and County as of now. We are still waiting for permission to play games. When games become approved, the following will apply to games also.

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, guardians, and youth participants will be required to sign a commitment, through their local league, 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 which can be found in the following link:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- We will acknowledge and support decisions of youth, parents, and adult leaders to not participate if they are uncomfortable participating for any reason.
- We will divide participants into smaller "stable sports groups" limiting group participation to 12 (not including coaches) per CDC guidelines. These groups should be consistent and rostered as such.

The City Park and Recreation resources will be responsible for the following:

- Self-serve water dispensers should be temporarily closed.
- Trash cans should have no lids and will be easily accessible to dispose of your own trash.
- Restrooms: When available should have hand washing flyers from CDC on doors and in bathrooms that include symptoms of COVID-19.

1.0 HEALTH PROTOCOLS FOR LEAGUE OFFICIALS AND VOLUNTEERS

- 1.1. We will train all league officials and volunteers on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette per CDC guidelines as found in the following link: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
- 1.2. We will screen league officials and volunteers before entering any facility or field and send home any league official or volunteer who has any of the following new or worsening symptoms of possible COVID-19 infection: 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.
- 1.3. Designated league officials will be required to take the temperature of players, manager, coaches, and volunteers upon arrival. If a thermometer is not available, an assessment asking people about possible symptoms listed at the following link is sufficient: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- 1.4. Managers will send any player or volunteer home immediately if they show ANY signs of illness. Required: Drop off guardian will wait for 15 minutes upon dropping off in case their player must be sent home.
- 1.5. Repeat violators or blatant violations of the rules contained in this document by players, volunteers, or spectators could result in suspension from the season/league.
- 1.6. We will not allow league officials or volunteers with new or worsening symptoms (listed above) to return until:
 - a. 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;
 - b. In the case of an league official or volunteer who has symptoms that could be COVID-19 and has not been 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.

2.0 HEALTH PROTOCOLS FOR FACILITIES

- 2.1. We will frequently clean and disinfect any regularly touched surfaces, such as equipment, doorknobs, tables, chairs, and restrooms per CDC guidelines.
- 2.2. Each league will use disinfectant wipes to clean equipment and high-touch surfaces including but not limited to benches, bleachers, gates, and equipment.
- 2.3. Hand washing or use of hand sanitizer will be required before practice/game, during breaks, and after practice/game is completed by all players, manager, coaches, and safety parent/team volunteer.
- 2.4. We will frequently disinfect any items that come into contact with participants per CDC guidelines.
- 2.5. We will make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available
- 2.6. We will place readily visible signage to remind everyone of best hygiene practices.
- 2.7. We will limit the number of participants from teams in the restrooms to allow for users to easily maintain at least six feet of distance from one another at all times.
- 2.8. Snack-bar and vending machines will be closed.
- 2.9. **No Spitting, Sunflower Seeds, or Gum will be permitted on site.**

3.0 DROP OFF AND PICK UP

- 3.1. All field, practice, and game scheduling will have sufficient time between practices and games to comply with social distancing guidelines.
- 3.2. Parents should drop off players and pick them up from practice. Only players and manager/coaches will be allowed to attend the practices. It is mandatory that two adults be at all practices, preferably the manager and coach.
- 3.3. If parents/families/spectators chose to stay for practice they shall stay in designated spectator areas and practice the CDC six feet social distancing rules.
- 3.4. Parents should drop off players for games no earlier than 40 minutes before game time.
- 3.5. There will be specific directions for entering and exiting the fields.
- 3.6. Players will handle and care for their own equipment.
- 3.7. All equipment will be sanitized before and after each team activity by each player's family.
- 3.8. All equipment will be stored under the seat of the designated players stations; bench or bleacher.
- 3.9. Only the minimum equipment necessary will be used for practices and games.
- 3.10. Social distancing should be enforced by the league and team administrators.
- 3.11. All volunteers must wear masks on the field of play, including the safety parent, for the entirety of all team events.
- 3.12. Players are required to wear masks while in the dugout but will not be required to wear a mask while on defense or while batting and base running.
- 3.13. All players will be spaced at least six feet apart during practice drills.
- 3.14. All items that were touched during the practice and left for the next team must be sanitized by the team ending their practice or game. This includes but is not limited to: entry gates, pitching machines, storage bins, bases.
- 3.15. Players shall depart the field area within 5 minutes of practice and/or games ending.

4.0 SPREAD OUT SCHEDULING OF GAMES (Once approved for games.)

- 4.1. All scheduling will have sufficient time between games to comply with social distancing guidelines.
- 4.2. Staggering of games so adjacent fields are not starting or ending at the same time will be required.
- 4.3. **Players are instructed not to show up to fields more than 40 minutes before game time.**
Parents/families/spectators shall stay in designated spectator areas and practice the six feet social distancing rules.
- 4.4. If there is a game or practice prior to your event, families and spectators are encouraged to stay in their vehicles or at the CDC recommended social distance until the start of their game play to prevent overcrowding of spectator spaces and walkways.
- 4.5. On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes.

5.0 ON-FIELD GUIDANCE

Pitcher/Mound visits

- Any mound visits will require the 6-foot social distance.
- Any umpire discussions will require the 6-foot social distance.
- Base coaches are required to maintain the required 6-foot social distance from all players.

Injuries

- If a player or volunteer is injured, only the manager for the injured player should initially approach the player/volunteer. If the injury is deemed serious, other volunteers may approach to help.
- Parents of injured players should remain away from the field and dugout and if needed, the manager can release the injured player to their parent via the gate.

No Handshakes / Personal Contact Celebrations

- There will be no pre/post-game gatherings or between inning huddles. This means no, no handshakes, no fist pumps, no chest bumps, no high-fives, etc. This will be eliminated completely.
- The Little League Pledge and Pledge of Allegiance will continue to be recited. Players will stand at their designated dugout locations. One player and one volunteer from each team will stand on the foul line (6 feet apart) to lead both Pledges.

Drinks

- Players, 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 volunteers must wear masks on the field of play, including the safety parent, for the entirety of all team events.
- Players are required to wear masks while in the dugout but will not be required to wear a mask while on defense or while batting and base running.

Dugouts

- Players must be kept at a minimum of six feet distance while in the dugout. We will use the bleachers in order to keep all players six feet apart. Each player will be assigned their designated spots and will maintain that space the entirety of the practice or game.
- Players are to stay at their assigned spots when on the bench or bleacher or while waiting their turn to bat.

Player Equipment

- All equipment bags and equipment needed for practice or the game shall be placed under each individual player's spot. Bleacher seats may use space in the bleachers to place equipment bag.
- There will be no sharing of equipment, including catcher's masks.
- Local leagues will provide each team with one (or more) catchers helmets to be used in the event a player doesn't have one. Under no circumstances should a catcher's mask be used by more than one player in a game, even if sanitizing occurs. At the end of practice/game the league catcher's helmets shall be disinfected before another player uses it.
- Players should have their own individual batter's helmet, glove, bat, and catcher's equipment and must be marked appropriately.
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each game/practice by a parent, guardian, or caretaker at home.

Baseballs

- Each team on defense will use their own "game baseballs" helping to minimize contact use.
- "Warm-up baseballs" should be separated from game balls.
- Any foul balls landing outside the field of play should be retrieved by players, coaches, or umpires. No spectators should retrieve foul balls.
- If a spectator does touch a baseball, it shall be disinfected before being used.
- The catcher should be retrieving foul and passed balls as much as possible.

6.0 GAME OPERATIONS AND UMPIRE GUIDANCE

Pregame Plate Meetings

- All plate meetings shall be held with at least six feet of distance between individuals, and face masks are required. Including any umpire meetings required during the game.
- 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 be one (1) league administrator (i.e. Safety Officer, player agent, etc.) at the site to help facilitate operations.
- A team's designated safety parent shall be positioned directly outside the dugouts to assist with any issues that should arise during the game.
- Practices should be limited to the managers/coaches and players.
- Scorekeeping will be kept in each team's scorebook or via GameChanger.
- The person scorekeeping may sit near the infield, maintaining social distance protocols from the field of play.
- If the scorekeeper is unable to practice six feet of social distancing during game, a mask is required.
- 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, unless the space is large enough to accommodate more using the CDC the social distancing protocol.

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 pitcher's mound and not behind the catcher.

SPECTATOR VIEWING AND FIELDS

- Each league should establish guidelines for their particular fields' viewing areas. Those guidelines should be provided to league's parents, as well as to visiting managers prior to their arrival on site.