



LRL Safe Play Guidelines

All League Administrators, Volunteers, Managers, Parents, Fans and Players should be familiar with these guidelines.

NOTICE TO ALL PARTICIPANTS

These guidelines are designed to create a safe environment for players, coaches, umpires, volunteers, and members of their household or immediate family while they are participating in Ladera Ranch Little League (LRL) activities. They were developed in part based on Government, CDC and LittleLeague.org Guidelines.

For more information on how to keep your Little Leaguer safe during the Coronavirus situation, please refer to:

CDC Guidelines for Youth & Community Sports:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

California Department of Health Guidelines for Coronavirus:

<https://www.cdph.ca.gov/>

CDC Guidelines for Coronavirus:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

LittleLeague.org Coronavirus FAQs

<https://www.littleleague.org/player-safety/coronavirus-update/faqs/>

LittleLeague.org Return-to-Play Guidelines

<https://www.littleleague.org/player-safety/coronavirus-update/season-resumption-guide/>

LRLI POLICIES AND GUIDELINES

Ladera Ranch Little League (LRLI) has put in place the following set of policies, procedures and preventative measures which are designed to create a safe environment for players, coaches, umpires, volunteers, and members of their respective households and immediate families while they participate in LRLI activities. These policies, procedures and preventative measures were developed in part based on guidance and recommendations provided by the Centers for Disease Control and the Orange County Health Agency to reduce the spread of COVID-19. These measures will allow LRLI to resume baseball activities, with certain modifications. These policies and procedures are subject to modification at any time.

LRLI is asking every parent, manager, coach and volunteer to review and familiarize themselves with these policies and procedures and follow them at all times while participating in any LRLI activity. All persons participating in LRLI activities (coach, player, volunteer, umpire, spectator) must abide by these policies and procedures to the full extent possible or risk being excluded from LRLI activities or asked to leave LRLI facilities or events.

The following policies and procedures apply to practices and drills. LRLI will supplement these policies and procedures if and when the State of California and County of Orange authorize games.

General Policies and Guidance

- The policies and procedures are focused on minimizing risk while still allowing for fun competition.
- LRLI officials will monitor activity on and around field. Players, parents, coaches, volunteers and spectators must adhere to all direction from league officials.
- We will only implement this plan as permitted by applicable state and local restrictions. The plan is in addition to (not in lieu of) other requirements. All players, parents, volunteers and spectators should follow local, state and federal guidelines for personal safety.
- If you or a member of your household is sick, please stay home.
- The plan will be reviewed regularly and adjusted for effectiveness or if/when government guidance changes.
- The plan has not been medically reviewed or approved.
- The plan provides guidelines, but we cannot guarantee adherence by all participants, parents, coaches, volunteers or spectators at all times.
- Families should make their own choices on participation and the best interests of their family and players.
- LRLI will communicate information and updates as needed to all managers, coaches, families, and volunteers by way of email, league website, social media, coach talks, and public announcements.
- LRLI has designated a league board representative to be responsible for COVID-19 concerns: Jeremie Corpuz, President, Ladera Ranch Little League, President@laderaranchll.com

Sanitizing Hands and Equipment

- Wash your hands often with soap and water for at least 20 seconds, or about the time it takes to recite the Little League Pledge twice, especially after you have been in a public place, after touching surfaces (doorknobs, light switches, gate latches, handles, etc.), or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Every player, coach and volunteer should have a bottle of hand sanitizer in his/her bag for their own use.
- LRLI may provide each team with hand sanitizer and disinfecting wipes which shall be used as needed.
- Players, coaches and volunteers should apply hand sanitizer before they enter and exit the field and as often as possible during practice.

Contact with Other Players, Coaches, Spectators.

- Players and coaches should take measures to prevent all but the essential contact necessary to participate. **Handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations are not permitted.**
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game or practice, ideally within 5-10 minutes.
- To the extent feasible, players should remain at least 6 feet from all other players.
- Managers and coaches should educate and remind players about covering coughs and sneezes with a tissue or their elbow, that spitting is not allowed, and that social distancing should occur to the extent feasible.
- Players, parents, coaches, volunteers and spectators should stay home if sick or if they have been around someone who is sick.

Family Members and Spectators.

- For Double A division and above, parents/guardians are encouraged to drop off and pick up their child(ren) from the field for practices.
- For Single A division and below, parents/guardians can remain at field to supervise.
- When parking, please use best efforts to park with one parking place in between each vehicle.
- Do not sit or stand in bleachers or any other areas that has been marked off or closed.
- Use your own seats and sit along the outfield fence or in cars.
- Do not retrieve foul balls.
- Stay out of dugout, stands and other demarked areas.

- Stay off of the field.
- LRLI asks that families limit spectating to only those situations that are necessary.
- All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; wear a cloth face covering; avoid direct hand or other contact with players/managers/coaches or other spectators.
- A spectator with any of the following conditions should not attend a practice or game until evaluated by a medical provider and given clearance to do so:
 - Active COVID-19 infection
 - Known direct contact with an individual testing positive for COVID-19
 - Fever
 - Cough
- Those at higher risk for severe disease should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing. Such groups include:
 - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease.
 - Those currently residing in a nursing home or long-term care facility.
 - Those over 65.

Spitting, Sunflower Seeds, Gum

- Sunflower seeds, gum, etc., are not allowed in dugouts, the playing field or any other portion of the facility.
- All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.

Face Masks/Personal Protective Equipment

- All adult participants must wear cloth face masks at all times.
- Players should wear cloth face coverings when in close contact areas and in places where recommended social distancing is challenging or not feasible, such as in dugouts.
- Players will be permitted, but not required, to wear a cloth face covering on the field during game play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Continue to keep six feet between yourself and others. The cloth face covering is not a substitute for social distancing.

Equipment

- Players are not to share their equipment, including batter's helmet, glove, bat, and catcher's equipment.
- Equipment bags should be positioned at stations six feet apart along the fence (field side) from 1st base to 3rd base.
- All team equipment, if used, must be disinfected after each use.
- Catchers must have their own equipment.
- Baseballs should be rotated through on a regular basis, at least every few minutes, to limit individual contact.
- Managers and coaches should limit their contact with the ball.
- Players should retrieve foul balls and passed balls.
- Used baseballs should be isolated from unused baseballs in a separate container.
- Foul balls landing outside the field of play should be retrieved by participating players. No spectators should retrieve the ball.
- Players should not share towels, clothing, or other items that they may use to wipe their face or hands.

Field Use

- LRLI has scheduled sufficient time between practices to facilitate the complete evacuation of individuals from a previous practice from the premises before the next group enters. In order to support this, we ask that players/coaches/families/spectators not show up to fields more than 5 minutes before schedule and that players/coaches/families/spectators immediately leave the fields once their practice ends.
- LRLI has worked with LARMAC to demark various areas on and off the field to promote social distancing and personal safety. We ask that all participants abide by these markings and guidelines.
- Use of dugouts is discouraged.

Restroom Use

- Restrooms will be open and maintained by LARMAC.
- One occupant at a time.
- Wash hands before exiting.
- Restrooms will be cleaned and disinfected by LARMAC as needed.

Social Distancing

- All players, parents, coaches, volunteers and spectators are encouraged to continue social distancing on and off the field during an event. Practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas.
- Avoid close contact with people who are sick.
- Stay home as much as possible.
- All guidance from local, state and federal officials regarding social distancing should be adhered to.

Self-Monitoring and Reporting

- All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each LRL. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend any LRL activity until cleared by a medical professional.
- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should only attend LRL activities with permission from a medical professional.
- The best protection for our players and families is for parents to keep players and family members home if showing any symptoms related to COVID-19.
- Players, parents, coaches, volunteers and spectators who are sick or who have been around somebody who is sick should not come to the fields and should remain at home.
- If a player, parent, coach, volunteer or spectator who has participated or attended a LRL event becomes sick or begins experiencing symptoms of COVID-19, LRL should be immediately notified so appropriate measures can be taken. Notice should be provided to Jeremie Corpuz, President, Ladera Ranch Little League, President@laderaranchll.com. All personally identifiable information will be protected as directed by you.

Drinks & Snacks/ Snack Bar

- The snack bar, vending machines and water fountains will be closed until further notice.
- Participants, coaches, volunteers and spectators should bring their own personal food and drinks to all team activities. Drinks should be labeled with the person first and last name.
- Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.
- No sharing of any food or beverage.
- Teams should not share or distribute any snacks or drinks. Players should bring individual, pre-packaged food, if needed.

Non-Compliance with Policies and Practices

- There will be zero-tolerance for not complying with the policies and practices adopted by LRLI.
- If any player, parent, coach, volunteer or spectator is refusing to comply with the any LRLI policy or procedure, or the instructions from any LRLI official, they can be removed from the field or facility, and their participation or attendance at future LRLI activities could be denied.
- The following escalation/reporting protocol shall following with respect to non-compliance with LRLI policies and procedures:
 - Manager
 - Division Commission
 - LRLI Board of Directors
- Any league official, manager or coach can suspend any little league activity (practice or game) due to the non-compliance of any individual with LRLI policies and procedures. In the event the non-compliance is rectified, the LRLI activity shall continue. If any individual refuses to comply with LRLI policies, procedures or instruction from a LRLI official, the activity can be suspended and immediately reported to the LRLI Board of Directors.
- The LRLI Board of Directors shall take any action it deems appropriate for the non-compliance of any individual with LRLI policies and procedures.

For questions or concerns, please contact your team manager or a league official.

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