



MIRA MESA LITTLE LEAGUE RETURN TO PLAY PHYSICAL DISTANCING SAFETY PLAN

The following plan has been established in an effort to resume Little League Baseball activities while protecting and supporting our Board Members, Volunteers, Players and Spectators health. Practice social distancing, limit large gatherings, and minimize risks of COVID-19. This guidance has been approved by the local league's board of directors and will be submitted to the local authorities for final approval. No activities will begin until the State of California and County of San Diego have given their approval to begin youth sports activities.

These activities will take place on the following fields: Mira Mesa Little League Fields and Mira Mesa Community Park.

An approved copy of this document can be found in the local league's Safety Plan.

SAN DIEGO COUNTY PHYSICAL DISTANCING & SAFTY PLAN

- 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 Board members, volunteers, parents/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 to abide by the plan requirements prior to being allowed to participate or enter a facility.
- Sport Organizations will acknowledge and support decisions to not participate among youth, parents and adult leaders who are uncomfortable participating for any reason.

HEALTH PROTOCOL FOR ALL BOARD MEMEBERS AND VOLUNTEERS

- Screen all Volunteers before entering any facility or field:

Send home and 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.

- Do not allow 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 fever without 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 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 (Cleaning of Restrooms will continue to be the responsibility of the City of San Diego Parks and Recreation).

- Frequently clean & disinfect any regularly touched surfaces, such as equipment. Doorknobs, tables, chairs, and restrooms per CDC guidelines.
- Frequently disinfect any items that come into contact with participants per CDC guidelines.
- Make hand sanitizer, disinfecting wipes, soap and water readily available. Place readily visible signage to remind everyone of best hygiene practices.
- Restrooms - The facility will post hand washing flyers from the CDC on doors in bathrooms that include symptoms of COVID-19

HEALTH PROTOCOLS FOR PLAYERS AND COACHES

- Parents should ideally drop off kids and pick them up from practice. If parents choose to stay and observe the practice they may do so from pre-designated areas. Parents must keep proper distancing from athletes and other parents.
- The facility should develop a plan for drop off and pick up that adheres to social distancing guidelines.
- All practices should focus on individual fitness and skills training when feasible.

- Instruct participants that all sports recognition protocols involving physical contact such as high-fives, hugs, etc. are not allowed. All Leagues should encourage the use of non-contact recognition during practice and drills that meet social distancing guidelines of 6 feet or more.
- Require all participants to wash or sanitize their hands before entering the facility.
- Players should handle their own equipment.
- All equipment should be pre-sanitized before and after each use.
- Participants should not enter a field until the previous group has left.
- The snack bar will be closed during all MMLL events
- No seating will be available. Bleachers should be closed off to be used as secondary dugout for players.
- All volunteers should be instructed to maintain at least 6 feet distance from other volunteers whenever possible.
- Sanitize all sports equipment for practice and drills for each team after they are collected and returned to circulation. The minimum amount of equipment should be used.
- Each facility will require hand washing or hand sanitizing before and after participation.
- Trash Cans should be touchless. Remove lids if present.
- Participants will be required to dispose of their own trash into garbage cans
- Participants will be required to wash their hands immediately after drills or practices are completed
- Volunteers will monitor participant compliance of this safety plan while they are in the facility.
- Physical distancing will be enforced by volunteers.
- All coaches must wear a mask when within close proximity of players or are unable to maintain social distancing

LEAGUE SAFETY PROTOCOL

I. TEAM ROSTERS & ADULT PARTICIPATION FOR PRACTICES AND GAMES

Number of PLAYERS

Team roster should not exceed 12 players per team on any given game or practice day 12 players maximum per team is permitted on one playing field at one time

Tee Ball

Due to the age, developmental level, and physical abilities of the players within this division, additional approved adult volunteers are permitted, but not required, during defensive play.

All Players

- Players will be assigned personal spots in their team dugout (or on designated bleacher area) such that they remain 6 feet apart.
- Players shall put their equipment bag outside the dugout. Personal bat, helmet and other game use equipment should be kept under their designated seat until the equipment needs to be used
- Players shall stay in their assigned personal spot when in the dugout while waiting for their turn to bat or sitting on the bench when their team is on defense
- 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
- Player should not wear medical gloves on the field during game play
- Players, especially at the younger divisions, are not required to wear a cloth face covering while on the field during game play
- Players will be permitted to wear a cloth face covering on the field of play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian/caretaker
- Players shall only use their own game equipment—no sharing of equipment (exception of shared equipment is the game ball). If a team bat is being used, the bench coach will wipe it down with a sanitizing wipe after each player's use.

MANAGERS/COACHES

ALL Teams

Three league-approved adult volunteers are permitted to be involved with each team per each game

1 Team Manager per team

- Manages batting order and defensive line-ups
- Required to wear face covering when players are in dugout and/or when unable to practice 6 feet of social distancing

2 Dugout Coaches per team

- Assists manager with communicating batting order and defensive line-ups
- 1 coach may act as a base coach during team's offensive play
- 1 coach remains in dugout with players
- Retrieves and wipes down bats with sanitizing wipe after each player's at bat
- Enforces social distancing of players while in designated dugout
- Enforces players wearing face covering while in designated dugout
- Required to wear face covering when players are in dugout and/or when unable to practice 6 feet of social distancing

Team Safety Coordinator

- A parent volunteer may be used to help the dugout coach to monitor the players seated in the bleachers

- Assists manager with communicating batting order for players in other areas besides the dugout
- Enforces social distancing of players while in dugout or other designated areas
- Enforces players wearing face covering while in dugout or other designated areas
- Required to wear face covering when players are in the bleacher area and/or when unable to practice 6 feet of social distancing

OTHER ADULT ROLES

Umpire

- Set up 6 feet behind catcher and batter or behind the pitching mound
- For Minors Division it is recommended that umpires call balls and strikes from behind the pitcher's mound
- Required to wear face covering at all times while on the field of play
- Must discuss each umpire's responsibility in their pre-game meeting while social distancing
- Equipment Inspection
 - § Players should place their equipment in a well- spaced out manner for inspection. Umpires should avoid direct contact with equipment where possible but, when required, use hand sanitizer that contains at least 60% alcohol after the inspection of each individual piece of equipment

Scorekeeper

- One designated scorekeeper for each game—no exceptions
- Scorekeeper to sit in score booth—only one person in the score booth
 - The scorekeeper will also keep the pitch count
 - A family group member may be used as a pitch counter
- Required to wear face covering when unable to practice 6 feet of social distancing during interaction with others
- Pencils and other scorekeeper supplies will be supplied by the league only when requested. If league supplies are used, they should be sanitized after each person's use. Scorekeeper is encouraged to bring their own pencils, erasers, pens

Board Member on Duty (Minimum of one board member per game time slot)

- Board Member on Duty will manage the entire operation of the field(s) on gamedays
- Board Member on Duty will be assisted by a Safety Officer when there are multiple games scheduled during the same time slot
- Board Member on Duty will wear a face covering when they are unable to practice 6 feet of social distancing during interaction with others
- Player & Spectator Management
 - Traffic control to limit congregation of groups
 - Remind spectators of social distancing guidelines—6 feet apart; encourage face coverings when unable to adhere to social distancing guidelines

- During game, remind players, coaches and umpires about social distancing plan and protocol with equipment

Safety Officer

- The Safety Officer will educate and enforce social distancing among players and spectators
- Safety Officer will communicate with all participants of the game and all spectators in a friendly, yet firm manner that all social distancing protocol must be adhered to during their time at the field
- Safety Coordinator will wear a face covering when they are unable to practice 6 feet of social distancing during interaction with others

II. EQUIPMENT PROTOCOL

PLAYER EQUIPMENT

- Players are not to use bat racks or helmet racks
- Bats, helmets, gloves are not to be shared between players
- If a player is using a “team” bat, that bat will be kept in the bat rack and will be cleaned with a sanitizing wipe after each use.
- Catchers must have their own equipment
- League can provide gear for each game that is used by only one player per day
- Borrowed league’s catcher’s gear is to be wiped down with sanitizing wipe prior to reuse (24 hours must pass before reuse)
- Players to keep their own equipment in their own bag
- Bats are retrieved by player if out at first
- Bats are retrieved by dugout coach if player reaches base safely—dugout coach to wipe down bat with sanitizing wipe and set on side of dugout for player to retrieve upon reentering dugout and place in their own equipment bag
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball
- Baseballs should be rotated through on a regular basis, at least every two innings, to limit individual contact
- Balls used in infield/ outfield warm-up should be isolated from a shared ball container
- Umpires should limit their contact with the ball, and catchers should retrieve foul ball and passed balls where possible

UMPIRE EQUIPMENT

- Umpires are encouraged to use their own umpire gear
- League can provide umpire gear to include a protective face covering, chest protector, shin guards and umpire indicator—each set of gear is to be used by only one umpire per day
 - Gear must be wiped down with sanitizing wipe prior to reuse of gear (24 hours must pass before use)

III. PREGAME & POSTGAME—PLAYERS & SPECTATORS

PLAYER ARRIVAL TO GAME SITE & WARM-UPS

- Players to arrive to the game site no earlier than 40 minutes before practices /game time for warm-ups
- Players are not to congregate within a group prior to taking the field to warm up
 - Home team to warm up on left field
 - Visitor team to warm up on right field
- Each team to follow social distancing guidelines during warm-ups.
- Stretching—separate in a space to allow 6 feet apart
- Running—run as a team spaced 6 feet apart
- Throwing—ensure throwing distance is at least 6 feet apart
- Defense warm-up—when taking grounders, players awaiting their turn should be spaced from the other players at least 6 feet apart
- Pitcher/catcher warm-ups in bullpen only; coach is to maintain a distance of 6 feet from players during instruction; coach to wear face covering at all times while in the bullpen

STARTING THE GAME

- For the Pledge of Allegiance and/or Little League Pledge—players will line up along their dugout side baseline, spread out down the baseline, at least 6 feet apart, to recite both pledges
- Managers and coaches will line up behind their players, closer to the dugout; managers/coaches to remain 6 feet from each other and minimum of 6 feet from their players
- Umpire to stand at home plate during pledges at a minimum distance of 6 feet from a player or adult
- For the plate meeting, managers from both teams will meet the umpire at the plate—all parties are required to wear a face covering during the plate meeting

DURING THE GAME

- Players are encouraged to use hand sanitizer as frequently as possible during the game
- Players should have a personal bottle of sanitizer kept in their equipment bag
- No group gatherings at home plate following a home run
- No high fives or handshakes following a play or game
- Dugout coach to wipe down player's bats after use
- Players are to bring their own water/Gatorade for use during their game—no team water jugs or ice chests are permitted; players are not to share their drinks or snacks with anyone § Sunflower seeds and gum are not allowed at any time

CONCLUSION OF THE GAME

- There will be no “good game” high-five line
- Players will line up along their dugout side baseline, spread out down the baseline, at least 6 feet apart, and tip their caps to the opposing team so show sportsmanship
- Manager/Coach to say a few words to their team while their players are lined up on baseline to acknowledge good play and sportsmanship, thank the umpires and the volunteers
- Congregation of teams/players is not allowed at the game site—there is to be no after-game team meeting at the game site

- Players and families will be asked to leave the game site within 20 minutes of the game concluding

SPECTATORS AT THE GAME SITE (Spectators are defined as parents, caregivers, siblings, family, fans)

- Spectators should try to limit their time at the field prior to game time when possible, based on child's age and needs
- Spectators are not to congregate in a group outside of their stay-at-home family group
- Spectators will not be allowed to stand behind the home plate area within 6 feet of the backstop. Caution tape will be used to mark off the restricted area.
- Bleachers will be closed to all spectators; bleachers will only be used as an extra area for players, managers, and coaches who are participating in a game. Caution tape will be used to close off this area to spectators and will be used to mark off a path from the bleachers to the dugout/field entrance
- All spectators will sit outside the field fence at least 6 feet away from the dugout/field entrance. Chairs, blankets, etc., may be set up by spectators
- There should be no more than 10 people sitting together in a "family group;" the "family group" is only to include their stay-at-home family
- There should be at least 10 feet between each "family group" along the fence line
- Spectators should bring their own seating or portable chairs when possible
- Leagues are encouraged to utilize streaming opportunities to provide virtual spectating

IV. SNACK BARS—FOOD & BEVERAGE

NO FOOD & BEVERAGES AVAILABLE FOR PURCHASE AT LEAGUE SNACK BARS

- No food or concession sales should be allowed at facilities.
- Families are encouraged to bring their own snacks and drinks
- Teams should not share any snacks or food and drink\$ There will not be any outdoor seating areas available in an effort to limit any congregation (picnic benches or tables)
- Hand sanitizer will be available at the snack bar ordering window
- Sunflower seeds, gum, etc., should not be allowed in dugouts, playing field and spectator area

V. FIELD MAINTENANCE ON GAME DAYS

Field maintenance equipment to include, but not be limited to, rakes, field drags, shovels, paint/chalk sprayers, and hoses. Field maintenance equipment will only be handled managers and coaches.

- Field crew to be the only person(s) to use the field maintenance equipment
- Field maintenance equipment to be wiped down after each use
- Paint/chalk sprayer push handle to be wiped down with sanitizing wipes after use

VI. FIELD FACILITIES & SURROUNDINGS

FIELD FACILITIES

- Trash cans will be touchless; lids will remain open when field site is open to players/spectators

FIELD SURROUNDINGS

- Informational signage will be posted throughout the field(s) regarding infection control, social distancing and the use of face coverings and gloves
- No visitors who are unrelated to a player or sales representatives or outside distributors will be allowed at the field

VII. TEAM PRACTICE PROTOCOL

TEAM PRACTICE AT FIELDS

- Team practice protocol shall align with all game day guidelines and protocol
- No sharing of equipment
- Proper social distance spacing during warm-up, practice drills and batting
- Hand sanitizer to be used by players before and after use of any equipment and transition of offense and defense drills
- Players to wear a face covering if they are unable to practice standard social distancing
- Enforcing social distancing, use of face coverings and sanitizing equipment shall be the sole responsibility of each team manager, team coach(es) and/or other approved adult league volunteer that is organizing a team practice
- Player's participation in team practice is at the sole discretion of the player's parent/caregiver; there will be no repercussion on game day for any player who does not attend a team practice

VIII. ONGOING MONITORING PROTOCOLS

PERSONAL PREVENTION ACTIONS

- All league members and visitors to the fields will be reminded of their responsibility to adhere to personal prevention actions including:
 - Stay home when sick or having symptoms of becoming sick (i.e., symptoms of respiratory illness, fever, or cough)
 - Wash hands frequently with soap and water for at least 20 seconds
 - Cover coughs and sneezes with a tissue, dispose of the tissue and wash hands immediately after. If tissue is not available, cough or sneeze in elbow
 - Do not touch eyes, mouth, or nose with unwashed hands
 - Avoid contact with people who are sick or who are exhibiting symptoms of being sick
 - Avoid sharing items
 - Always maintain the recommended minimum of 6 feet separation from others
 - Wear a face covering when unable to practice 6 feet of social distancing
 - Sanitize frequently touched objects and surfaces

PROTECTING THE FIELD ENVIRONMENT

- All league members and visitors will be reminded of the importance of social distancing while at the fields as well as in all other environments

- A minimum of 6 feet of social distancing should be maintained at all times
- Face coverings should be worn to increase protection when unable to socially distance
- Continued efforts to sanitize facilities, equipment, and areas and items of common touch points will be made

ENSURING COOPERATION

- Board Members and league officials will maintain ongoing communication with all members of the league to include all players/managers/coaches/spectators at the field to limit any violation of the safety protocols:
 - All players/managers/coaches/spectators will be reminded that any violation of the social distancing and safety protocols will jeopardize the continued operation and opening of Little League games
 - Any player/manager/coach/spectator who refuses to adhere to the protocols after one warning will be asked to leave the field site immediately

IX. LEAGUE GUIDELINES APPROVAL

These guidelines were established to allow our children the opportunity to play sports. These guidelines reflect the recommendations and views of the community and health care providers. Youth sports and local businesses are required to follow COVID-19 safety and preventive guidelines to remain open and active.

The following persons may be contacted regarding this protocol:

Jason Williams
League President

Scott Moody
League Safety Officer

Melissa Maron
League Player Agent