

APPENDIX IV

WARWICK LITTLE LEAGUE PHASE 2 CORONAVIRUS GUIDELINES

During the Coronavirus Pandemic Warwick Little League has set forth the following guidelines on organizing, playing and watching games during Phase 2. Below is a list of best practices for helping to provide a safe place to play, while stressing the importance of mitigating the spread of COVID-19. These best practices have been compiled from resources and guidance from the U.S. Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO), and The Aspen Institute. This guidance was last updated on May 19 by Little League International and will continue to update these resources to provide additional best practices guidance as information is further developed around COVID-19 mitigation. Along with Little League International guidance, Warwick Little League has incorporated its own guidance into the spread of COVID-19.

These guidelines do not replace or supersede any protocols or restrictions outlined by of Virginia or City of Newport News. Warwick Little League will continue to follow those City of Newport News and Virginia guidelines.

Warwick Little League will revise/adjust safety guidelines when entering Phase 3.

In accordance with City of Newport News Safety Guidelines & Procedures dated June 9, 2020 Phase 2 will consist of practices only. No games or scrimmages permitted during Phase 2. Additionally, in accordance with the Governor's executive order, proper social distancing is 10 feet.

The total number of attendees (including both participants and spectators) at Warwick Little League fields (each field) cannot exceed the 50 persons requirements.

Managers will receive training on appropriate social distancing.

Warwick Little League Waiver requirement:

- Parents and volunteers must sign a waiver acknowledging additional risk and pledge their responsibility for adhering to the new safety guidelines pertaining to COVID-19.
- The waiver will emphasize the greater risk for those 65 years of age or older, as well as those with moderate to severe asthma, immunocompromised, or have a chronic illness.

Prior to taking the field for the first practice, parents and volunteers will sign-off on a well-check survey. This will be kept with medical release forms and destroyed at the end of the season. Parents are responsible for notifying the team manager if the status on the well-check survey changes from practice to practice.

If a volunteer or player has had any of the following symptoms in the past 24 hours, Warwick Little League ask that you keep you/him/her home until symptoms are gone or until your physician has determined it is safe to return.

The symptoms include:

- Fever (must be fever free for 24 hours without medicine prior to returning to practice. NOTE: CDC constitutes a temperature reading 100.4 or higher as a fever).
- Moderate to severe coughing
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Congestion/runny nose
- Nausea/vomiting

If a player or volunteer has been in close contact with someone who has tested positive, awaiting results, or is presumed to be positive for COVID-19, that player/volunteer may not return to practice for 14 days from last contact and requires a medical release. Team manager shall notify Warwick Little League Official of such incident.

GENERAL GUIDANCE:

Wash your hands often:

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not 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. Warwick Little League will provide handwashing stations and/or hand sanitizer.
- Avoid touching your eyes, nose, and mouth
- Players are encouraged to bring their own hand sanitizer for personal use.

Cover your mouth and nose with a cloth face covering when around others:

- You could spread COVID-19 to others even if you do not feel sick.
- The cloth face covering is meant to protect other people in case you are unknowingly infected.
- Continue to keep six feet between yourself and others. The cloth face covering is not a substitute for social distancing.

Cover coughs and sneezes:

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are readily available, clean your hands with a hand sanitizer that contains at least 60 percent alcohol.

Spread out scheduling of practices:

- Warwick Little League will schedule sufficient time between practices to facilitate the complete evacuation of individuals from a previous practice from the premises before the group enters.
- Teams are instructed not to show up to fields more than 30 minutes before practice time.

Field preparation and maintenance:

- Fields should be mowed, raked, and lined prior to teams and spectators arriving at the complex and after they depart. It is encouraged that volunteers already participating in the practice to perform these tasks to limit individuals at the site.
- It is recommended that any shared field preparation equipment be sprayed or wiped with cleaner and disinfectant before and after each use.

Spectator/fan attendance:

- All spectators/fans should follow best social distancing practices – stay at least six (6) feet away from individuals outside their household.
- Avoid direct hand or other contact with players/managers/coaches.
- **Bleachers are closed** and off limits.
- Spectators/fans should bring their own seating or portable chairs.

Drinks and snacks:

- Players and coaches should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name.
- Individuals should take their own drink containers home each night for cleaning and sanitation or single-use bottles.
- There should be no use of shared or team beverages (i.e. water coolers).
- Teams should not share any snacks or food.
- Players should bring individual, pre-packaged food, if needed.

Personal protective equipment (PPE):

- Parents are encouraged to provide their player with a face covering to use while off the field.
- All coaches and volunteers, etc., are required to wear facial covering and practice social distancing when in close contact with players.

Dugouts:

- **Dugouts will NOT be used during Phase 2.**

Player equipment:

- Player equipment should be spaced/spread out off the field accordingly to prevent direct contact.
- Players should have their own individual batter's helmet, glove, bat, and catcher's equipment. NO sharing of equipment is allowed.
- Measures should be enacted to avoid, or minimize, when equipment sharing when feasible.
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent/guardian/caretaker, where applicable.

Baseballs, softballs, and bats:

- Baseballs and softballs practice balls should be rotated through on a regular basis to limit individual contact.
- Balls used in infield/outfield warm-up should be isolated from a shared ball container.
- Balls landing outside the field of play should be retrieved by participating players, and coaches. No spectators should retrieve the ball.

Injuries:

- When a player or players are injured during a play – personnel must remember that injuries always take precedence over the COVID-19 measures or concerns.

Spitting, sunflower seeds, gum, etc.:

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

Clean and disinfect shared equipment and surfaces:

- Clean and disinfect frequently touched surfaces daily basis.

Public restrooms:

- Restrooms should be disinfected on a regular basis.

Concession stands:

- No food or concession sales will be allowed at the Warwick Little Leagues facilities during Phase 2.
- Families are encouraged to bring their own food/beverages.