



## Practice Plan during Phase 2 and 3 – GUIDELINES

### Big Flats Little League Baseball (AAA, Majors, Juniors, & Seniors)

June 1, 2020

These proposed guidelines were reviewed and approved by the Town of Big Flats Leadership Team. Prior to the start of our season, these requirements will be shared with all our Little League families. Before practices start, representatives from the Big Flats Little League Board and the Town will meet to review the requirements with the coaches. Also, Big Flats Little League Board members will conduct spot checks to make sure coaches and families remain aware and follow these guidelines.

#### Personal Wellness Check – At Home

All players and coaches must be feeling well before participating in practice. If anyone is sick or not feeling well, for any reason, please stay home.

#### Special Park Rules

At this time, early phase 2 in Chemung County, the Community Park is open only to Little League Baseball. Families are encouraged to drop their baseball player off at the start of practice and then return five minutes before the scheduled end time. Parents are certainly welcome to stay and watch practices but must maintain proper social distancing from others at all times. The playground, basketball courts, and pavilions also remain closed, so families will need to make sure they keep their family close. Right now the hope is that the parks will be more fully opened in phase 4. Until that time, we must closely follow these strict practice guidelines.

#### Practice Requirements for the Community Park Fields

- 1. Maximum of ten people together at one time, including coaches.**
- 2. Must maintain six foot clearance from others except family members at all times**

### Pre-Practice Set Up

Coaches will open the barricades so that one car at a time can safely enter and exit the park. Coaches will also get the field prepped for practice about 10 minutes before the scheduled start time.

### Participant Arrival / Warm Up

- Parents are encouraged to enter the park using the Main Street (nearest AAA Field) entrance, helping to ensure one-way traffic flow throughout the park.
- All players are required to bring their own hand sanitizer, water bottles, bug spray, gloves, batting helmets, batting gloves, bats, and any other equipment they need for practice. Sharing is strictly prohibited during this time.
- As Parents drop off the Players, they should use hand sanitizer before they enter the field. Players should enter the field from the first base dugout, and proceed to place their gear along the right field fence at pre-determined locations 8 to ten feet apart.

### Practice Time

- Practices shall be limited to ten people on the field or in the cages, with 6 foot minimum spacing required at ALL times.
- As most practices will typically involve 12 players and two coaches, here is one example of how a coach can handle this special “max 10” rule:
  - Coach 1 will run infield / outfield drills with six to eight players on the regular field.
  - Coach 2 will run batting practice / pitching practice with four players at the Batting Cages.
  - Coach 3 will run running or other drills in an open space on an adjacent, empty field.
- Batting practice on the field may occur though the batter may not run the bases at any time while fielders are in position.
- Base running practice may occur provided players stay at least one base apart at all times, and they do not congregate near home plate or any other locations.

- Pitching practice shall be limited to one pitcher and one catcher at a time. Batters and home plate umpires are not allowed. A coach may instruct the players while maintaining at least six foot spacing.
- Fielding practice may occur provided only one player plays a position at a time. Unlike normal practices when you might have multiple players taking turns at a base, only one player can be playing the position at any time.
- The park's restrooms will be available to players and coaches though must be briefly unlocked while in use. Once each person gets done using the restroom, they must be relocked.

### Post Practice Wrap Up

- As practice is ending, the coaches will conduct a brief review of the practice and then remind the players of the requirements to safely leave the field. This must occur in an open space, not the dugout, with players staying at least six feet apart at all times.
- As the players leave the field, they must retrieve all their equipment, and then leave the field through the third base dugout, one player at a time.
- Parents are encouraged to use the River Street exit (near the Majors Field), helping to ensure one-way traffic flow throughout the park.

### End of Practice

In addition to the typical end of practice routine, the coach must also make sure the barricades are back in position as they leave the park.

### Night Time

Please say a prayer that this ends soon so we can return to playing the greatest sport the Good Lord ever invented, as originally intended!

## **Practice Requirements for the Community Park Batting Cages**

- Only one player in the cage at a time along with one coach, parent, or guardian. Others must maintain at least six foot spacing or using a tee while hitting into another net, again one player at a time.
- As baseballs are picked up, the batter and pitcher shall maintain at least six feet of spacing at all times. No other players or coaches shall enter the cages to help pick up the baseballs.

## **Current Schedule Plans**

- Week of June 1
  - Review plans with Town
  - Send update to Families along with COVID-19 Waiver which will be required along with the standard medical form
  - Share approved plans with Families
  - Town / Baseball Board meeting with all coaches to review special rules
- June 6<sup>th</sup> / June 7<sup>th</sup> Weekend – Final field, shed, and cage prep involving small number of board members and coaches
- Week of June 8 – Begin practices for AAA, Majors, Juniors, and Seniors
- Phase 4 (late June / early July)
  - Begin games within Big Flats Little League
  - Begin practice for Tee Ballers and Minors
- Week of July 13 – Begin interleague games with Elmira, Elmira Heights, and possibly other organizations
- Week of August 17 – Playoffs

Please note:

1. We are planning on a 12 to 14 game regular season and then a round of playoffs.
2. As this late season will overlap with travel baseball, there will likely be a handful of weekends in Jul and August when no games will be played.
3. We remain hopeful to run a Fall Ball League, which typically is a much smaller group.