



# SOUTH OLDHAM LITTLE LEAGUE

## COVID-19 - General Guidance

### (Flyer for posting in the park)

#### **Key Audiences:**

- Players
- Parents/Guardians/Caregivers and Other Children
- Managers/Coaches
- Umpires
- League and District Officials
- Fans/Spectators

#### **CDC Resources:**

- [How to Protect Yourself & Others \(PDF Download\)](#)
- [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19 \(PDF Download\)](#)

#### **Wash Your Hands Often:**

- 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, 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. Leagues are encouraged to provide handwashing stations and/or hand sanitizer, if possible.
- Avoid touching your eyes, nose, and mouth.
- Players are encouraged to bring their own hand sanitizer for personal use. Hand sanitizer should be placed in all common areas off-field for easy 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.
- Everyone should wear a cloth face covering when they have to go out in public, for example in public areas around your Little League fields and parks.
- 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.
- The cloth face covering is meant to protect other people in case you are infected.
- Do NOT use a [facemask meant for a healthcare worker](#), as it is important for these facemasks are available for those professionals needing that personal protective equipment.
- 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.
- Throw used tissues in the trash immediately.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60 percent alcohol.

**Social Distancing:**

- All players, coaches, volunteers, independent contractors, and spectators should practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas. For situations when players are engaging in the sports activity, see On-Field Guidance below for more information.
- Avoid close contact with people who are sick.
- Stay home as much as possible.

**Self-monitoring and quarantine:**

- All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each Little League activity. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend any Little League activity until cleared by a medical professional (CDC: [Resource: If You Are Sick or Caring for Someone | PDF Download](#)).
- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should only attend Little League activities with permission from a medical professional.

**Maximum 50 spectators per field per game.**

## On-Field Guidance

### **Key Audiences:**

- Players
- Parents/Guardians/Caregivers
- Managers/Coaches
- Umpires

### **Healthy Practices:**

- All players and coaches should practice good general health habits, including maintenance of adequate hydration, consumption of a varied, vitamin-rich diet with sufficient vegetables and fruits, and getting adequate sleep.

### **No Handshakes/Personal Contact Celebrations:**

- Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. Little League International suggests lining up outside the dugout and tipping caps to the opposing team as a sign of good sportsmanship after a game.
- 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, ideally within 15 minutes.

### **Self-monitoring requirements and record keeping:**

- All individuals should measure their body temperature (per Oldham County Health Department) to ensure that no fever (min range threshold of 99.5 – 100.4) is present prior to participating or attending each Little League activity. No one with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should attend any Little League activity until cleared by a medical professional.
- Coaches will be required to complete a brief checklist for each coach/player/volunteer to confirm self-monitoring temperature taking was completed. This will be required for every practice and game; the Head Coach will maintain each event record.

### **Drinks and Snacks:**

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

### **Personal Protective Equipment (PPE):**

- All managers/coaches, volunteers, umpires, etc., are **REQUIRED** to wear PPE whenever applicable, such as cloth face coverings – unless medically prohibited. This PPE requirement is per the Governor and Oldham County Health Department's guidance.
- Players should wear cloth face coverings (not required) when in close contact areas and in places where recommended social distancing is challenging or not feasible, such as in dugouts.

- Players should not wear protective medical gloves on the field during game play.
- Players, especially at 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 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.
- Parents are encouraged to supply their players with antibacterial wipes and hand sanitizer for cleaning hands between innings.

#### **Dugouts:**

- Hand sanitizer will be placed in dugouts – Coach's responsibility to refill/replace empties from concession stand or dedicated supply location.
- Managers/coaches and players will be assigned spots in the dugout and on the bleachers so that they are at least six feet apart. Benches in dugouts and bleachers will be marked for distancing, players have the option of wearing a mask in the dugout.
- Players are to stay at their assigned spots when on the bench or while waiting their turn to bat.
- Trash cans will be removed from dugouts
- Teams will be required to clean their dugout of all trash and other items after each game, and to wipe down (clean) hard surfaces such as benches, bleachers, bat racks, etc.
- Upon arriving at a dugout, teams are to disinfect hard surface areas (benches, bat racks, etc.).

#### **Both teams will utilize the dugout on the gate side of field to stage max 3 hitters:**

- Max 3 hitters (not including at-bat hitter) in dugout at anytime
  - Fields 1-5 Max 3 in dugout at anytime
  - Field 6 Max 4 in dugout an anytime
- Bleachers will be placed between the gate and dugout for staging of players and enabling social distancing (this area will be roped off and for players and supporting parent ONLY)
- Teams on the field (defense) with excess players will utilize the opposite dugout (max 3 players in dugout)
- Each dugout will have "X" tape on the bench for social distancing
- Coaches - offense teams will be allowed a coach at the dugout (managing flow and safety protocol) and a Coach at the foul line fence managing flow and safety protocol - normal/standard # of "on-field" Coaches remain
- Coaches will be required to help transition the players from offense to Defense - lining up the transition defense down a foul line (social distanced) as defense to offense players are transitioning onto the field

#### **Player Equipment:**

- Fence's will have ribbon from dugout to foul pole every 6ft marking where players store there equipment bags and water bottles (Parents will be STRONGLY encouraged to help and support safety protocol between/during innings and help navigate their child to proper locations)
- Home team bat bags will be placed inside of the gate side fence; visitor teams bat bags placed on outside of fence
- Players should have their own individual batter's helmet, glove, and bat.

- When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned first and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before used by a new player. Increased attention should be paid to detailed cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each practice and game by a parent/guardian/caretaker, where applicable.
- Individuals disinfecting equipment are encouraged to use gloves while using disinfectants and follow the manufacturer's directions for use. All disinfectants should be stored properly, in a safe area, out of reach of children.
- Catcher position will be eliminated in the Rookie Baseball Division to avoid use of shared catcher's gear

#### **Baseballs and Softballs:**

- Baseballs and softballs should be rotated through on a regular basis, at least every two innings, to limit individual contact.
- Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
- Balls used in infield/outfield warm-up should be isolated from a shared ball container.
- Foul balls landing outside the field of play should be retrieved and placed in the designated ball return at the end the first base dugout; Umpire/Coach will disinfect ball before returning to play.

#### **Spitting, Sunflower Seeds, Gum, etc.:**

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

#### **Practices: June 15 – June 29**

- Max one coach and 10 players on Field at anytime
- For team with more than 10 players – split practices will be REQUIRED

## **Game Operations and Umpire Guidance**

#### **Key Audiences:**

- Managers/Coaches
- Umpires
- League/District Officials and Volunteers

#### **Pre-Game Plate Meetings:**

- Social distancing of six feet between individuals should be implemented during all pre-game plate meetings between teams and umpires.
- Plate meetings should only consist of one manager or coach from each team, and game umpires.
- All participants should wear a cloth face covering (not required).
- No players should ever be a part of plate meetings.

#### **Equipment Inspection:**

- Players should place their individual 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 percent alcohol after the inspection of each individual piece of equipment.

#### **Limit League/Game Volunteers:**

- For each game (on the field/dugouts), there should only be the required team managers/coaches, umpires, and one (1) league administrator (i.e. Safety Officer, player agent, etc.) in attendance. 4 Max per team
- Practices should be limited to the managers/coaches and players.
- Scorekeeping should be done by team coaches or team parent/guardian via GameChanger. Proper social distancing should be practiced.
- Scoreboards will be utilized and disinfected after each use by Board Member on Duty

#### **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 game (managers/coaches, umpires, and league administrator) 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.

#### **Umpire Placement:**

- Umpires are permitted to be placed behind the pitcher's mound/circle to call balls and strikes. Umpires are encouraged to keep a safe distance from players as much as possible.
- Umpires will be supplied disinfectant wipes and gloves for each game.
- If physically able, umpires are encouraged (not required) to wear cloth face coverings while umpiring.

## **Facility, Fan, and Administrative Guidance**

#### **Key Audiences:**

- League Administrators
- Parents/Guardians/Caretakers
- Fans/Spectators

#### **CDC Resources:**

- [Reopening Guidance for Cleaning and Disinfecting Public Spaces](#)
- [Guidance for Cleaning and Disinfecting \(PDF Download\)](#)
- [Guidance for Administrators in Parks and Recreation Facilities](#)
- [Visiting Parks and Recreation Facilities](#)

#### **Clean and Disinfect Shared Equipment and Surfaces:**

- Clean AND disinfect frequently touched surfaces daily and in between all facility uses, including practices and games. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, facility equipment, dugouts, toilets, faucets, and sinks.
- If surfaces are visibly soiled or dirty, they should be cleaned with a detergent or soap and water prior to disinfection.

#### **Spread Out Scheduling of Practices and Games:**

- League administrators should schedule sufficient time between practices and games to facilitate the complete evacuation of individuals from a previous practice or game from the premises before the next group enters.
- Players/families/spectators are instructed not to show up to fields more than 40 minutes before game time.
- If there is a game or practice prior to your event, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways. Parents and Volunteers responsibility to **Practice social distancing**
- On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes
- Ensure that practices and games follow all local and state directives regarding the number of people allowed to gather in one place.
- Game times will be spread out to alleviate the amount of individuals at the ballpark and to allow for sanitizing of dugouts between games. Games will have a strict time limit to minimize overlap of teams and spectators waiting.

#### **Limiting Spectator Attendance:**

- All spectators should follow best social distancing practices and State/Local guidelines
- SOLL urging to minimize the exposure risk to spectators by limiting attendance to only essential volunteers and limited family members. **MAX 50 SPECTATORS PER FIELD (Home teach coach accountable to monitor // seek SOLL Board Member on Duty in the event an issue arises)**
- Spectators strongly encouraged bringing their own seating or portable chairs and spreading along fence line. When using a tent, please restrict it to family members only
- 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, immunocompromised, chronic kidney disease, and chronic lung disease.
  - Those currently residing in a nursing home or long-term care facility
  - Those over 65
- Fans are encouraged to wear PPE such as face buffs/surgical masks
- Seniors and those with significant health risks are asked to follow CDC guidelines and not attend events.

#### **Public Restrooms:**

- Communicate information on available facilities and policies to all parents prior to resuming or beginning season.
- Access to public restrooms should be limited if possible.

- A “one-in-one-out” policy, where only one individual is permitted within the restroom at one time, will be implemented to ensure adequate distancing in the confined restroom space.
- Prior to and after any league activity, restrooms should be thoroughly cleaned and disinfected. Restrooms will be disinfected on a regular basis.

**Concession Stands:**

- Concessions will be open in a limited capacity and will use a two window approach. 1 window to order, 1 window for pick up. We are continuing to work with the Oldham County Health Department to determine concession guidelines.
- As per State guidelines, only pre-packaged food will be served.
- Cash transactions are discouraged
- All concessions workers are **REQUIRED** to wear PPE whenever applicable, such as cloth face coverings – unless medically prohibited. This PPE requirement is per the Governor and Oldham County Health Department’s guidance.

**Post Information to Promote Everyday Preventive Actions:**

- SOLL will display posters and signs throughout the park to frequently remind visitors to take steps to prevent the spread of COVID-19. These messages may include information about:
  - Staying home if you are sick or do not feel well, and what to do if you’re sick or feel ill.
  - Using social distancing and maintaining at least six feet between individuals in all areas of the park.
  - The [CDC has downloadable resources available](#) to post at public places; and leagues are encouraged to utilize additional resources from their state or local authorities.

**Member Communication:**

- SOLL will disseminate information to all families, volunteers, and spectators about the Coronavirus risk and the efforts your league will be undertaking to mitigate those risks, as outlined above. Information should be disseminated by way of email, league website, social media, coach talks, and public announcements.

**Other Items/Considerations:**

- **Board Member on Duty** is considered Nightly sponsor/monitor of facility strictly related to Safety protocol
- SOLL will increase the frequency of cleaning and sanitizing measures in areas of high traffic. Cleaning and disinfection supplies will be supplied by the league for concessions, bathrooms and dugouts to facilitate effective disinfection and hand sanitizing.
- SOLL will review and revise its guidelines at any time based on Local and State mandates.
- SOLL will designate a sports program staff person or leader to be the point of contact for COVID19 concerns. This person will be accountable for executing the COVID-19 plan for reporting cases or exposures that need to be communicated to other players/parents/coaches or Government officials. The plan will entail protocols and procedures if a coach or player tests positive or has a high risk exposure and resulting process to notify team members or at the very least identify anyone who could have been at risk.