



KAU LITTLE LEAGUE

COVID-19 Exposure Prevention, Preparedness And Response Plan for League Activities

KAU Little League (hereinafter "KAU" or "the League") takes the health and safety of our players, families and volunteers very seriously. With the spread of coronavirus or "COVID-19", a respiratory disease caused by the SARS-CoV-2 virus, we all must remain vigilant in mitigating the outbreak. In order to return to play safely, we have developed this COVID-19 Exposure Prevention, Preparedness and Response Plan to be implemented as the League returns to play with facilities management, league activities, practices and games (hereinafter collectively as "League Activity" or "League Activities").

This Plan is based on currently available information from the Centers for Disease Control and Prevention (CDC), the Pennsylvania Department of Health (PDH), Chester County Health Department (CCHD) & Little League International (LLI) with modifications as necessary for return to play. This Plan is subject to change based on further information provided by CDC, PDH, CCHD & LLI and other public officials and may be amended by the League as it deems necessary.

Responsibilities of Volunteers, Coaches, Players and Families

As set forth below, the League has instituted various housekeeping, social distancing and other best practices during all League Activities in order to promote a safe environment for the volunteers, coaches, players and their families. We ask that all volunteers, coaches, players and their families follow these best practices. In addition, any player that experiences signs or symptoms of COVID-19 (as described below) are expected to report this to one of their coaches and contact the League President Matt Patterson at kubabaseball@icloud.com (610) 613-8558.

CDC has provided the following control and preventative guidance regardless of exposure risk:

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.
- Avoid touching your eyes, nose, and mouth especially with unwashed hands.
- Players are encouraged to bring their own hand sanitizer for personal use.
- The League will provide handwashing stations and/or hand sanitizer at all fields if possible.

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.



KAU LITTLE LEAGUE

COVID-19 Exposure Prevention, Preparedness And Response Plan for League Activities

- Continue to keep six feet between yourself and others whenever possible. 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 or use hand sanitizer per guidance above.

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 on-field activities, see 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 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 League 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 League Activities with permission from a medical professional.

In addition, volunteers, coaches, players and families should familiarize themselves with the systems of COVID-19 which include, but are not limited to:

- Coughing;
- Fever;
- Shortness of breath, difficulty breathing;
- Chills;
- Repeated shaking with chills;
- Muscle pain;
- Headache;
- Sore throat; and/or
- New loss of taste or smell

If a volunteer, player or coach develops any of the above symptoms, **DO NOT ATTEND ANY LEAGUE ACTIVITIES**, contact your coach and the League President and call your healthcare provider right away. Likewise, if you come into close contact with someone showing these systems, call your healthcare provider right away.



KAU LITTLE LEAGUE

COVID-19 Exposure Prevention, Preparedness And Response Plan for League Activities

General League Activities Guidelines

The League has instituted the following guidance and protective measures for all League Activities.

General Safety Policies and Rules:

- All volunteers, coaches, players and/or family members shall be required to self-perform a temperature check before every League Activity if they will be at the field or facility for longer than a ten (10) minute period of time or will be in close contact with anyone at the field or facility. Anyone with an elevated temperature or fever of 100.4 degrees Fahrenheit or higher will not be permitted to engage in League Activities or be present at a facility.
- Any person at a facility showing signs of COVID-19 will be asked to leave and return home.
- Any family members, guardians or similar that attend League Activities should practice social distancing guidelines with all people at the field or facility whenever possible.
- All volunteers, coaches and players are required to wash their hands and/or use hand sanitizer immediately prior and frequently during any League Activity.
- One coach or parent per team or group at each League Activity will be in charge of hand sanitizer for all players and coaches before, during and immediately after the activity. Personal hand sanitizer may be used as a substitute but should not be shared.
- Game times will be staggered on each field to minimize car and foot traffic around the complex.

On Field General Guidance

- Every effort should be made by players and coaches to avoid physical contact with others and maintain personal space of at least six feet whenever possible with the assumption that some contact is necessary to play the game.
- NO HORSEPLAY before, during or after practice or games. Players should practice social distancing as much as possible to avoid close contact with each other.
- High fives, handshakes, fist/elbow bumps, chest bumps, group celebrations or similar are not allowed.
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their practice or game to minimize unnecessary contact with players, coaches, and spectators from the next practice or game (ideally within 15 minutes).

Player Equipment

- Player equipment should be spaced accordingly outside the dugout to prevent direct contact. Each field will have designated markers that are 6' apart "player stations"
- Players should have their own individual batter's helmet, glove, bat, and catcher's equipment.
- Players should not share their own equipment.
- No catchers for the machine pitch division and t-ball. For all other divisions, we strongly encourage you to use your own gear. We will provide one full set of equipment and one extra catcher mask for each team. All catchers gear will be disinfected after each use.
- Coaches should avoid, or minimize, team equipment sharing when feasible.
- Some critical equipment may not be able to be obtained by every individual. When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment should be cleaned



KAU LITTLE LEAGUE

COVID-19 Exposure Prevention, Preparedness And Response Plan for League Activities

and 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). Each dugout will be supplied with Clear Disinfectant spray bottles that are safe to use on gear.

- 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.
- 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.

Personal Protective Equipment (PPE)

- All coaches, volunteers, umpires, etc., should wear cloth face coverings when in close contact areas or situations.
- All coaches shall wear a cloth face covering or equal during all practices and games. Coaches shall have the face covering in place during any close contact with players.
- Coaches may remove PPE when not near players. For example while coaching an unoccupied base, or if they need a drink of water or if they take a walk away from the team.
- It is recommended, but not required, that players 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, 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.

Drinks & Snacks | Seeds, Sunflower Seeds, Gum, Etc.

- Players, volunteers, coaches and umpires should bring their own personal drinks to all League 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 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.
- No sunflower seeds are allowed at any time.
- No Chewing gum.
- All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.

Practices Guidance

- Only approved coaches are allowed on the field.



KAU LITTLE LEAGUE

COVID-19 Exposure Prevention, Preparedness And Response Plan for League Activities

- Coaches and players shall avoid entering the dugouts or sitting on benches/bleachers at all times when possible for practices. No bags, equipment, water or similar should be in the dugouts or on benches/bleachers at any time.
- All equipment, bags and similar should be lined up along the fence outside of the dugouts but inside the field of play with each player and coach separated by at least six feet with the exception that family members may group together. Each field has markers that will identify a "player station" that are at a minimum 6' apart.
- The League will provide disinfectant spray bottles at each field for coaches to sanitize baseballs and gear before each practice. It will be up to each coach to determine if baseballs or other equipment require additional sanitization during practice.
- A hand sanitizer break is recommended after activities that include the touching of multiple baseballs by each player.
- Players should practice social distancing during any hand sanitizer, water or similar breaks.
- KAU recommends coaches to coordinate drills to avoid players being within six feet of each other as much as possible.
- Players and coaches should avoid entering and exiting batting cages at the same time. Players should enter and exit from separate locations for batting cages.
- Coaches may be within six feet of players during specific drills including tee work or similar and shall wear a face covering during these periods of close contact. All activities should be limited to less than five minutes of close contact per player at a given time.

Game Play and Umpires Guidance

Pre-Game

- Whenever possible, fields should be prepared prior to teams and spectators arriving at the facility and/or after they depart. It is encouraged that volunteers already participating in the game (coaches, umpires and league officials) perform these tasks to limit individuals at the site.
- Players should arrive no earlier than 45 minutes prior to their game for warm-ups. If the majority of people from a previous game have not cleared the facility prior to arrival, players and spectators are asked to wait in their cars or in location that is located not near current activities.
- There should be no more than half of each teams' players and two coaches from each team inside or in the immediate vicinity of the batting cages area. All other players and coaches should be on or around the outfield grass during warm-ups.
- Coaches should follow practice protocol with regards to sanitization of baseballs during warm-ups and the isolation of batting practice baseballs from those used on the field.
- If possible, plate meetings should be eliminated.
- Social distancing of six feet between individuals should be implemented during all pre-game plate meetings between teams and umpires (when applicable).
- Pre-game plate meetings should only consist of one manager or coach from each team and game umpires (when applicable).
- All participants of pre-game plate meetings should wear a cloth face covering.



KAU LITTLE LEAGUE

COVID-19 Exposure Prevention, Preparedness And Response Plan for League Activities

- No players should ever be a part of plate meetings.
- During the Little League pledge, coaches and players shall space a minimum of six feet apart down the baselines and may carry around the basepaths into the infield as necessary.

Dugouts/Benches:

- Player equipment should be spaced accordingly in designated locations outside the dugout and field of play or away from the benches to prevent direct contact.
- During each half inning, coaches and players should be assigned spots in the dugout, on the benches or on the bleachers so that they are at least six feet apart and must be placed behind a fence outside the field of play.
- Players are to stay at their assigned spots when on the bench or while waiting their turn to bat.
- Managers/coaches should wear a cloth face covering while in the dugout. It is recommended, but not required, for players to wear a cloth face covering while in the dugout.
- Each player is encouraged to utilize league supplied hand sanitizer between each inning.
- At a minimum coaches are required to spray the bleach water mix in the dugout and high traffic areas

Game Play:

- Baseballs should be rotated through on a regular basis to limit individual contact.
- Baseballs shall be removed from game play after every inning and sanitized. The minimum standard for sanitization of game balls is to be placed in sunlight.
- Foul balls landing outside the field of play should be retrieved by participating players or coaches. No spectators should retrieve the ball.
- No player gatherings including celebrations before, during or after the game.
- When it is necessary to share critical or limited equipment such as catcher's equipment, all surfaces of each piece of shared equipment must be cleaned and disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before used by a new player. Each dugout will have spray bottles with Clear Gear disinfectant.
- Players should make every attempt to avoid direct contact during game play.
- Post-game "handshake" will be replaced by a tip of the cap by opposing players.

Game Play (Umpires)

- Plate umpires may take the position behind home plate with the proper use of PPE or stand behind the pitcher.
- Base umpire(s) shall take their normal positions and shall maintain personal space of at least six feet from any player or coach.
- Umpires should limit their contact with baseballs and catchers should retrieve foul balls and passed balls where possible.
- First and third base coaches shall be permitted but coaches must maintain a personal space of at least six feet. NO player base coaches are permitted.



KAU LITTLE LEAGUE

COVID-19 Exposure Prevention, Preparedness And Response Plan for League Activities

- Only managers may address an umpire. Managers may not enter the field of play to address an umpire unless already on the field as a base coach. Managers shall request a meeting and the umpire shall make a decision to meet near the dugout or baselines for any discussion.
- Bench players for the team in the field shall be positioned at their designated locations with six feet between players. (No more than 3 players are allowed in the dugout)
- Coaches for the team in the field may be allowed to stand in the field of play along the fence but at least equal or beyond a line equal the infield dirt at second base and shortstop positions, in the on-deck circle or outside the field of play to keep separation from bench players.

Fans & Facilities

Clean and Disinfect Shared Equipment and Surfaces

- Frequently touched surfaces should be cleaned AND disinfected daily and in between all facility uses, including practices and games.
- The League shall provide hand sanitizer and/or handwashing stations at all fields.

Spread Out Scheduling of Practices and Games

- The League shall make every effort to schedule sufficient time between practices and games to facilitate safe transitions.
- Players/families/spectators are instructed not to show up to fields more than 45 minutes before game time or more than 10 minutes before practice time.
- When there is a game or practice prior to their 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.

Spectator Attendance

- All spectators should follow best social distancing practices including staying a minimum of six feet away from individuals outside their household, wearing a cloth face covering and avoiding direct hand or other contact with individuals while at the facilities.
- Spectators should use the fence poles as visual guidance for social distancing and may use the entire space around the infield and outfield.
- Spectators should bring their own seating or portable chairs as space will be limited on League bleachers.
- Those at higher risk for severe disease should consider consultation with their medical provider before attending a game or practice 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



KAU LITTLE LEAGUE

COVID-19 Exposure Prevention, Preparedness And Response Plan for League Activities

Public Restrooms:

- Access to public restrooms or similar facilities will be limited.
- Restrooms shall be disinfected and thoroughly cleaned.

Concession Stands

- The League will not operate food or concessions stands at any facilities until further notice.
- Families are encouraged to bring their own food/beverages. Trash should be placed in the Dumpsters located at each field. (New Garden Park please utilize trash cans)

Press Boxes and Scoreboard Operators

- Press boxes/score house will be limited to authorized personnel and requires board member approval. No children under the age 14 are allowed.
- Approved volunteer shall be allowed to operate the scoreboard and/or PA system for announcing.
- The scoreboard may be operated remotely from outside the press box.
- The League will provide hand sanitizer and disinfectant spray for each press box.

Exposure Situations

Exhibiting COVID-19 Symptoms

If a volunteer, player or coach exhibits COVID-19 symptoms (ie. fever, cough, shortness of breath or any other of the systems identified above), they must alert their coach and contact the League's President Matt Patterson who can be reached at kubabaseball@icloud.com or 610-613-8558. If the symptoms develop during a League Activity, the volunteer, player or coach will be sent home immediately. If the symptoms develop while at home, the volunteer, player or coach must remain at home. The person must remain at home until he or she has had no fever for 72 hours (3 full days) without the use of fever-reducing and other systems have improved and at least ten full days have passed since the symptoms first appeared.

Close Contact with a Tested Positive COVID-19 Individual

A volunteer, player or coach that have come into close contact with a confirmed-positive COVID-19 individual (volunteer, coach, teammate, family member or otherwise) will be directed to self-quarantine for 14 days from the last date of close contact with the carrier. Close contact is defined as six feet for about 10 minutes. If the League learns that a volunteer, player or coach has tested positive, the League will conduct an investigation into the volunteers, players, coaches and family members that may have had close contact with the confirmed-positive individual in the prior 14 days and direct those individuals to self-quarantine for 14 days from the last date of close contact with the carrier. If a volunteer, player or coach learns that he has come into close contact with a confirmed-positive individual outside of League Activities, the individual must alert the League Safety Director and their coach (if applicable) of the close contact and also self-quarantine for 14 days from the last date of close contact with the carrier.



KAU LITTLE LEAGUE

COVID-19 Exposure Prevention, Preparedness And Response Plan for League Activities

Tests Positive for COVID-19 With No Symptoms

An individual that tests positive for COVID-19 will be directed to be self-quarantine per CDC guidelines and stay away from the League and all fields and facilities. Those that test positive and are symptom free may return to League Activities when at least ten (10) days have passed since the date of the positive test and have not had a subsequent illness. Depending on the individual's healthcare provider's advice and availability of testing, individuals may still be required to get tested to see if they still have COVID-19. In this case, the individual may return to League Activities after they receive two negative test results in a row, at least 24 hours apart. Under this last condition, the League will require the individual to provide documentation clearing their return to League Activities.

Tests Positive for COVID-19 With Symptoms

An individual that tests positive and are directed to care for themselves at home may return to League Activities when the individual has had no fever for 72 hours (3 full days) without the use of fever-reducing and other systems have improved and at least ten full days have passed since the symptoms first appeared. Depending on the individual's healthcare provider's advice and availability of testing, individuals may still be required to get tested to see if they still have COVID-19. In this case, the individual may return to League Activities after they receive two negative test results in a row, at least 24 hours apart. Under this last condition, the League will require the individual to provide documentation clearing their return to League Activities.

Game Cancellations Due To Exposure Situations

The League reserves the right to cancel and/or reschedule game(s) due to a team being limited from playing due to quarantine or similarly related COVID-19 issues. The League will make every effort to reschedule games but cannot guarantee the number of games being played by each team if a significant amount of time may be missed by a team.

Confidentiality/Privacy

Except for circumstance in which the League is legally required to report occurrences of communicable disease, the confidentiality of all medical conditions will be maintained in accordance with applicable law and to the extent practical under the circumstances. When it is required, the number of persons who will be informed of an individual's condition will be kept at a minimum. The League reserves the right to inform other volunteer, coaches, players and family members that an individual has been diagnosed with COVID-19 if these other individuals might have been exposed to the disease so they may take measures to protect their own health.