



Healdsburg Little League Baseball
P.O. Box 674
Healdsburg, CA 95448

30th Year of Service
Founded 1991
healdsburgbaseball.com

Healdsburg Little League; A Positive Youth Sports Program in Action!

2021 HLL COVID-19 RESPONSE PLAN

Contact Information

Below is a list of the HLL Board Members along with contact information. If there are any questions or concern regarding this document and/or HLL safety, then please direct them to the HLL Safety Officer.

Position	Name	Phone	Email
President	Cindy Beth	(707) 478-0791	cjbeth35@gmail.com
VP Softball, Fundraising	Kristen Beth	(707) 481-7953	kkbeth13@gmail.com
Treasurer	Kate White	(707) 318-4110	mrsredwhite@gmail.com
Secretary	Linda Cade	(707) 321-4555	lindarcade@gmail.com
Player Agent - Baseball	Jared Beth	(707) 481-6589	boogjb23@gmail.com
Player Agent - Softball	Matt Jenkins	(707) 328-6373	mttjknks@me.com
Coaching Coordinator	Dave Miller	(707) 477-8462	dtmill21@gmail.com
Safety Officer	John Filben	(773) 401-2822	john.filben@downconsulting.com
Equipment Manager	David Greene	(707) 799-6747	dgreene984@gmail.com
Information Officer	Carolyn Brenner	(617) 230-4595	carolynbrenner@yahoo.com

Key Audiences

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



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General Guidance

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% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- 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.
- Everyone should wear a cloth face covering when they have to go out in public; for example, in public areas around HLL fields.
- 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.
- Continue to keep six feet between yourself and others. The cloth face covering is not a substitute for social distancing.
- HLL will be supplying buff style cloth face coverings to all players, coaches/managers, and umpires. In addition, each team will be supplied with extra disposable face masks. Disposable face masks will also be available at field entrances for practices, games and any other events.

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% 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.



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- 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 HLL 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 HLL activity until cleared by a medical professional (CDC Resource: [Prevent the spread of COVID-19 if you are sick](#) | 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.

On-Field Guidance

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.
- The HLL Board of Directors approved method to replace the after-game team handshake is for each team to line up outside of each of their respective dugouts, with each member of each team spaced six feet apart and then to have each player tip their cap to the opposing team.
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their activity to minimize unnecessary contact with players, coaches, and spectators from the next game/activity.

Personal Protective Equipment (PPE)

- All players, managers/coaches, volunteers, umpires, etc., should wear PPE whenever applicable and possible, such as cloth face coverings.
- As stated earlier, HLL will be supplying buff style cloth face coverings to all players, coaches/managers, and umpires. In addition, each team will be supplied with disposable face masks. Disposable face masks will also be available at field entrances for practices, games and any other events.
- 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.



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- 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/caretaker.

Dugouts

- Dugout configuration is still under consideration at the time of the creation of the document (20210121).
 - The unique configuration of each field is being considered to provide required social distancing while still maintaining safety from baseball/softball activities.
 - Initial ideas include but are not limited to using bleachers, building additional fencing down outfield lines, providing chairs to sit in the area behind home plate.
- Players and manager/coaches should wear a cloth face covering while in the dugout and in auxiliary dugouts.

Player Equipment

- No personal player bat bags/equipment bags should be allowed in the dugout. Player equipment should be spaced accordingly outside the dugout to prevent direct contact.
- Measures should be enacted to avoid, or minimize, 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 must be disinfected with the aerosol disinfectant provided by HLL 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).
 - Helmets - if each individual player does not personally own a helmet, then HLL will supply that player with one for their personal use.
 - Bats – will be supplied to teams as normal where each team is issued 6-12 bats
 - Catching Equipment
 - Lower divisions will be provided shared equipment; before the activity, the equipment should all be disinfected with the HLL supplied disinfectant spray and as equipment is used it should be disinfected immediately.
 - Upper divisions should designate catchers and those players will use only their equipment (either personal or provided by HLL); if an emergency catcher is required then the equipment should be disinfected as stated for lower divisions.
- 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.



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- Individuals disinfecting equipment are encouraged to use gloves while using disinfectants and follow the manufacturer's directions for use. All disinfectants should be stored in the league provided Covid bucket, with the lid sealed, out of the reach of children.
- Players should not share towels, clothing, or other items that they may use to wipe their face or hands.
- All water bottles should be stored in personal bags which will be placed outside of the dugouts.

Baseballs and Softballs

- Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires as much as possible.

Food, Spitting, Sunflower Seeds, and Gum

- Food, sunflower seeds, gum, etc., ARE NOT ALLOWED in dugouts or on the playing field and are not to be consumed during any activity.
- All players and coaches ARE TO REFRAIN from spitting at all times, including in dugout areas and on the playing field.

Game Operations and Umpire Guidance

Pre-Game Plate Meeting

- Plate meetings should only consist of one manager/coach from each team and the game umpires.
- All meeting participants should maintain a social distance of six feet.
- All meeting participants should wear a cloth face covering.
- No players should ever be a part of plate meetings.

Equipment Inspection

- Before the start of the game, all equipment should be placed in front of the dugout.

Game Volunteers

- All game volunteers (for example, scorekeepers) will adhere to all the practices described in this document (social, distancing, face masks, hand sanitizer, etc.)

Field Preparation and Maintenance

- Fields should be prepared (mowed, raked, lined, etc.) prior to teams and spectators arriving at the complex and after they depart. While in the Purple Tier, it is encouraged that volunteers already



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participating in the game (managers/coaches, umpires, and league administrator) perform these tasks to limit individuals at the site.

- After HLL has moved below the Purple Tier, additional team volunteers can assist with field preparation and maintenance.
- All field preparation equipment should be sprayed or wiped with disinfectant before and after each use.
- Disinfectant spray and wipes will be provided by HLL in each equipment bunker.

Umpire Placement

- The home plate umpire will operate from behind the mound and all HLL umpire training will be trained from that field perspective.
- Base umpires will operate in a normal fashion.
- All umpires should wear a face mask and maintain six feet social as best as possible.

Facility, Fan, and Administrative Guidance

Spread Out Scheduling of Practices and Games

- During the calendar time before daylight savings time, the usual schedule during the week is one game/practice per field per day – this will naturally ensure all stakeholders are spread out in terms of scheduling.
- At the time of the creation of this document (20210121), the number of players and mix of players is uncertain and therefore explicit time scheduling intervals between activities cannot be determined/planned. Once the player participation uncertainty is resolved, then specific practice/game schedules can be developed with the aim to provide adequate time between to reduce/spread out contact between people.

Spectator Attendance

- HLL will adhere to the California Department of Public Health guidance for Youth and Recreational Adult Sports
 - Issued on December 14, 2020, the link and portions applicable to spectators are as follows:
 - [CDPH Outdoor and Indoor Youth and Recreational Adult Sports](#)
 - For youth sports (age 18 years and under), immediate household members may observe practices and games as needed for age-appropriate supervision, but observers should be limited to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits allowed by Tiers.



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- Observers must stay at least six feet from non-household members and wear face coverings.
- HLL will tape off/block all bleachers from use by observers and therefore, observers will be encouraged to bring their own chairs.
- A spectator with any of the following conditions should not attend any activity 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/sanitizing.
 - Such groups include but are not limited to:
 - 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

Public Restrooms/Running Water

- A “one-in-one-out” policy will be used for the restrooms.
- All running water/drinking fountains will be turned off and/or blocked from use.
- General
 - A team representative will spray each bathroom with HLL supplied disinfectant if the bathroom is used during practice and after every game.
 - The team in charge of field cleanup for a game will be the team responsible for restroom duty on game days.
- Field Specific
 - Healdsburg Elementary School
 - The permanent structure restroom and the portable restroom is professionally cleaned two times each week.
 - These are both “one-in-one-out” restrooms.
 - Healdsburg High School Softball
 - The permanent structure restroom is professionally cleaned two times each week.
 - This structure is a “one-in-one-out” restrooms.



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- Healdsburg High School Baseball
 - There is no restroom available.
- Recreation Park
 - The only bathroom which will be made available is the family restroom which is a “one-in-one-out” restrooms.

Concession Stands

- At the time of the creation of this document (20210121), there are no plans to operate any concession stands.

Signage & Publicly Available “Covid” Buckets

- Sandwich Board Signs
 - HLL will display “sandwich” style boards at each of the seven entrances for all fields.
 - Sign 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.
 - Signs will be located in the equipment bunkers.
- Covid Buckets
 - Containers/buckets of items to help mitigate the spread of Covid will be available next to each sandwich board.
 - Each bucket will contain hand sanitizer and extra face masks.
- Responsibility
 - A team representative is responsible place the “sandwich” style boards along with the “Covid” bucket out nearest to the entry way of their field for every for every practice
 - For games:
 - The team in charge of field set up will be the team responsible for putting out the sign/bucket.
 - The team in charge of field cleanup will be the team responsible for putting the sign/bucket back into the equipment bunkers.
- Additional Signage
 - Additional signage will be posted and displayed on fencing and other structures throughout the field areas with similar information to that which is displayed on the sandwich boards; these are semi-permanent signs which can be posted one time and updated as required.



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Member Communication

- HLL plans to communicate this document and updates to this document through the following channels:
 - Email
 - Social media
 - League website

Procedures

Covid Bucket Contents

- Each manager, bunker, and umpire changing closet (HES) will get a bucket with the following contents.
 - Infrared thermometer
 - Disinfectant spray
 - Disinfectant wipes
 - Rubber gloves
 - Hand sanitizer
 - Extra masks
 - Clipboards (with printouts to keep track of attendance and temperature)
- This bucket is required to be with each team for all practices/games.

Health & Temperature Checks

- Temperature Checks
 - Coaches/managers should take the temperature of each player/coach for every activity and each umpire should also do the same for themselves.
 - The results should be logged using the clipboard/printouts with an indication if the person's temperature is/is not above 100.0 degrees Fahrenheit.
 - If any person has a temperature greater than 100.0F then:
 - that person must leave the activity immediately
 - coach/manager/umpire will report the incident to the HLL Safety Officer (listed in this document)
 - The logged information may be requested by members for the HLL board to ensure compliance; this will also help in contact tracing if the need arises.

What if the youth or a family member exhibits signs or symptoms of COVID-19 or tests positive?

- HLL will follow the American Academy of Pediatrics (per the CDPH) on this topic.
 - <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>



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- All parents/guardians need to report if the athlete or any household contact is exhibiting any signs or symptoms of COVID-19 or tests positive for SARS-CoV-2, even if asymptomatic. These individuals should be held out of ALL practices and games until the CDC-recommended isolation or quarantine period has expired. If the test result for SARS-CoV-2 is positive, team officials and the health department should be notified so contact tracing and appropriate quarantining can be performed. The local health department can assist in determining when it is safe for athletes and exposed contacts to return to practice, and guidelines from the CDC should be followed to determine clearance.
 - This information needs to be communicated to the HLL Safety Officer; who will then communicate with the HLL Board; finally, the HLL Board, along with the local health department(s) will determine when it is safe for a return to play.
 - This will be done following the CDC's criteria (links can be found in the Key Resources section of this document)
- In this event, any of the following could be possible based on feedback from local health department(s):
 - Remainder of the season cancelled
 - Season partially suspended for a player, team, entire league (or some combination)

Penalties

- It is the intent of the Healdsburg Little League Board to provide a safe environment for our community to share while watching their child/children play baseball. Any manager, player, coach, or volunteer that intentionally avoids following these guidelines in this document shall be subject to removal by the Board.



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Key Resources

- CDC
 - Prevent the spread of COVID-19 if you are sick.
 - <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>
 - Considerations for Youth Sports
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
 - Criteria to help inform when it is okay to end isolation or quarantine.
 - If you have been sick with COVID-19
 - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
 - If you have tested positive for COVID-19 but had no symptoms
 - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>
 - If you have recently had a close contact with a person with COVID-19
 - https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine-isolation.html
- California Department of Public Health
 - CDPH Outdoor and Indoor Youth and Recreational Adult Sports
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>
- American Academy of Pediatrics
 - COVID-19 Interim Guidance: Return to Sports
 - <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>