

Northwest Little League
2020 Season COVID-19 Risk Reduction Strategies

Guidelines from *Reopening the Big Sky* for all participants throughout season:

CONTINUE TO PRACTICE GOOD HYGIENE

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- Strongly consider using non-medical face coverings while in public, especially in circumstances that do not readily allow for appropriate physical distancing

PEOPLE WHO FEEL SICK SHOULD STAY HOME

- Do not go to practice or games.
- Contact and follow the advice of your medical provider.
- Follow local health department guidance on isolation and quarantine.

ALL VULNERABLE INDIVIDUALS should continue to follow the stay home guidance. Members of households with vulnerable residents should be aware that by returning to work or other environments where distancing is not practical, they could carry the virus back home. Precautions should be taken to isolate from vulnerable residents.

• Vulnerable Individuals: people over 65 years of age and/or those with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

- All individuals (non-household), **WHEN IN PUBLIC** (e.g., parks, outdoor recreation areas, shopping areas), should maximize physical distance from others.
- Avoid gathering in groups of more than **10 people** in circumstances that do not readily allow for appropriate physical distancing.
- **MINIMIZE NON-ESSENTIAL TRAVEL** and adhere to Montana guidelines regarding quarantine.

By participating in league activities you are you are agreeing with the guidelines and terms listed on the next page. If you feel participation in league activities presents a risk to you or members of your household, or that you cannot comply with these guidelines, please notify the board of directors to cancel your registration and obtain a refund of payments made.

Guidelines for managers, coaches, and other volunteers

- Use provided hand sanitizer before, during, and after all league activities
- Consider wearing a cloth mask during all activities
- Remind participants about physical distancing requirements (6 feet) before beginning activity and supervise participants to ensure compliance
- Design practice activities to allow for maintenance of physical distancing
- There are some situations in baseball during which physical distancing is difficult to maintain- work to minimize the time of these exposures
- Do not allow use of dugouts during activities, use designated spaces for players to safely wait to bat while allowing physical distancing, enlist the help of additional volunteers to supervise area
- Do not give/allow high fives or other contact with or between participants, including post competition handshakes
- Do not allow anyone feeling sick or displaying signs of illness to participate in any league activities

Guidelines for player participants

- Use provided hand sanitizer before, during, and after all practices and games
- Consider wearing a cloth mask during all activities
- Do your best to maintain physical distancing requirements (6 feet) during activities. We understand that sometimes in the game of baseball you must be closer than that (for example, the catcher and batter or a baserunner and infielder) but we will work to minimize these exposures
- Use and touch your own equipment only whenever possible, after touching shared equipment, use hand sanitizer
- Do not give high fives to teammates or opponents
- Do not come to practices or games if you feel sick, have your parent/guardian call your health care provider for guidance
- If you do cough, sneeze, or touch your face during activity, use provided hand sanitizer or wash hands with soap and water
- Do not use the dugouts, find a place for your gear along the baseline fence that allows you to be 6 feet away from your teammates

Guidelines for families and other spectators

- Members of the households with vulnerable residents should be aware that by returning to environments where distancing is challenging, they could carry the virus back home. Precautions should be taken to isolate from vulnerable residents.
- Follow and encourage good hygiene practices and consider wearing a cloth mask at all activities
- Do not attend activities if you are sick and do not allow your player to attend activities if sick
- Remind your players about the importance of physical distancing during activity
- When dropping off or picking up your player, maintain physical distancing from other families and participants
- When attending games, bring your own seating and ensure physical distancing between your family and others, designated areas will be indicated for spectators, be alert to game related safety matters when in these locations (i.e. – foul balls)