

**LIONVILLE LITTLE LEAGUE**  
**Safety Manual – Addendum March 2021**  
**COVID-19 Exposure Prevention, Preparedness and Response Plan**

Lionville Little League (hereinafter “LLL” or “the League”) takes the health and safety of our players, coaches and other volunteers very seriously. With the spread of COVID-19, a respiratory disease caused by the SARS-CoV-2 virus and its variants, 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 part of all league activities including practices, games, facilities management and other LLL events.

The Plan is based on currently available information from the Centers for Disease Control and Prevention (CDC), the Pennsylvania Department of Health (PDH), Lionville Youth Association (LYA), and Little League® International (LLI) with modifications as necessary for return to play. The Plan is subject to change based on further information provided by these bodies and may be amended by the League as it deems necessary.

**We ask that all coaches, umpires, volunteers, players and their families follow these guidelines for all league activities.**

If you have specific questions about this Plan, please contact the LLL Safety Officer (Rob Morse - [robert.morse@siemens-healthineers.com](mailto:robert.morse@siemens-healthineers.com)) or the LLL President (Herb Merritt - [lyallpresident@gmail.com](mailto:lyallpresident@gmail.com)).



## **Guidelines for all Coaches, Umpires, Volunteers, Players and Families**

### **Universal Guidelines for All**

All persons must abide by these universal guidelines while participating in League Activities.

- *Pre-participation screening:* All individuals shall be required to self-perform a temperature and symptom check (see attached checklist) before every League Activity if they will be at the field/facility for longer than a ten (10) minute period of time or will be in close contact with anyone at the field/facility.
  - Anyone with an elevated temperature (fever) of 100.4 degrees Fahrenheit or higher, show symptoms of COVID-19 or are sick will not be permitted to engage in League Activities or be present at a field/facility.
  - Contact your Coach and the LLL's COVID-19 Plan Administrator, as well as call your healthcare provider right away.
  - Any person at a facility showing signs or symptoms of COVID-19 during games and practices will be asked to leave and return home.
- *Social distancing:* All individuals should practice social distancing of six feet or more wherever possible from others not residing within their household, especially in common areas.
  - Every effort should be made by players to avoid physical contact with others and maintain personal space, with the assumption that some close contact for limited periods of time is necessary to play the game.
  - High fives, handshakes, chest bumps, group celebrations or similar are not allowed. If comfortable with minimal contact, consider "elbow bumps", "foot taps" or similar.
  - For situations when players are engaging in on-field activities, see practice and game guidelines below for additional information.
- *Mouth/nose protection:* A face covering is meant to protect other people in case you are infected, as you could spread COVID-19 to others even if you do not feel sick. Wear a well-secured mask or other face covering that covers your nose and mouth when arriving, attending, and departing any League Activity.
  - Coaches, umpires, volunteers and players must wear face coverings while actively engaged on the field as well as when in the dugout.
  - Spectators must wear face coverings unless they can consistently maintain social distancing of at least 6 feet outdoors.
  - Face coverings should not be placed on young children under age 2, nor used by an individual if wearing the face covering would either cause a medical condition or exacerbate an existing one, including respiratory issues that impede breathing, a mental health condition, or a disability. In such cases the use of a face shield is prescribed, if possible.
- *Hand washing:* Hands should be washed 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 touching common surfaces (gate latches, door handles, etc.) 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.
- All volunteers, coaches, umpires and players should wash their hands and/or use hand sanitizer immediately prior to any League Activity.
- Avoid touching your eyes, nose, and mouth especially with unwashed hands.
- The League will provide hand sanitizer at all fields.
- *Personal hygiene:*
  - Everyone should bring their own water/drinks and pre-packaged snacks/food to League Activities, labeled with your name if possible. Team water/Gatorade coolers for sharing through disposable cups are not allowed, and fixed water fountains in the LLL facilities should not be used.
  - All players, coaches, and umpires are to refrain from spitting at all times, including in dugout areas and on the playing field.
  - No sunflower seeds are allowed at any time on the premises. Chewing gum is permitted if handled responsibly, but not allowed in the dugouts or on the playing field.
  - 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 and wash your hands.
- *League Activity arrival/departure:* The League shall make every effort to schedule sufficient time between practices and games, to facilitate the complete clearing from the premises of individuals from a previous practice or game before the next group enters. In addition, players/families/spectators should:
  - Not show up to fields/facilities more than 30 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.
  - 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).
  - The field must be exited completely and cleaned by previous teams before new teams enter the field and dugouts.
- *Additional precautions, as necessary:* People at higher risk for developing more serious complications from COVID-19 illness may need to take extra precautions including avoiding LLL practices and games.
  - Any individual, including players, at risk for severe illness or with a serious underlying medical or respiratory condition should only attend League Activities with permission from a medical professional.
- *Reporting positive COVID-19 cases:*
  - Any player, coach, umpire or volunteer that tests positive for COVID-19 must report the case to the LLL Safety Officer or President and follow all CDC guidelines to isolate and stay away from all fields and facilities. Any return to League Activities

- will require the individual to produce medical provider documentation clearing their return.
- For such reported cases, LLL will conduct an investigation into the volunteers, players, umpires and coaches that may have had close contact with the confirmed-positive individual and alert them to isolate pursuant to CDC guidelines and seek medical evaluation.
  - If a player, coach, umpire or volunteer learns that he/she has come into close contact with a confirmed-positive individual outside of League Activities, the individual must alert the LLL Safety Officer or President. Such cases will be directed to isolate pursuant to CDC guidelines and seek medical evaluation.
  - If symptoms develop during a League Activity, the individual will be sent home immediately, and the s potential case reported to the LLL Safety Officer or President.
  - The League reserves the right to cancel and/or reschedule game(s) in response to a team being limited from play 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.
  - 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, umpires, 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.

### **Guidelines for Players**

- If possible, players should have their own individual batter's helmet, glove, bat, and face guard (if applicable), and should not share their own equipment with others. If they do not have their own equipment like catcher's gear, they can use equipment provided for each team which will be cleaned between uses.
- NO HORSEPLAY before, during or after practice or games.
- Follow dugout guidelines. 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.
- Passed balls, and foul balls inside and outside the field of play should be retrieved by participating players. Coaches, umpires and spectators should not retrieve the ball.
- Players are encouraged to bring their own hand sanitizer for personal use.

### **Guidelines for Coaches/Volunteers**

- Every effort should be made by coaches to promote personal space of at least six feet whenever feasible for all players. This includes not only supporting dugout, practice and

game guidelines intended to keep players socially distant but recognizing that some contact is necessary to play the game.

- Follow practice and game guidelines (below) to limit contact with common surfaces and minimize the number of coaches and assistants required on field. Minimize equipment sharing if possible.
- Follow all use and cleaning/disinfection guidelines (below) for baseballs/softballs and team equipment (bats, helmets, gear) between use by different people to reduce the risk of COVID-19 spread.
- Promote hand sanitizer breaks after activities that include the touching of multiple baseballs or equipment by each player; ensure players practice social distancing during any hand sanitizer, water or similar breaks.
- Volunteers assisting coaches with scorekeeping, etc. should remain outside of the dugout/field.

### **Guidelines for Umpires**

- Plate umpire will call the game from behind the plate. If additional social distancing is desired by the plate umpire, calling from behind the pitcher's mound on the grass is also acceptable.
- Base umpire(s) shall take their normal position(s) and shall maintain personal space of at least six feet from any player or coach.
- Pre-game player's equipment check should be visual only. Any pre-game plate meetings should be conducted socially distanced, with no players present (coaches only).
- Umpires should limit their contact with baseballs; players should retrieve foul balls and passed balls where possible.

### **Family Members/Spectators**

- When registering, a parent or guardian for each player must sign a player waiver (see the attached) acknowledging the inherent risks of COVID-19 prior to engaging in any League Activities. Waiver can be reviewed at: [https://www.lyasports.org/portals/22301/docs/lionville%20youth%20association\\_covid19\\_waiver.pdf](https://www.lyasports.org/portals/22301/docs/lionville%20youth%20association_covid19_waiver.pdf)
- Spectators should bring their own seating or portable chairs, as space will be limited on available LLL bleachers used for players during games. Sit along the entire space around the infield and outfield fences, or in cars. Use the fence poles as visual guidance for social distancing.
- The League encourages larger families or those with children under the age of 6 to arrive a minimum of 15 minutes prior to the game and to sit further away from home plate (outfield or down the foul lines further) to minimize the possibility of disruption to other families.
- Let players retrieve foul balls.
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected at home after each use.

## LYA COVID-19 Pre-Participation Screening Checklist

[https://bsbproduction.s3.amazonaws.com/portals/22301/docs/lya%20covid-19%20pre-participation%20screening%20checklist%20\(1\).pdf](https://bsbproduction.s3.amazonaws.com/portals/22301/docs/lya%20covid-19%20pre-participation%20screening%20checklist%20(1).pdf)

In an effort to provide the safest playing environment for all participants, each participant (player and Coach) must complete the below pre-screening checklist before attending any LYA activity. If the participant exhibits any of the below symptoms, they must refrain from participating and notify the child's Coach or Sport Commissioner.

**I have do not currently have, nor have I experienced since my last training session, any of the following symptoms:**



Fever of 100.4 degrees F or above



Cough



Shortness of breath or difficulty breathing



Chills or repeated shaking with chills



Body aches or muscle pain



Headache



Sore throat



New loss of taste or smell

## **Guidelines for Equipment and Field/Facility Use**

### **Team Equipment Use/Disinfection**

- 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 and disinfected and allowed time to dry before use by a new player. Increased attention should be paid to detailed cleaning of all equipment directly contacting the head and face (e.g., catcher's mask, helmets, face guards).
- The League will provide disinfectant spray/bottles at each field for coaches to sanitize baseballs, equipment and common surfaces as necessary. It will be up to each coach to determine if baseballs or other equipment require sanitization during practice and/or games following the guidelines below.
- All disinfectants should be stored properly, in a safe area out of reach of children, and used according to the manufacturer's instructions for use. Wash your hands after use.

### **Dugouts/Team Benches**

- No personal player bat bags/equipment bags should be allowed in the dugout or on team benches. Player equipment should be spaced accordingly in designated locations outside the dugout or away from the benches to maintain social distancing pursuant to guidelines for practice or game play. Bleachers may be used by players during games, if socially distanced.
- Limit the number of coaches and players inside the dugout as much as possible considering social distancing guidelines and game play expectations (e.g., limit to on deck and some following batters). If possible, coaches should remain on the field of play outside of the dugout in a safe location. Remainder of the team should be separated on the bleachers outside the dugout or in assigned places.

### **Press Boxes/Scoreboard Operation**

- Press boxes should not be used; the scoreboard may be operated remotely from outside the press box.
- Volunteers shall be allowed to operate the scoreboard. It is the responsibility of this volunteer to sanitize all equipment prior to returning the scoreboard remote.

### **Concession Stand**

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 discarded immediately in a safe manner.

### **Restrooms**

- Portable toilets provided are available for public use.
- Cleaning/disinfection of these restrooms will be pursuant to a defined maintenance schedule.
- Hand sanitizer will be provided in all restrooms.

## **Practice Guidelines**

### **All Divisions**

- Coaches and players should avoid entering the dugouts or sitting on benches when possible for practices. Equipment, bags, water 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.
- Coaches shall coordinate drills to avoid players being within six feet of each other as much as possible. Coaches may also put players into small cohorts that remain together and work through stations, rather than switching or mixing groups.
- Coaches with a face covering may be within six feet of players during specific drills including tee work or similar, but all activities should be limited to less than five minutes of close contact per player at a given time if possible.
- If a typical “group pick-up” of baseballs (or similar) is needed, either one coach shall perform this task or coordinate so that players and coaches kick or roll balls to one person to collect them. Promote hand sanitizer breaks after such activity.
- During any batting cage work or similar activity, players (other than family members) shall exit the batting cage/hitting area while the designated coach picks up baseballs and prepares for the next player. Players and coaches should avoid entering and exiting batting cages at the same time, and socially distance at least six feet while waiting.
- Surfaces of each piece of shared equipment should be cleaned and disinfected and allowed time to dry before use by a new player. Increased attention should be paid to detailed cleaning of all equipment directly contacting the head and face (e.g., catcher’s mask, helmets, face guards).
- Field must be exited completely and cleaned by previous teams before new teams enter the field and dugouts.

### **Guidelines Specific to Instructional Divisions**

- The player to coach/parent/volunteer ratio for any practice in the Instructional Division should be a maximum of 3 to 1 to actively control the social distancing of players.
- Coaches should separate players into groups for the entire practice and assign a coach, volunteer or parent to work with that group of players for the entire practice. Parents with limited or no baseball experience may be asked to participate at a particular practice in order to meet the required ratio. A face covering or mask is required for any parent to participate.
- Teams should use the entire designated field area to separate groups by at least 20 feet to allow players in each group to separate as much as possible.
- Coaches should limit the number of group discussions during each practice and line up players six feet apart along the baselines, back of the infield grass (or similar) when talking to the entire team to allow for social distancing.
- During any “game play” drills, coaches/parents shall be on the field with the players to help position them and avoid any unnecessary contact.

- Players should leave all drinks either with their equipment bags or with their parents (if attending but not on the field coaching). During any drink breaks, players should go to their equipment bag or their parent and remain there until play resumes.

## **Game Guidelines**

### **Game Play (All Divisions)**

- Game baseballs/softballs should be rotated through on a regular basis to limit individual contact. When not in game play, sanitize the balls if possible or place in sunlight after use at a minimum.
- Each team shall supply baseballs/softballs as needed to be used during their defensive time in the field.
- Foul balls will be retrieved by players only - not spectators, not coaches, not umpires.
- Surfaces of each piece of shared equipment should be cleaned and disinfected and allowed time to dry before use by a new player (e.g., disinfect between innings if changing catchers, and after each game). Increased attention should be paid to detailed cleaning of all equipment directly contacting the head and face (e.g., catcher's mask, helmets, face guards).
- Player gatherings should be discouraged, including celebrations before, during or after the game. Post-game protocol, if desired, should include only a lining up on the first and third baselines after each game to show good sportsmanship with a classic "Hat/Visor Tip" to the opponent or mutual applause.

### **Pre-Game Specific Guidelines**

- 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.
- 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, and each person must socially distance by at least six feet including waiting in line. 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.
- Social distancing of six feet between individuals should be implemented during all pre-game plate meetings and should only consist of one manager or coach from each team and game umpires. No players should 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**

- During each half inning, players should be assigned spots by the coaches - in the dugout or on the benches, on the bleachers, and/or with family members so that all are at least six feet apart and placed behind a fence outside the field of play.
- Players are to stay at their assigned spots until instructed to rotate/move by a coach.

### **Game Play (Tee Ball)**

- Players shall place all equipment with their parent/guardian at a designated spectator area for the game. This shall be away from the bench. The benches may be used for coaches' children.
- All plays shall be made at first base with the first baseman catching the ball and tagging the base with his or her foot.
- Coaches for the defensive team will be on the field as normal while maintaining a personal space of at least six feet whenever 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.
- The defensive team shall supply the baseball(s) to be used while their team is in the field.
- Only one coach from the offensive team shall be allowed to retrieve balls from the defensive team and place the ball on the tee for each at bat.
- There shall be NO bench players for the defensive team. All players will be in the field with any extra players in the outfield, socially distanced.
- Players for the team batting shall be positioned as follows:
  - a) The first batter of the inning shall stand near the fencing opening before his or her at bat.
  - b) All other batters shall sit with their parent/guardian at their designated spectator area during the half inning. All players should have their helmets on and their bat on the ground in front of them until it's their turn to bat.
  - c) Players that score or make an out should return to sit with their parent/guardian until the end of the inning.

### **Game Play (Rookie)**

- During an inning where no catcher is used, the defensive team may use four outfielders.
- Coaches for the defensive team will be on the field as normal while maintaining a personal space of at least six feet whenever possible.
- A designated coach or volunteer for each team shall be the only one collecting baseballs at the backstop after each batter. Baseballs shall be collected in a bucket and sanitized after each inning. Per General Guidelines, each team shall supply baseballs to be used during their defensive time in the field.
- 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.
- Any bench players for the defensive team shall sit with their parent/guardian or at their coach-designated area during the half inning.
- Players for the team batting shall be positioned as follows:
  - a) The first batter of the inning shall stand near the fencing opening before his or her at bat.
  - b) All other batters shall sit with their parent/guardian or at their coach-designated area during the half inning. All players should have their helmets on and their bat on the ground in front of them until it's their turn to bat.

- c) Players that score or make an out should return to sit with their parent/guardian until the end of the inning.

### **Game Play (Major and Minor Divisions)**

- 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.
- Only head coaches/managers may address an umpire. If not already on the field as a base coach, request a meeting and the umpire shall make a decision where to meet near the dugout or baselines for any discussion.
- Bench players for the team in the field shall be positioned in the dugout or in designated locations outside the field of play, with at least six feet between players.
- 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.
- At a minimum, players for the batting team must be spaced out by at least six feet inside the dugout and/or outside the field of play.

### **Game Play (Intermediate, Junior and Senior Divisions)**

- All rules for the Majors and Minors Divisions shall apply unless noted below.
- Players may be base coaches but shall wear a helmet and must maintain a personal space of at least six feet from other individuals at all times.

### **Game Play (Challenger Division)**

- All rules for the Rookie Divisions shall apply unless noted below.
- Buddies should be from the same household as the player whenever possible.
- Buddies should wear cloth face coverings whenever possible, and frequently use hand sanitizer that contains at least 60 percent alcohol.
- Parents/Guardians of players with high risk health concerns should consult a medical professional prior to having their player participate.