

**Lower Perkiomen Little League (LPLL)  
Return – to – Play Playbook**



**Guidelines to ensure the health and well-being of our  
players, volunteers, and families**

**Sources: CDC, BabeRuth.org, Little League, UPMC update,  
Sportsengine, Bucks/MontCo/SE PA Baseball Coalition**

# *FAMILIES*

- WELCOME BACK TO Palmer Park & Jeanne Rosset French Memorial Park HOME OF LP NATION!
- EACH FAMILY HAS A CHOICE TO BE **ALL-IN** FOR COMMITTING TO OUR SAFTEY PLAN
- NO FAMILY IS BEING FORCED TO RETURN ...THEY MUST MAKE THE DECISION FOR THEMSELVES
- ALL LP FAMILIES MUST SIGN A WAIVER TO RETURN

## First Practice Sessions

- Coaches will conduct meeting with parents and players to review the Return to Play guidelines.
- Establish and begin to implement the healthy measures so both children and adults build the proper habits for future phases.
- Establish measures so children gradually re-acclimate to the physical activity of the sport:
  - Long hiatus
  - Attention paid to “conditioning” besides just “skills”
  - Hydration – multiple water/sanitation breaks

## Procedures during activities

### Symptomatic Conditions Monitoring

- Parent does a child wellness check at home prior to arrival and parent will affirm to the coach that all is ok @ arrival to the facility (Temperature must be at or below 99.9).
- All symptomatic individuals must stay home.
- Emerging symptoms during an activity means removal from activity.

### Structures in place for distancing and sanitizing routines

- Neutrafect will be placed at all fields (1,2,3,4,5, French). This is to be used on balls and equipment. Hand sanitizer can be picked up by coaches at the Snack Stand by Field 1-. Each player must use hand sanitizer prior to hitting the field.
- Multiple breaks will be taken during practice for water and sanitization.
- Dugouts ARE FOR NO MORE THAN 3 PLAYERS – hang gear along fence lines.
- No team water coolers. All drinks will need to be clearly labeled
- Eliminate “free-for-all” at beginning of practice; structured activities; no gum, sunflower seeds, spitting
- Multi ball-buckets per field – allows for continual disinfecting as activities rotate
- Awareness of proximity – Avoid huddles, high fives/fist bumps – create alternatives
- No sharing personal gear – gloves, bats, hats, catcher’s gear must be cleared marked.

### Structures in place for managing the LP COMPLEX

- Board Member will serve as Officer on Duty each night to monitor practice and guidelines. OD's name / number will be posted outside the snack stand. In addition to normal OD duties (field clean-up / trash), OD will be responsible for making sure all benches, dugouts, fences are sprayed down each night.
- 1<sup>ST</sup> and 3<sup>RD</sup> base lines outside the fence are for PLAYERS ONLY.
- If spectators would like to watch practice, they will need to be past the infield if you are looking at the field from the side.
- Bathrooms will not be opened at Palmer Park until the County is in the Green Phase.

### Post-activity Monitoring

- Coach log must be kept for every player and coach who attends a practice. Log must be sent to the league secretary (mstaffaroni@lpil.org) after each practice.
- Communication would go to all persons "in-close-contact" with any individual who tested positive within prior 14-day period.
- League will continue to monitor all Township/County/Region health guidelines and continue to work with the baseball/softball coalition of SEPA.

### Face Coverings

- Volunteers will wear face coverings when in near proximity to a player/volunteer
- CDC takes no official position yet on child face coverings. Parent preference.
- NOT recommended for especially young children
- NOT recommended for high cardio activity (such as running) where a covering may induce more risk

### Transitioning to Games [Green Phase- Some items still TBD]

- All prior healthy measures still apply (gathering size increases)
- Player/volunteer zones vs spectator(family) zones
- Umpire positioning – behind pitcher; limit/distance pregame meeting
- Bleacher-to-dugout-to batter's box transition
- Sanitizing process for [shared] catchers gear
- 2 sets of game balls (2 for home, 2 for visitor – clean in between)
- Tip of the cap salute along baselines in lieu of sportsmanship handshake
- Buffer/staggered schedule still applies – structured warmup zones