



# TRUMBULL LITTLE LEAGUE

2020 Return to Play

# RE-OPENING AND THE NEW RULES

The Town of Trumbull has put their trust in us so let's do our part to comply with these new rules so that the kids can play Baseball/ Softball in a safe environment. We fully understand and appreciate that there are many differing views on these safeguards. The game will surely look different than we are used to seeing-and these safeguards cannot remove all risk. Some families may be excited just to be able to play at all. Others may find the safeguards too onerous to enforce or insufficient to mitigate the inherent risks of playing Baseball/Softball, such that they do not wish to play. No judgment here-we just want to be able to provide an outlet for the kids. In order to get a better sense of numbers to plan the best (and safest!) season possible, we need all families to review the rules for participation included in the Parent and Athlete guide and complete the Intent to Participate form.

Trumbull Little League has set forth a plan that follows the State of Connecticut, Town of Trumbull and Little League International (LLI) LLI's recommended safety practices to mitigate against potential spread of COVID-19. In some cases, we go above and beyond what is expected in the guidelines to re-open.

Thank you in advance your patience and understanding as we navigate through this uncharted territory. Our ultimate goal is to provide a safe environment for our TLL community to get back on the fields and play the game we love.





# RULES FOR PARTICIPATION AND ACKNOWLEDGEMENT THEREOF FOR 2020

COVID19 is a novel coronavirus. It is an extremely contagious disease that can lead to severe illness and death. These rules are designed in an effort to mitigate those risks. Humanities' knowledge and understanding of COVID19 is constantly evolving. It is not possible to play baseball or softball and eliminate all known risks. Nor are all risks known. If you want your child to play baseball/softball this season, you have to be willing, able and comfortable taking on such risks. This is a voluntary activity. Participation by you and/or your child is an acknowledgement of and assumption of all risks related to exposure to COVID19 during all league related activities.

**Trumbull Little League will not accept risks beyond those permitted under these rules. Failure to adhere to any rule will be sufficient basis for the expulsion of you, your family and/or children from the facility and/or all league activities. Participation by you and/or your child is an acknowledgement that you have read and agreed to act in accordance with the rules contained herein and provide the information as required herein.**

**The safety of all of us depends on the responsibility of each of us.**

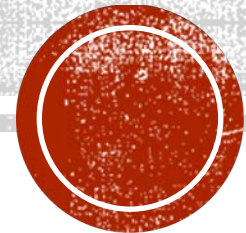
## **BASIC PRINCIPLE**

**Act responsibly.** Wear a mask. Maintain social distancing. Frequently wash your hands. Cover your mouth and nose. Cover coughs and sneezes. Avoid touching your eyes, nose and mouth.



# PARENT & ATHLETE GUIDE

Welcome Back



# WELCOME BACK PARENTS AND ATHLETES!

We thrilled to welcome you back to Baseball and Softball with Trumbull Little League!! TLL will kick off our pre-season on [Saturday, June 27<sup>th</sup>](#) and plan for an [Opening Day on July 7<sup>th</sup>](#). The season will run until approximately until [August 22<sup>nd</sup>](#).

This parent guide contains information that will help you navigate the new rules and conditions necessary to play and watch baseball/softball with Trumbull Little League during this pandemic. It covers the following:

- What to do prior to leaving home
- Arriving at the park
- Location of entrances and exits at Unity Park & Island brook Park for baseball/softball
- Spectator rules to follow while at Trumbull Little League events
- On the field rules
- What to do when you leave the park
- Practice protocol

All dates are tentative and re-opening guidelines are subject to Town of Trumbull approval





# PRIOR TO LEAVING HOME

## Screening, Self-monitoring and quarantine

- Event organizers, staff, coaches, parents, players, umpires, officials, must conduct daily symptom assessments (self evaluation). If you are sick or suspect you might be sick, STAY HOME.
- Wash hands with soap and water prior to leaving the house for a minimum of 20 seconds.
- It is the parents' responsibility to monitor the health of their player(s). If a player (or coach) is exhibiting symptoms of possible exposure to COVID-19, symptoms, including cough, shortness of breath, or any two of the following symptoms: • Fever • Chills • Repeated shaking with chills • Muscle pain • Headache • Sore throat • New loss of taste or smell. Player(s) (or coach) should not come to any TLL activity until such time as the participant has been tested and/or cleared.
- **IN THE EVENT OF A POSITIVE COVID-19 CASE –Participants shall inform the league, and follow state testing and contact tracing protocols.**
  - Additional guidance can be accessed at: <https://www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html>
- **CTALERT: TRAVEL ADVISORY: Anyone entering CT from states with high rates of COVID directed to self-quarantine 14 days: <https://bit.ly/CTCOVIDtravel>**
- If you are at risk for severe illness or have a serious underlying medical or respiratory condition please consider staying home or consult with your medical provider to determine if you should attend.



# **PRIOR TO LEAVING HOME (CONT.)**

## **Packing list**

- **Players:** Bring your own glove, bat, catcher's equipment, helmet, facemask, hand sanitizer, water bottle & folding chair/ beach blanket.
- **Parents:** Hand sanitizer, water bottle, folding chair, facemask.

Parents/guardians are responsible for ensuring that player's equipment (e.g. bags, helmets, bats, gloves, etc.) is cleaned and disinfected before and after each game or practice.



# ARRIVING AT UNITY/ ISLAND BROOK

## **Signage**

- Signage will be placed at all entrances and other locations around the park regarding social distancing and hygiene practices.
- Signage will be placed around park for Field entry and Field exits for each field.
- Dugouts will be closed, new sideline areas will be designated.

## **Social Distancing:**

- All players, coaches, volunteers, spectators, and independent contractors should practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas.





# SPECTATOR RULES

- Facemasks must be worn at all times.
- Must maintain a social distance of 6 feet from non-household persons.
- Each outdoor sporting event field will be limited to two teams, officials and limited family members.
- All parents must watch the game from beyond the outfield fence and adhere to the 6 feet social distancing guidelines. No parent will be permitted to be on the first base or third base sidelines, or anywhere near the home plate backstop.
- While watching the game please choose a location that allows you to keep a distance of 6 feet from other spectators
- No pop-up tents will be permitted , as personal tents will encourage gathering too close together and adds too much time to pack up and exit the park. Individual covered chair umbrellas will be allowed.
- After the game, please leave the facility as soon as possible



# MONITORING & ENFORCEMENT

- For everyone's safety all must understand we will have a ZERO TOLERANCE POLICY.
- TLL appointed "Director of Safety and Adherence" (TLL Officer of the Day) will be on hand to monitor all fields to maintain and enforce the rules.
- Team Safety Officer to be assigned to each team to ensure enforcement of rules. Team Safety Officer to be selected from current pool of TLL Volunteers.
- Umpires and the TLL Officer of the day will manage both the game and the social distance and safety rules on the field. However, we need the coaches to be an equally important part of the safety team.
- Umpires will warn coaches if a team is not abiding by the social distance restrictions. Teams will have a maximum of 2 warnings. If a third infraction of social distance rules occurs, the game will end.
- Spectators are required to obey all direction from TLL Board of Directors regarding social distance and park policies. Spectators who refuse to obey commands from staff will be ejected from the park. If they refuse ejection, the police will be called.





# PUBLIC SPACES

- No public water fountains
- No public Trash barrels – bring into the park/take home
- DUGOUTS and BLEACHERS will be CLOSED for the entire season.



# ON THE FIELD

The play adaptations are mainly in terms of social distance. We have tried to preserve the game as we know it as much as possible. These are the on-field protocols all will need to follow.

## **Field protocols :**

- Umpire(s) and the TLL Officer of the day will manage both the game and the social distance and safety rules on the field. However, we need the coaches to be an equally important part of the safety team.
- Social distancing precautions at our games, including but not limited to: spacing kids outside of the dugout areas (sidelines) when not in the field.
- Base coaches should distance from baserunners, players and umpires in field of play
- The Homeplate umpire will be in a new position to call balls and strikes. Umpires will be positioned behind the pitcher at an appropriate distance.
- Mound /Circle visits will be limited to the pitcher and manager (no catcher) at a proper social distances.





# ON THE FIELD (CONTINUED)

## **Division-specific guidance:**

- Tee Ball and Farm6, 6/7 Softball - Team numbers to be reduced
- No catchers for younger age groups (non draft divisions)
- There will be no stealing at [Rookie, Farm and T-Ball levels](#)



# ON THE FIELD (CONTINUED)

## Game Balls & Equipment

- New balls will be sanitized or delivered in fresh packaging at the start of each game. Used games/practice balls will be disinfected before and after each practice, clinic, or game.
- Only players are permitted to retrieve baseballs/softballs leaving the field of play
- There is to be NO SHARING OF PERSONAL EQUIPMENT! (e.g., batting helmets, bats, etc.),
- Catchers gear will be addressed by each individual team.
- Coaches will regularly sanitize catcher's equipment during practices or games (if multiple catchers are utilized)





# ON THE FIELD (CONTINUED)

## **Personal Protective Equipment (PPE):**

- TLL will follow local guidance as it pertains to managers, coaches, and league administrative staff wearing a face mask or cloth face covering.
- TLL Athletes are encouraged to wear face coverings when not engaged in active play. While engaged in the active play of sports or strenuous activities, athletes do not need to wear a face covering. In other words, no masks when on the field, suggested to wear mask off the field, **MUST** wear mask before and after the game when entering or leaving the area

Note: TLL is NOT providing face coverings.

## **No Handshakes/Personal Contact Celebrations:**

- Players and coaches will be instructed to 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.



# ON THE FIELD (CONTINUED)

## **Sidelines:**

- Three (3) coaches are allowed on the sideline. Managers/coaches and players will be spaced 6 feet apart in the new designated sideline, always behind a fence
- Players are to stay at their locations waiting their turn to bat or take the field
- Players will store their equipment on the ground in their assigned space

## **Pre-Game Plate Meetings:**

- Social distancing of six feet between individuals will be implemented during all pre-game plate meetings between teams and umpires.
- Plate meetings will only consist of one manager or coach from each team and game umpires. REMINDER- Face Masks must be worn
- No players should ever be a part of plate meetings.





# ON THE FIELD (CONTINUED)

## **Drinks and Snacks:**

- Athletes, managers/coaches, and umpires are expected to bring their own personal drinks to all team activities. Drinks should be labeled with the person's name.
- Individuals will be required to take their own drink containers home each night for cleaning or use single-use bottles and take out of park.
- There will be no use of shared or team beverages, snacks, or food. Players should bring individual, pre-packaged food.
- No chewing gum or seeds

## **Scheduling/ Timing**

- Games will be limited to 105 minutes (Hard Stop),
- T-Ball 5 /Farm6 games will be 60 minutes
- There will be 30 min scheduled between each Game / practice to allow for proper exit of the previous team. We ask that BOTH teams be respectful of one another. Please exit the field when when your scheduled practice time is over. Any incoming team, please DO NOT enter the field until your designated practice time, assuming the prior team has completely exited the field. PLEASE do not take advantage of the scheduled down time - this is specifically built in to the schedule to ensure we adhere to the current health and safety guidelines that are in place.



# AFTER THE GAME

- Coaches or volunteers should disinfect any commonly touch area such as gate handles.
- There will be no team huddles after games. All players, coaches and parents must leave field at conclusion of game.
- Sanitize hands and personal equipment quickly.
- Players, coaches, and spectators should leave the facility within a few minutes after the game.
- Individuals shall not congregate in common areas or parking lots following an event or practice.
- Exit Unity/ Island brook fields at designated exits only.
- When arriving home wash hands and disinfect any equipment not previously disinfected.





# PRACTICE PROTOCOL

- The total practice time given per team will be a maximum of 90 Minutes
- No multiple team practices, there is only 1 team allowed per practice time slot.
- Practice time slots must be requested, staggering of start times will occur.
- Teams are not permitted to use practice fields without a permit
- There will be 30 min scheduled between each practice to allow for proper exit of the previous team. We ask that BOTH teams be respectful of one another. Please exit the field when your scheduled practice time is over. Any incoming team, please DO NOT enter the field until your designated practice time, assuming the prior team has completely exited the field. PLEASE do not take advantage of the scheduled down time - this is specifically built in to the schedule to ensure we adhere to the current health and safety guidelines that are in place.
- Parents are asked to drop off the player at the designated field and remain in the parking lot or at the outfield fence. Please try and refrain from walking your player to the field, as we attempt to limit contact as much as possible.



# THANK YOU!

