



West Seattle Little League Physical Distancing and Covid-19 Safety Plan

ADDRESS: BarS (6425 SW Admiral Way, Seattle, WA) and other Seattle Park locations

The following plan has been established to resume Little League Baseball activities while protecting and supporting our Players, Volunteers, Board Members, and Spectators' health. We will practice social distancing, hand hygiene, use of face masks, and will limit large gatherings to minimize risks of COVID-19. This guidance has been approved by the West Seattle Little League (WSLL) Board of Directors. Little League practices and games are approved by the State and County at this time (current 2/5/2021). We will continue to follow guidelines required by National, State, County, and local officials, as they evolve.

***** UPDATES AS OF 3/28/2021 *****

The WSLL Board of Directors voted on the following changes effective 3/28/2021 as King County has moved into Phase 3. The following section summarizes the changes made. These changes are also noted within specific sections of this document, and marked as updated.

- *New City of Seattle guidelines allow an increase in the limit of people per field from 75 to 150 people. With this, we no longer restrict attendance at games or practices to 2 spectators per player, though families are asked to be mindful of the number of people in attendance.*
- *Players may now use dugouts during games and practices. Bleachers can now be used for spectators, with the expectation for 6 feet of social distancing between families/groups.*
- *Catcher's gear for Rookies, Minors, Majors, and Juniors can now be semi-shared. Instead of only having 2-3 players catch for the entire season with dedicated gear, teams can now designate 2-3 catchers per game or practice. After the game or practice, gear will be disinfected and then can be used by someone else as early as the next day.*
- *The Snack Shack will be open (starting in late April) with merchandise and "to go" snack bags for sale. There is still no eating permitted at the field.*

All measures of the WA State Social Distancing and Sanitation Protocol must be in place

- ❑ A copy of this plan will be provided to all staff, volunteers, parents/guardians/caretakers and youth participants. A copy of this plan will be posted on the Safety page of <https://www.westseattlelittleleague.com>. As a reminder, parents/guardians/caretakers and players agreed to the WSLL code of conduct including following all Covid-19 related safety rules during the registration process.
- ❑ We will acknowledge and support decisions of youth, parents/guardians/caretakers, and adult leaders not to participate if they are uncomfortable participating for any reason.

- ❑ We will divide participants into smaller “stable sports groups” limiting group participation to 12 players. These groups should be consistent and rostered as such.
- ❑ We will follow Washington State Sporting Activities Covid-19 Requirements [COVID19 Sporting Activities Guidance.pdf \(wa.gov\)](#) which include:
 - ❑ Facial coverings required for all coaches, volunteers, athletes, and spectators at all times.
 - ❑ Outdoor training, practices, and competitions are allowed outdoors for low, moderate, and high risk sports. Washington State deems baseball to be a “moderate risk” sport.
 - ❑ **UPDATED 3/28/2021:** For outdoor competitions: Facilities or complexes with more than one field or area of play may have a maximum of 150 people allowed per field or area of play, including spectators. All spectators of different households are to remain physically distant, 6 feet or more, as much as possible.

HEALTH PROTOCOLS

- ❑ We will train all league officials and volunteers on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette per CDC guidelines as found in the following link: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- ❑ Anyone with any of the following symptoms will be asked to leave immediately:
 - ❑ Cough
 - ❑ Shortness of breath or difficulty breathing
 - ❑ Chills or repeated shaking with chills
 - ❑ Muscle pain
 - ❑ Headache
 - ❑ Sore throat
 - ❑ Loss of taste or smell
 - ❑ Diarrhea
 - ❑ Feeling feverish or a measured temperature ≥ 100.0 degrees Fahrenheit
 - ❑ Known close contact with a person who is lab confirmed to have COVID-19. More information about close contacts available here: [COVID-19: When to Quarantine | CDC](#). Note that fully vaccinated individuals are no longer required to quarantine following an exposure to someone with COVID-19 per CDC guidelines: [Interim Clinical Considerations for Use of mRNA COVID-19 Vaccines | CDC](#)
- ❑ Managers will send any player or volunteer home immediately if they show ANY signs of illness (listed above).
- ❑ Contact Tracing – A master attendance roster of every player, coach and volunteer present will be required for all activities and will be retained for 28 days.
- ❑ Repeat violators or blatant violations of the rules contained in this document by players, volunteers, or spectators could result in suspension from the season/league.
- ❑ We will not allow league officials, volunteers, players, or spectators with new or worsening symptoms (listed above) to return, in the case of a diagnosis of COVID-19, until all three of the following criteria are met:
 1. At least 3 days (72 hours) have passed since recovery (including resolution of fever without the use of fever-reducing medications); and
 2. The individual has improvement in symptoms (e.g., cough, shortness of breath); and
 3. At least 10 days have passed since symptoms first appeared.

HEALTH PROTOCOLS SPECIFIC TO BAR S

For details about non-BarS facilities please see [Washington State Coronavirus Response \(COVID-19\)](#)

- ❑ We will frequently clean and disinfect any regularly touched surfaces, such as equipment, doorknobs, tables, chairs, and restrooms per CDC guidelines.
- ❑ Disinfectant wipes will be used to clean equipment and high-touch surfaces including, but not limited to, benches, bleachers, gates, and equipment.
- ❑ Hand washing or use of hand sanitizer will be required before and at completion of all practices and games by all players, managers, coaches, and team volunteers.
- ❑ We will frequently disinfect any items that come into contact with participants per CDC guidelines.
- ❑ We will make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available. Parents are also encouraged to provide personal hand sanitizer for their player in their baseball bag.
- ❑ We will place readily visible signage to remind everyone of best hygiene practices.
- ❑ Only one player is allowed in the restroom at a time. For players ages 4-8 parents/guardians or caretakers are responsible for all restroom activities.
- ❑ **UPDATED 3/28/2021:** The snack-shack will open in late April for sale of merchandise and “to go” snack bags.
- ❑ Trash and recycle cans will have no lids and will be easily accessible to dispose of your own trash and recycled items.

DROP OFF, PICK UP, AND PRACTICES

- ❑ All field practice and game scheduling will have sufficient time between practices and games to comply with social distancing guidelines.
- ❑ Parents/guardians/caretakers should drop off players and pick them up from practice. Travel to and from practices and games should include only members of the same household. If players are not in the same household, separate vehicles should be used to reach the field of play in order to limit exposure.
- ❑ **UPDATE 3/28/2021:** Parents/guardians/caretakers for players ages 9 and older are required to wait at drop off until the player is approved to participate by a safety parent. Parents/guardians/caretakers for players ages 4-8 must stay on the premises (maximum 150 people per field)).
- ❑ It is mandatory that at least two adults be at all practices, preferably the manager and coach.
- ❑ Players and spectators cannot enter the field until the designated practice or pre-game warm-up time.
- ❑ There will be specific directions for entering and exiting the fields.
- ❑ During games and practices, parents/families/spectators shall stay in designated spectator areas and practice the 6 feet social distancing rules.
- ❑ Players will handle and care for their own equipment. Equipment shall not be brought to the field before the start of the practice or pre-game warmup time. Waiting on the sidelines prior to this time is not allowed.
- ❑ All equipment will be sanitized before and after each team activity by player’s families.
- ❑ All equipment will be stored under the seat of the designated players stations, bench or bleacher.
- ❑ Only the minimum equipment necessary will be used for practices and games.
- ❑ Social distancing will be enforced by the league and team administrators.
- ❑ Everyone (players, volunteers, players, coaches, and spectators) must wear masks for the entirety of all team events including practices and games. This includes off the field of play, on the field of play, and during arrival and departure of players. If that is not possible for you or your player, we respectfully ask you to sign up for baseball next year.
- ❑ All players will be spaced at least 6 feet apart during practice drills.

- ❑ All items that were touched during the practice or game and left for the next team must be sanitized by the team ending their practice or game. This includes but is not limited to: entry gates, pitching machines, storage bins, bases.
- ❑ Players, officials, and spectators shall depart the field area within 5 minutes of practice and/or games ending.
- ❑ All equipment and trash must be removed from the field within 15 minutes of the end of the event.

SPREAD OUT SCHEDULING OF GAMES

- ❑ All scheduling will have sufficient time between games to comply with social distancing guidelines.
- ❑ Players and officials are instructed not to arrive on the field prior to the scheduled practice or pre-game warm-up time.
- ❑ **UPDATED 3/28/2021:** If there is a game or practice prior to your 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. There is a maximum capacity of 150 people on site per field.
- ❑ On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes.

ON-FIELD GUIDANCE

No Handshakes / Personal Contact Celebrations

- ❑ There will be no pre/post-game gatherings or between inning huddles. This means no handshakes, no fist pumps, no chest bumps, no high-fives, etc. This will be eliminated completely.

Drinks

- ❑ Players, managers/coaches, and umpires will bring their own personal drinks to all practices and games. Drinks should be labeled with the person's name and there will be no sharing.

Personal Protective Equipment (PPE)

- ❑ Everyone must wear masks for the entirety of all team events. This includes outside the playing field during player arrival and departures.

Dugouts

- ❑ **UPDATED 3/28/2021:** Dugouts may be used during games and practices.

Player Equipment

- ❑ All equipment bags and equipment needed for practice or the game shall be placed under each individual player's spot, whether in the dugout or the bleachers.
- ❑ There will be no sharing of equipment, including catcher's equipment, during games or practices.
- ❑ **UPDATED 3/28/2021:** WSLI will provide each Majors, Minors, and Rookies teams with two to three sets of catcher's gear. Coaches will select 2-3 players to be the team catchers for each game. The shared catcher's equipment should be cleaned and disinfected after each game/practice by a parent, guardian, or caretaker, and should not be shared during games or practices. After being disinfected, gear can be used by a different

player the next day. Players may also use their own equipment.

- ❑ T-Ball and Coach Pitch will not have a designated player catcher.
- ❑ Players should have their own individual batter's helmet, glove, and bat. Equipment must be marked with the player's name unless provided by WSL.
- ❑ Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each game/practice by a parent, guardian, or caretaker at home.

Baseballs

- ❑ Each team on defense will use their own "game baseballs" helping to minimize contact use.
- ❑ "Warm-up baseballs" should be separated from game balls and disinfected after use.
- ❑ Any foul balls landing outside the field of play should be retrieved by players, coaches, or umpires. No spectators should retrieve foul balls. In the event that a spectator does touch a baseball, it shall be disinfected before being used.
- ❑ The catcher should be retrieving foul and passed balls as much as possible.

***** No food/snacks, gum or spitting will be permitted at the field. Medical exceptions can be made in discussions with coaches and volunteers.*****

GAME OPERATIONS AND UMPIRE GUIDANCE

Equipment Inspection

- ❑ Players should place their individual equipment in a well-spaced out manner for inspection. Umpires should avoid direct contact with equipment where possible but, when required, use hand sanitizer after the inspection of each individual piece of equipment.

Pregame Plate Meetings

- ❑ All plate meetings, including umpire meetings required during the game, shall be held with at least six feet of distance between individuals. Face masks are required.
- ❑ Plate meetings should only include one manager or coach from each team, and game umpires.

Limit League / Game Volunteers

- ❑ A designated parent volunteer shall be positioned directly outside the dugouts to assist with any issues that should arise during the game and to assist with safety monitoring.
- ❑ Only 1 individual will be allowed in the Press Box.
- ❑ Scorekeeping will be done by the home team scorekeeper in the press box. The visiting team may keep score at another location at least 6 feet away.
- ❑ The scoreboard operator will sit next to the press box. In case of rain, the scoreboard will not be used.
- ❑ It will be the responsibility of the managers/coaches to forward the stats, scores, and results of the game to league officials and division managers.

Field Preparation and Maintenance

- ❑ Fields should be mowed, raked, and lined prior to teams and spectators arriving at the complex and after they depart. All equipment should be disinfected before and after use.

Umpire Placement

- ❑ Properly masked "home plate umpires" will be placed behind the pitcher's mound and not behind the

catcher. If a second umpire is used, they will stay six feet away from players to the best of their ability and will also be properly masked.

SPECTATOR VIEWING AND FIELDS

- ❑ **UPDATED 3/28/2021:** Each family group needs to remain 6 feet apart along the outside of the fences. Bleachers may be used by spectators with appropriate social distancing. Spectators may bring chairs if wanted. Families are asked to be mindful of the limit of 150 people per field.

You may contact the following person with any questions or comments about this protocol:

Name: Erin Kross, WSLI Safety Officer

Email: safety@westseattlelittleleague.com

Date of Form Completed: February 10, 2021; updated 3/29/2021