

# GENERAL GUIDANCE

## **Key Audiences:**

- Players
- Parents/Guardians/Caregivers and Other Children
- Managers/Coaches
- Umpires
- League and District Officials
- Fans/Spectators

## **CDC Resources:**

- [How to Protect Yourself & Others \(PDF Download\)](#)
- [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19 \(PDF Download\)](#)

## **Wash Your Hands Often:**

- Wash your hands 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 you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, A.L.L. will provide a hand sanitizer that contains at least 60 percent alcohol, in each dugout or provide it to each team. Cover all surfaces of your hands and rub them together until they feel dry. Leagues are encouraged to provide handwashing stations and/or hand sanitizer, if possible.
- Avoid touching your eyes, nose, and mouth.
- Players and parents are encouraged to bring their own hand sanitizer for personal use. A.L.L. will provide hand sanitizer that will be placed in all common areas off-field for easy use.

## **Cover Your Mouth and Nose with a Cloth Face Covering When Around Others:**

- You could spread COVID-19 to others even if you do not feel sick.

- Everyone should wear a cloth face covering when they have to go out in public, for example in public areas around any of our Little League fields and parks.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face covering is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker, as it is important for these facemasks to be available for those professionals needing that personal protective equipment.
- Continue to keep six feet between yourself and others. The cloth face covering is not a substitute for social distancing.

### **Cover Coughs and Sneezes:**

- If you are in a private setting and do not have on your cloth face covering, remember to always 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.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60 percent alcohol.

### **Social Distancing:**

- All players, coaches, volunteers, independent contractors, and spectators should practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas. For situations when players are engaging in the sports activity, see On-Field Guidance below for more information.
- Avoid close contact with people who are sick.
- Stay home as much as possible.

### **Self-monitoring and quarantine:**

- All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each Little League activity. Anyone with symptoms of fever, cough, worsening respiratory symptoms OR any other known COVID-19 symptoms, or any known exposure to a person with COVID-19 should not attend any Little League activity until cleared

by a medical professional (CDC: [Resource: If You Are Sick or Caring for Someone](#) | [PDF Download](#)).

- If a coach, player, or family member does test positive that member has to quarantine for 14 days.
- If someone exhibits symptoms, they must fill out a return to play checklist.
- If anyone tests positive, the league will inform all parents/players/volunteers of that division of play.
- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory conditions should only attend Little League activities with permission from a medical professional.
- A copy of the Amesbury Little League Resumption of Play will be provided to all registrants of the league.
- Prior to committing to play in our 2020 A.L.L. season every parent will need to acknowledge that they have read our guidelines. It would be something like the following bullets.
  - Have you read and understood the COVID-19 procedures set forth by A.L.L.
  - The player and family members attending practices and games will abide by the procedures set forth and will follow the social distancing guidelines.
  - You will notify an A.L.L. board member immediately if
    - the player or direct family member has symptoms of COVID 19.
    - Any coach, player or direct family living in the same household tested positive or suspected of having COVID 19

## **ON-FIELD GUIDANCE**

### **Key Audiences:**

- Players
  - Parents/Guardians/Caregivers
- Managers/Coaches
- Umpires

### **Healthy Practices:**

- All players and coaches should practice good general health habits, including maintenance of adequate hydration, consumption of a varied, vitamin-rich diet with sufficient vegetables and fruits, and getting adequate sleep.

**No Handshakes/Personal Contact Celebrations:**

- Players and coaches should 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. Little League International suggests lining up outside the dugout and tipping caps to the opposing team as a sign of good sportsmanship after a game.
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game, ideally within 15 minutes.

**Drinks and Snacks:**

- Athletes, managers/coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name and kept with other personal equipment for that practice and/or game, that will be designated for each practice/game.
- Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.
- There should be no use of shared or team beverages.
- Teams should not share any snacks or food. Players should bring individual, pre-packaged food, if needed, and eat outside of the dugout area.

**Personal Protective Equipment (PPE):**

- All managers/coaches, volunteers, umpires, etc., should wear PPE whenever applicable and possible, such as cloth face coverings.
- Players should wear cloth face coverings when in close contact areas and in places where recommended social distancing is challenging or not feasible, such as in dugouts.
- Players should not wear protective medical gloves on the field during game play. Players may opt to wear baseball batting gloves in the field during practice and games.
- Players, especially at divisions below AA, are not required to wear a cloth face covering while on the field during game play.

- Players will be permitted to wear a cloth face covering on the field during game play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

### **Dugouts:**

- Managers/coaches and players should be assigned spots in the dugout or in the area outside the dugout so that they are at least six feet apart and must be placed behind a fence.
- Players are to stay at their assigned spots when on the bench or while waiting their turn to bat.
- Players and managers/coaches should wear a cloth face covering while in the dugout.

### **Player Equipment:**

- No personal player bat bags/equipment bags should be allowed in the dugout. Player equipment should be kept outside in designated spots during games and practices spaced 6+ feet apart.
- Players should attempt to bring their own helmets and bats. When not feasible A.L.L. will try to assign equipment to each player. If bats are shared, then they will be disinfected after every use.
- Measures should be enacted to avoid, or minimize, equipment sharing when feasible.
- 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 must be cleaned first and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before being used by a new player. Increased attention should be paid to detailed cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent/guardian/caretaker, where applicable.
- Individuals disinfecting equipment are encouraged to use gloves while using disinfectants and follow the manufacturer's directions for use. All disinfectants should be stored properly, in a safe area, out of reach of children.

### **Baseballs:**

- Each team will be provided 3 new baseballs per game. Each team will use its own baseballs when in the field to limit the number of kids who could touch the ball.
- Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
- Balls used in infield/outfield warm-up should be isolated from a shared ball container.
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball.

### **Spitting, Sunflower Seeds, Gum, etc.:**

- Sunflower seeds, gum, etc., should not be allowed in dugouts or on the playing field.
- All players and coaches are always to refrain from spitting, including in dugout areas and on the playing field.

## **GAME OPS & UMPIRES**

### **Key Audiences:**

- Managers/Coaches
- Umpires
- League/District Officials and Volunteers

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

- If possible, plate meetings should be eliminated.
- Social distancing of six feet between individuals should be implemented during all pre-game plate meetings between teams and umpires.
- Plate meetings should only consist of one manager or coach from each team, and game umpires.
- All participants should wear a cloth face covering.
- No players should ever be a part of plate meetings.

**Warmups:**

- Warmups may take place in the outfield only, not in any other area of the field location. Players must remain a minimum six feet apart.

**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 that contains at least 60 percent alcohol after the inspection of each individual piece of equipment.

**Limit League/Game Volunteers:**

- For each game, there should only be the required team managers/coaches, umpires, and one (1) league administrator (i.e., Safety Officer, player agent, etc.) in attendance. Parents will be allowed to stay but must stay within the designated spots for each field.
- Practices should be limited to the managers/coaches and players. Parents need to stay away from the field area during practice. T-ball, Single A, and AA parents will be allowed to stay, but must spread out around the fencing of the field OR in cases when there is not a fence, must be 20+ feet away from where players will be around the dugout area.

**Field Preparation and Maintenance:**

- Fields should be mowed, raked, and lined prior to teams and spectators arriving at the complex and after they depart. It is encouraged that volunteers already participating in the game (managers/coaches, umpires, and league administrator) perform these tasks to limit individuals at the site.
- It is recommended that any shared field preparation equipment be sprayed or wiped with cleaner and disinfectant before and after each use.

**Umpire Placement:**

- Umpires are permitted to be placed behind the pitcher's mound/circle to call balls and strikes. Umpires are encouraged to keep a safe distance from players as much as possible and wear protective gloves.
- If physically able, umpires are encouraged to wear cloth face coverings while umpiring.

## **FACILITY, FAN & ADMIN**

### **Key Audiences:**

- League Administrators
- Parents/Guardians/Caretakers
- Fans/Spectators

### **CDC Resources:**

- [Reopening Guidance for Cleaning and Disinfecting Public Spaces](#)
- [Guidance for Cleaning and Disinfecting \(PDF Download\)](#)
- [Guidance for Administrators in Parks and Recreation Facilities](#)
- [Visiting Parks and Recreation Facilities](#)

### **Clean and Disinfect Shared Equipment and Surfaces:**

- Clean AND disinfect frequently touched surfaces daily and in between all facility uses, including practices and games. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, facility equipment, dugouts, toilets, faucets, and sinks.
- If surfaces are visibly soiled or dirty, they should be cleaned with a detergent or soap and water prior to disinfection.

### **Spread Out Scheduling of Practices and Games:**

- Parents/Coaches/Volunteers/Umpires must consent to having no COVID-19 symptoms OR have been exposed to anyone who has had symptoms or tested positive for COVID-19 since the last practice or game. The league will require this player/volunteer to prior to any participation in the current activity.
- Amesbury Little League will schedule a minimum 45 minutes between games / 30 minutes for practices to facilitate the complete evacuation of individuals from a previous practice or game from the premises before the next group enters.
- Players/families/spectators are instructed not to show up to fields more than 30 minutes before game time.
- 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.
- On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes.



- Practices and games will follow all local and state directives regarding the number of people allowed to gather in one place. Phase 2 – practices must be split up so no more than 10 people (including coaches) are together per station (must be 20+ feet apart). A.L.L. will provide sample station practice plans to each team and division that are allowed to play where a team has more than the # of people who can gather in a group.

### **Limiting Spectator Attendance:**

- All spectators should follow best social distancing practices — stay greater than 6 feet apart away from individuals outside their household; wear a cloth face covering; avoid direct hand or other contact with players/managers/coaches during play.
- Spectators attendance is limited to only essential volunteers as identified elsewhere, parents or legal guardians, and siblings.
- Spectators should bring their own seating or portable chairs when possible.
- A spectator with any of the following conditions should not attend a practice or game until evaluated by a medical provider and given clearance to do so:
  - Active COVID-19 infection
  - Known direct contact with an individual testing positive for COVID-19
  - Fever
  - Cough
- Those at higher risk for severe disease should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing. Such groups include:
  - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromised, chronic kidney disease, and chronic lung disease.
  - Those currently residing in a nursing home or long-term care facility
  - Those over 65

### **Public Restrooms:**

- Restrooms at our fields will not be available for use this season.

### **Concession Stands:**

- No food or concession sales will be allowed at facilities, until it is safe to do so based on state and local guidance.
- Families are encouraged to bring their own food/beverages.

**Post Information to Promote Everyday Preventive Actions:**

- Posters and signs will be displayed where practicable throughout the park to remind visitors to take steps to prevent the spread of COVID-19. These messages may include information about:
  - Staying home if you are sick or do not feel well, and what to do if you're sick or feel ill.
  - Using social distancing and maintaining at least six feet between individuals in all areas of the park.
  - The CDC has downloadable resources available to post at public places; and leagues are encouraged to utilize additional resources from their state or local authorities.

**Member Communication:**

- Local leagues should disseminate information to all families, volunteers, and spectators about the Coronavirus risk and the efforts your league will be undertaking to mitigate those risks, as outlined above. Information should be disseminated by way of email, league website, social media, coach talks, and public announcements.