

Little League Recommended Best Practices During COVID-19

Practices

Mandatory best practices:

- Practice times must be spread out enough that all may exit the field and parking lot before the next event begins.
- You must allow time enough in between for cleaning.
- Coaches & players must adhere to physical six-foot distancing except when the ball is in play.
- Coaches must conduct daily symptom assessments of themselves and players (self-evaluation). Anyone experiencing symptoms* must stay home.
- Parents/drivers are required to remain in their vehicles when dropping off/picking up their athlete(s) for practice and during the practice.
- Parents must be on time for pick ups to aid in quick clearing of the field
- No team water coolers or shared drinking stations. Each player must have own water bottle with name clearly displayed on it.
- Personal baseball equipment must remain outside the dugout at a 6 ft distance from other player's bags, etc.

Recommended best practices:

- Coaches & athletes are strongly encouraged to wear face coverings at all times.
- Athletes are strongly recommended to travel to the venue with a member(s) of their immediate household, if possible.
- For each practice session, it is recommended that coaches divide players into groups and establish rotating shifts when possible.
- Virtual meetings should be considered when possible.
- If equipment must be shared, proper sanitation should be administered between users.

Athletes:

Mandatory best practices:

- **Anyone experiencing symptoms* must stay home.**
- Must adhere to 6-foot social distancing practices off the field of play.
- Hand washing or hand sanitizing, in the absence of soap and water, is required for athletes often during practice and games.
- Must not share water or equipment. Belongings should be used only by the individual owner including, but not limited to water bottles, gloves, bats, hats, and other on- and off-field gear.
- No personal player bat bags/equipment bags allowed in the dugout. Player equipment should be spaced accordingly outside the dugout to prevent direct contact.
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve a ball.

- No touch rule – players must refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.
- All players must ***refrain from spitting at all times***, including in dugout areas and on the playing field. ***No spitting or eating seeds, gum, other similar products.***

Recommended best practices:

- Athletes are strongly encouraged to wear face coverings at all times when not actively participating in the field of play. This is not recommended for the youngest of players. Masks are never recommended for anyone under the age of 2, or anyone with pre-existing conditions such as asthma.
- If equipment must be shared, proper sanitation should be administered between users.

Spectators:

Mandatory best practices:

- **Anyone experiencing symptoms* must stay home.**
- Spectators must bring their own seating. Bleachers will not be open for seating.
- Parents/drivers must remain in their vehicles when dropping off and picking up their athlete(s) for practice and during the practice.
- During games, all spectators are asked to either watch from their vehicles or take their own chairs behind the outfield fence.
- Spectators must wait until game is about to begin to approach field for watching.
- All spectators must follow best social distancing practices — stay six feet away from individuals outside their household;
- Must not enter player areas (on the field of play or bench areas).
- Must stay 6 feet or more away from the backstop
- Foul balls landing outside the field of play may only be retrieved by participating players, coaches, and umpires. No spectators may retrieve the ball.

Recommended best practices:

- Strongly encouraged to wear face coverings at all times.
- Hand washing or hand sanitizing, in the absence of soap and water, is recommended strongly during the games

Coaches:

Mandatory best practices:

- Must conduct daily symptom assessments (self-evaluation). **Anyone experiencing symptoms* must stay home.**
- Must adhere to 6-foot social distancing practices.
- **No spitting or eating seeds, gum or other similar products.**
- NO shared team snacks unless pre-packaged foods.
- No contact rule – coaches should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.

- It is the coach's responsibility to ensure that each player takes all of their equipment and drink bottles home with them so no one else is picking these items up.
- Lineups should be shared online or by spoken word and recorded by officials/umpires without exchanging any physical documents.
- Must ensure that players are following COVID-19 -related prevention measures.

Recommended best practices:

- Coaches are strongly encouraged to wear face coverings.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

Umpires and officials:

Mandatory best practices:

- **Anyone experiencing symptoms* must stay home.** Must conduct daily symptom assessments (self-evaluation).
- Must adhere to 6-foot social distancing practices when interacting with players, coaches, and spectators off the field of play.
- Must avoid exchanging documents or equipment with players, coaches, or spectators.
- Umpires should call plays dead as soon as possible to cut down on holding players on, resulting in increased physical closeness.

Recommended best practices:

- Umpires are strongly encouraged to wear face coverings.
- Umpires calling balls and strikes should allow adequate distance behind the catcher while still able to perform their duty. Option to umpire from behind the pitcher.

Games:

- Plate meetings, if required, should only consist of one manager or coach from each team, and game umpires. If possible, plate meetings should be eliminated.
- Social distancing of six feet between individuals must be observed during all pre-game plate meetings between teams and umpires.
- All participants all strongly encouraged to wear a cloth face covering.
- No players should ever be a part of plate meetings.
- Scorekeeping should be done by team coach or by parent via Game Changer app or from separate area.
- 1 person running scoreboard – be sure this equipment is disinfected prior and after use
- Balls should be switched out between innings and wiped down with disinfectant after each inning.

Public Restrooms:

- Communicate information on available facilities and policies to all parents prior to resuming or beginning season.

- A “one-in-one-out” policy, where only one individual is permitted within the restroom at one time, should be implemented to ensure adequate distancing in the confined restroom space.

Concession Stands:

- No food or concession sales should be allowed at facilities, except for pre-packaged, bottled food or drink such as soda, chips, candy, etc.
- Players/spectators must bring their own food/beverages.

Leaving the venue:

- Individuals may not congregate in groups following the event or practice.
- Umpires should adhere to social distancing practices when interacting with players, coaches, and spectators off the field of play.

***Symptoms of COVID-19 can include:** Fever, Cough, Shortness of Breath, Chills, Headache, Sore Throat, Runny Nose, Loss of Taste/Smell, Body or Muscle Aches, Fatigue, Nausea, Vomiting, Diarrhea, Abdominal Pain

Symptoms of COVID-19

Patients with COVID-19 have experienced mild to severe respiratory illness and most people recover on their own at home.



Symptoms can include:

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| <ul style="list-style-type: none"> • Fever • Cough • Shortness of Breath • Chills • Headache • Sore Throat • Runny Nose | <ul style="list-style-type: none"> • Loss of Smell/Taste • Body or Muscle Aches • Fatigue • Nausea • Vomiting • Diarrhea • Abdominal Pain |
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***Symptoms may appear 2-14 days after exposure**

Contact your Healthcare Provider about testing if you experience any of these symptoms.