



## La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

### Section 1: General Guidance

The following plan has been established in an effort to resume Little League Baseball activities while protecting and supporting our player's health, practice social distancing, limit large gatherings, and minimize risks of COVID-19. This guidance has been approved by the local league's board of directors and will be submitted to the local authorities for final approval. No activities will begin until the State of California and County of Orange have given their approval to begin youth sports activities. These activities will take place on the following fields: Esteli Park and Portola Park. An approved copy of this document can be found on our website.

#### **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, use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Players are to bring their own hand sanitizer for personal 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 go out in public, such as in public areas around 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.



## La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

### Section 1: General Guidance

#### Cover Coughs and Sneezes:

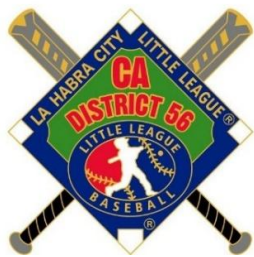
- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash immediately.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with 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.

#### 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, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 in the prior 14 days must not attend any Little League activity.
- 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.



## La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

### Section 2: On-Field Guidance

#### Healthy Practices:

- All players and coaches should practice good general health habits, including maintenance of adequate hydration, balanced meals, and getting adequate sleep.
- Players, coaches, team parents, scorekeepers, and umpires are to be screened before entering the field. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 in the prior 14 days will not be allowed on the field.
- Managers are responsible for these screenings. The screenings will include taking temperature and checking if players brought their own hand sanitizer and cloth face-coverings.
- In the event someone forgets or runs out of hand sanitizer, bottles of hand sanitizer will be provided to each team as a backup. The bottles of hand sanitizer will be stored in the equipment shed for managers to obtain before practices and games.
- Each player, coach, and umpire must use hand sanitizer upon entering the field, after the warm-up period, and after each half-inning of play.
- At practice, players and coaches must use hand sanitizer at the beginning of practice and after each drill.
- Players participation in team practice is at the sole discretion of the players parent/caregiver; there will be no repercussion on game day for any player who does not attend a team practice.

#### No Handshakes/Personal Contact Celebrations/Practices/Games:

- Players and coaches must take measures to prevent all but the essential contact necessary to play the game. This includes refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. Little League International suggests lining up along their dugout side baseline, spread out down the baseline, at least 6 feet apart, and tipping caps to the opposing team as a sign of good sportsmanship after a game.
- The manager is responsible to have players and families vacate the field 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.



## La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

### Section 2: On-Field Guidance

#### Drinks and Snacks/Practices/Games:

- Players, managers/coaches, and umpires must bring their own personal drinks to all team activities. Drinks must be clearly and visibly labeled with the person's name.
- Individuals must take their own drink containers home each night for cleaning or use single-use bottles.
- There must be no use of shared or team beverages.
- Teams must not share any snacks or food. Food is not allowed on the field. If needed, players should bring their own individual, prepackaged food or snacks and are not allowed to share with anyone outside of their household.

#### Personal Protective Equipment (PPE): Practices/Games

- All managers/coaches, volunteers, umpires, etc., must wear cloth face coverings whenever applicable.
- Players must wear cloth face coverings when sitting in their chairs, waiting for their turn to bat, or waiting to return to the field of play and in places where recommended social distancing is challenging.
- Players are not required to wear a cloth face covering while on the field during game/practice 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 must not be placed on anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

#### Dugouts: Practices/Games

- To the extent possible, practices must be conducted without using dugouts.
- Managers, coaches, and players must be assigned spots in the designated player areas so that they are at least six feet apart.
- Players are to wear their helmets and their cloth face coverings and stay at their assigned spots when on the bench or while waiting their turn to bat.
- Players, managers, and coaches must wear a cloth face covering in the dugout if there is more than one person in the dugout.
  - A maximum of three people including staff are allowed in a dugout at any one time.



## La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

### Section 2: On-Field Guidance

#### Player Equipment: Practice/Games

- No personal player equipment bags will be allowed in the dugout. Equipment bags must be spaced six feet apart in the designated space outside the dugout. If possible, the player's equipment bag can be placed under their chair.
- In addition to individual hand sanitizer, cloth face covering, and chair, players should have their own individual batter's helmet, glove, bat, and catcher's equipment.
- Equipment sharing must be avoided, or minimized, 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 with a disinfectant wipe and allowed sufficient time to dry before being used by a new player. Increased attention should be paid to detail cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) must be cleaned after each practice and game 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 must be stored properly, in a safe area, out of reach of children.
- League can provide gear for each game that is used by only one player per day
- Borrowed league's catcher's gear is to be wiped down with sanitizing wipe prior to reuse (24 hours must pass before reuse).

#### Baseballs: Practice/Games

- To limit contact between opposite teams, there will be one set of baseballs for use in the top half of innings, and another set of baseballs for use in the bottom half of innings. The manager, coach, or team parent of each team will wipe their respective set of baseballs with a disinfectant wipe during the half inning in which they are not being used.
- Umpires must limit their contact with the ball, and catchers should retrieve foul balls (in the field of play) and passed balls where possible.
- During games, balls used in infield/outfield warm-up must be isolated from a shared ball container.
- Foul balls landing outside the field of play must be retrieved by participating players, coaches, and umpires. No spectators are allowed to retrieve the ball. The ball will be wiped with a disinfectant wipe prior to being put in play.



## La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

### Section 2: On-Field Guidance

#### Spitting, Sunflower Seeds, Gum: Practice/Games

- No sunflower seeds, any other type of seeds, nuts with shells, gum or spitting allowed on the field or in the parks

#### Pre-Practice/Games Plate Meetings:

- Social distancing of six feet between individuals must be practiced during all pregame plate meetings.
- Pre-game plate meetings will only consist of one manager or coach from each team, and game umpires.
- All participants must wear a cloth face covering.
- Players are never to be a part of pre-game plate meetings.
- If possible, eliminate pre-game plate meeting.

#### Equipment Inspection: Practice/Games

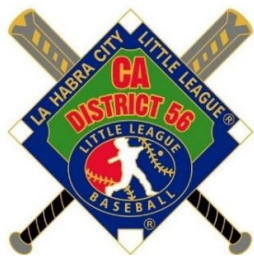
- Players must place their individual equipment in a well-spaced out manner for inspection. Umpires should avoid direct contact with equipment where possible but, when required, use hand sanitizer before the inspection of each individual piece of equipment and after the last piece of equipment.

#### Limit League Practice/Game Volunteers:

- For games, only the required team managers, coaches, team Mom/Dad, scorekeeper, umpires, and one league administrator (i.e. Safety Officer, player agent, etc.) are allowed on the field.
- Practices are limited to the managers, coaches, team parents, and players.
- Each team will have one manager, two coaches and one team Mom/Dad during games.
- All managers, coaches, team Mom/Dad, and board members must wear a face mask when within six feet of players or when in the dugout.
- The team parent may be used to monitor players when they are seated in the designated area and to assist with maintaining the line-up.

#### Managers and Coaches: Practice/Games

- One manager and two coaches per team.
- The manager is to assign coaches to be either the first or third base coach or the dugout coach.
- The dugout coach must wear a face mask when in the dugout with a player or another coach.
- Managers and coaches must wear a face mask if they cannot social distance.



## La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

### Section 3: Game Operations & Umpires

#### Pre-Practice/Games Plate Meetings:

- Social distancing of six feet between individuals must be practiced during all pregame plate meetings.
- Pre-game plate meetings will only consist of one manager or coach from each team, and game umpires.
- All participants must wear a cloth face covering.
- Players are never to be a part of pre-game plate meetings.
- If possible, eliminate pre-game plate meeting.

#### Equipment Inspection: Practice/Games

- Players must 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 before the inspection of each individual piece of equipment and after the last piece of equipment.

#### Limit League Practice/Game Volunteers:

- For games, only the required team managers, coaches, team Mom/Dad, scorekeeper, umpires, and one league administrator (i.e. Safety Officer, player agent, Board Member etc.) are allowed on the field.
- Practices are limited to the managers, coaches, team Mom/Dad, and players.
- Each team will have one manager, two coaches and one team Mom/Dad during games.
- All managers, coaches, team Mom/Dad, and board members must wear a face mask when within six feet of players or when in the dugout.
- The team Mom/Dad may be used to monitor players when they are seated in the designated area and to assist with maintaining the line-up.

#### Managers and Coaches: Games

- One manager and two coaches per team.
- The manager is to assign coaches to be either the first or third base coach or the dugout coach.
- The dugout coach must wear a face mask when in the dugout with a player or another coach.
- Managers and coaches must wear a face mask if they cannot social distance.



## La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

### Section 3: Game Operations & Umpires

#### Players: Practice/Games

- Team roster should not exceed 12 players on a competitive team.
- Players will be assigned personal seating in designated areas for both competitive and non-competitive teams.
- Player equipment bags will be placed in a designated location six feet apart along the fence or under their chair.
- Player equipment must be placed back in their equipment bag or under the chair when not in use.
- Players must stay in their assigned seat until it is their turn to bat or play on the field.
- Players will wear face coverings and batting helmets while in the designated seating area.

#### Non-Competitive Teams:

- There will be a maximum of four approved volunteers (managers, coaches and team parent) per team.
- Team roster should not exceed 12 players on a non-competitive team
- For Challenger Division, parents are allowed to assist their player on the playing field. A face mask must be worn.
- Board of Director's approval will be required to include additional volunteers during games and practices (as needed to play).
- All approved volunteers assisting with the non-competitive divisions must wear a face covering while they assist and interact with the players.

#### Field Preparation and Maintenance: Practice/Games

- Volunteers already participating in the game (managers, coaches, and league administrator/Board Member) are encouraged to perform field preparation and maintenance tasks to limit individuals at the site.
- Field maintenance equipment to include, but not limited to rakes, field drags, shovels, chalk sprayers, hoses and the golf cart.
- Players are not allowed to help set-up or take down the field. This includes not letting them drive or ride in the golf cart.
- Those setting-up or taking down the field need to wear gloves. Managers and coaches are encouraged to bring their own gloves.
- All field maintenance equipment that was used including the golf cart must be sanitized after use.





## La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

### Section 3: Game Operations & Umpires

#### Umpire Placement & Equipment: Games/Scrimmages

- If desired, umpires are permitted to be placed behind the pitcher's mound to call balls and strikes. Umpires are encouraged to keep a safe distance from players as much as possible.
- Umpires are encouraged to bring and use their own umpire gear.
- The league can provide umpire gear to include a protective face covering, chest protector, shin guards and umpire indicator – each set of gear is to be used by one umpire per day and gear must be sanitized after use. At least 24 hours must pass before reuse.
- If physically able, and calling from behind the mound, umpires are required to wear cloth face coverings.
- If needed, the league can provide the umpire with a face covering.

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

- The Board Member on Duty will disinfect frequently touched surfaces daily and in between all facility uses, including practices and games. This includes doorknobs, light switches, handles, facility equipment, dugouts, toilet handles, faucet handles, paper towel dispenser handles, soap dispenser handle and sinks.
- If surfaces are visibly soiled or dirty, they should be cleaned with a detergent or soap and water prior to disinfection.

#### Scorekeeper: Games

- One designated scorekeeper for each game.
- Scorekeeper must sit in score booth or designated area.
- Scorekeeper is required to wear a face mask when unable to practice six feet of social distancing when interacting with others.
- A pitch counter can be work with the scorekeeper in the score booth, but the pitch counter must be from the same family as the scorekeeper.
- Pencils and other scorekeeper supplies will be supplied by the league only when requested. If league supplies are used, they should be sanitized after each person's use. Scorekeeper is encouraged to bring their own pencils and erasers.



## La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

### Section 4: Facilities, Fans & Administrative Guidance

#### Spread out Scheduling of Practices/Games:

- Schedule sufficient time between practices and games to facilitate the complete evacuation of individuals from a previous practice or game from the premises before the next group enters.
- Arrivals to the fields will be scheduled to ensure a limited number of individuals will be arriving at the same time.
- If there is a prior game or practice, 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. NO spectators at practices.
- Players, families, and spectators are instructed not to show up to fields more than 40 minutes before game time. Players are to show up 30 minutes prior to practices.
- On-field warm-up will be limited to no more than 30 minutes.
- A 30-minute buffer will be scheduled between practices.
- A 1-hour buffer will be scheduled between games.
- Game Schedule Example:

12:00pm	Game A - start
1:45pm	Game A - end:(drop-dead time)
1:45 - 2:00pm	Game A - players/families vacate park
2:05pm	Game B - players arrive (40 minutes prior to game)
2:05 - 2:15pm	Game B – screen coaches, players, set equipment
2:15 - 2:45pm	Game B – pre-game warm-up, etc.
2:45pm	Game B - start

- Practices and games must follow all local and state directives regarding the number of people allowed to gather in one place.



**La Habra City Little League  
Best Practices on Organizing, Playing, And Watching  
Little League Baseball During the Coronavirus Pandemic**

**Section 4: Facilities, Fans & Administrative Guidance**

**Pre-Practice/Game Arrival & Warm-Ups:**

- Players arrive no earlier than 40 minutes before game time. 30 minutes before practices.
- Players are not to congregate within a group prior to taking the field to warm up.
- Home team to warm up on the left field area.
- Visitor team to warm up on the right field area.
- Stretching: Separate in a space to allow six feet apart.
- Running: Run as a team spaced out 10 feet apart.
- Throwing: Ensure throwing distance is at least six feet apart.
- Pop-ups or Grounders in Outfield: Players waiting their turn should be spaced six feet apart from each other.
- Pitcher/Catcher Warm-Ups: Only one pitcher and one catcher are allowed to be in the bullpen. The bullpen coach is to maintain six feet distance from players and must wear a mask.

**In-Practice/Game Etiquette:**

- No group gatherings at home plate following a home run.
- No high fives or handshakes during and after the game.
- No seeds, nuts or any type of food are allowed at any time on the playing field or in the park.
- There will be no "high five" line after the game.
- Players will line up along their dugout side baseline, spread out down the baseline, at least 6 feet apart, and tip their caps to the opposing team.
- If a player makes an out at first base, that player must retrieve their own bat.
- If the dugout coach is required to retrieve the bat, they are to sanitize players bats after use and place it under the dugout bench, 6 feet from any other players bat, until the player is able to retrieve the bat and return it to their equipment bag.
- At this current time during practice, there is to be no sliding drills that include a defensive player attempting to tag the sliding player out.



## La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

### Section 4: Facilities, Fans & Administrative Guidance

#### Limiting Spectator Attendance: Practice/Games

- It is recommended that each player has no more than two spectators in attendance at games.
- Spectators are defined as parents, caregivers, siblings, family and fans.
- There are no spectators for practices. Parents should wait in their car or return to pick up their player after practices.
- All spectators must follow best social distancing practices — stay six feet away from individuals outside their household; wear a cloth face covering; avoid direct hand or other contact with players/managers/coaches during play.
- During games, spectators must watch the game from the areas behind the outfield fence, bringing their own seating or portable chairs, easy ups following 6 feet social distancing per family area. Bleachers will not be open for seating by spectators.
- A spectator with any of the following conditions must not attend a practice or game:
  - 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, immunocompromise, chronic kidney disease, and chronic lung disease.
  - Those currently residing in a nursing home or long-term care facility
  - Those over age of 65
- No visitors who are unrelated to a player, sales representatives or outside distributors will be allowed at the field.



## La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

### Section 4: Facilities, Fans & Administrative Guidance

#### Public Restrooms: Practices/Games

- Those choosing to use the public restrooms do so at “their own risk”.
- Except for a parent with a child, a “one-in-one-out” policy, where only one individual is permitted within the restroom at one time, will be implemented to ensure adequate distancing in the confined restroom space.
- Restrooms will be cleaned and disinfected by the Board Member on Duty in between games and after practices.
- Bathrooms will be stocked with soap/hand towels daily for hand washing by City of La Habra.
- Public water fountain use is discouraged.
- Signs will be posted at the entrance to restrooms.

#### Concession Stands: Practice/Games

- No food or concession sales will be allowed at facilities.
- Families are encouraged to bring their own packaged food/canned or plastic container beverages.
- The snack shack is closed.

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

- Display posters and signs around the fields to frequently 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.
  - Using social distancing and maintaining at least six feet between individuals in all areas of the park.
- Posters and proposed posting locations must be approved by the La Habra Community Services Department prior to posting.



**La Habra City Little League  
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**Section 4: Facilities, Fans & Administrative Guidance**

**Board Member on Duty & Safety Coordinator:**

- A minimum of one board member will be assigned to each park during scheduled game times.
- The board member on duty will practice social distancing guidelines such as staying at least six feet apart during any interaction with others. A face covering may be worn if deemed necessary.
- The board member on duty will educate and enforce social distancing among players and spectators.
- The board member on duty will communicate with all participants of the game and spectators in friendly, yet firm, manner that all social distancing protocol must be adhered to during their time on the field.
- For the days the Safety Coordinator is not assigned to on field duty, they will be available during game time by phone for any emergency situations.

**Member Communication:**

- Disseminate information to all families, volunteers, and spectators about the Coronavirus risk and the efforts La Habra City Little League will be undertaking to mitigate those risks, as outlined above. Information will be disseminated by way of email, league website, social media, and through coaches.



**La Habra City Little League  
Best Practices on Organizing, Playing, And Watching  
Little League Baseball During the Coronavirus Pandemic**

**Section 5: League Guidelines Approval**

**League Guidelines Approval:**

These guidelines were established to allow our children the opportunity to play sports. These guidelines reflect the recommendations and views of the community and health care providers. Youth sports and local businesses are required to follow COVID-19 safety and preventive guidelines to remain open and active.

The following persons may be contacted regarding this protocol:

Name	Position	Email	Signature/Date Approved
Richard Gradillas	League President	lhcl.pres@gmail.com	<i>Richard Gradillas</i> / 6-17-20
Teresa Barger	League Safety Officer	lhcl.asap@gmail.com	<i>Teresa Barger</i> / 6-17-20
Carmella Gaytan	League Player Agent	lhcl.info@gmail.com	<i>Carmella Gaytan</i> / 6-17-20
Carmella Gaytan	District Administrator	lhcl.info@gmail.com	<i>Carmella Gaytan</i> / 6-17-20

I understand and agree that these guidelines are necessary for my child(ren) to play Little League and that refusal to follow these guidelines may prevent Little League from remaining open for play and that I may be asked to leave the game site if I do not abide by these guidelines.

Player Name: \_\_\_\_\_ Division: \_\_\_\_\_

Player Name: \_\_\_\_\_ Division: \_\_\_\_\_

Player Name: \_\_\_\_\_ Division: \_\_\_\_\_

Player Name: \_\_\_\_\_ Division: \_\_\_\_\_

Player Name: \_\_\_\_\_ Division: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Dated: \_\_\_\_\_