



LCBSA 2021 COVID SAFETY REOPENING PROTOCOLS

Note: This document may be modified and updated as deemed necessary by the LCBSA Revised 5/27/2021

A. FOUNDATIONAL STATEMENT

- These protocols have been developed by the La Canada Baseball Softball Association (“LCBSA”) to ensure safe participation in baseball and softball activities by all participants during the COVID-19/novel coronavirus pandemic. They comply with the orders set forth by the State of California and the County of Los Angeles Department of Public Health Reopening Protocol for Youth Sports Leagues (“RPYSL”) as of the date these rules are amended and republished. LCBSA reserves the right to apply or enforce different standards promulgated through further amended versions of the RPYSL even though these re-opening protocols may not yet be updated to reflect them. These protocols must be strictly complied with by players, coaches, volunteers, family members, observers and visitors.
- Failure to comply with these protocols may result in loss of the ability to participate in LCBSA activities.

B. MEASURES TO ENSURE PLAYER AND COACH SAFETY: DISTANCING, MASKS AND SCREENING

- Physical Distancing: As much as possible, participants, coaches, and volunteers are to maintain a) a physical distance of at least six (6) feet between each other at all times and b) an eight (8) feet distance between each other during times of heavy physical exertion.
- All sports participants are required to wear an appropriate face covering that covers the nose and the mouth at all times during practice and conditioning, even during heavy exertion as tolerated to protect the safety of all participants. During competitions, face masks must be worn when not participating in the activity (e.g., on the sidelines). Exceptions to wearing a face mask are when the face mask may become a hazard, while eating/drinking or when engaging in solo physical exertion. Masks with one-way valves may not be used. Only individuals who have been instructed not to wear a face covering by their medical provider due to a medical condition, mental health condition, or disability that prevents wearing a face covering are exempt from wearing one or when the face mask may become a hazard. Participants should take a break from exercise if any difficulty breathing is noted and should change their mask or face covering if it becomes wet and sticks to the player’s face and obstructs breathing. Masks that restrict airflow under heavy exertion (such as N-95 masks) are not advised for exercise.

- All coaches, support staff, family members, observers, and visitors are required to wear an appropriate face mask that covers the nose and the mouth at all times. This applies to all adults and to children 2 years of age and older. Masks with one-way valves may not be used. Individuals who have been instructed not to wear a mask by their medical provider must wear a face shield with a drape on the bottom edge, to be in compliance with State directives, as long as their condition permits it. A drape that is form fitting under the chin is preferred.

- **Screening.** Screening is conducted before players, coaches, umpires and volunteers may participate in baseball and softball activities. This includes a check-in concerning fever, cough, shortness of breath, loss of sense of smell, difficulty breathing and fever or chills, and whether the person has had contact with a person known or suspected to be infected with the Novel Coronavirus (COVID-19) within the last 10 days. (See Appendix A for Screening Questions.)
 - If the person has no symptoms and no contact with a known or suspected COVID-19 case in the last 10 days, they are cleared to participate for that day.
 - If the person was not fully vaccinated against COVID-19 and has had contact with a known or suspected COVID-19 case in the last 10 days, they will be sent home immediately and asked to quarantine at home. They will be directed to the LA County Department of Health quarantine instructions found at ph.lacounty.gov/covidquarantine. A fully vaccinated person or a person who has recovered from a laboratory confirmed cases of COVID-19 within the prior 90 days, does not need to quarantine after exposure to a known COVID-19 case within the previous 10 days, provided that they remain asymptomatic. Those who develop symptoms of COVID-19 must isolate themselves.
 - If the person is showing any of the symptoms noted above, they will be sent home immediately and asked to isolate at home. They will be directed to the LA County Department of Health isolation instructions found at ph.lacounty.gov/covidisolation.

- **Travel and Quarantine Requirements.** Every player, coach and volunteer must comply with the L.A. County Department of Public Health’s Travel Advisory and Guidance regulations. The full regulations can be found at: <http://publichealth.lacounty.gov/media/Coronavirus/traveladvisory.htm>. Asymptomatic travelers arriving in or returning to the County of Los Angeles from other states or countries must adhere to the following quarantine guidelines prior to returning to League activities:
 - Fully vaccinated travelers (people who are ≥2 weeks after the 2nd dose of 2-dose Pfizer/Moderna vaccine or 1st dose of single dose Johnson and Johnson vaccine) do not need to quarantine prior to returning to League activities.
 - All non-essential travelers who are not fully vaccinated must:
 - Quarantine for 7 full days after travel if they get tested and get a negative COVID-19 viral test result from a specimen collected 3-5 days after their arrival.

- Quarantine for 10 full days after travel if they did not get tested with a COVID-19 viral test after their arrival.

C. LEAGUE AND TOURNAMENT ACTIVITIES

- Inter-team competition may be held between two teams. Tournaments or events that involve more than two teams are not currently permitted in California. Only one competition, per team, per day maximum may be played. Exceptions may be made, with written authorization from LCDPH and each of the Local health departments from where teams originate.
- Teams located and originating in Los Angeles County may participate in events and competitions that are between more than two teams or multiple single or double competitors taking place outside Los Angeles County consistent with the RPYSL.
- Observers and spectators are permitted at league activities but must wear masks at all times and practice physical distancing and remain six (6) feet apart from the players, coaches and other observers (other than members of the same household).
- Players, coaches and volunteers will remain in one stable cohort by team for the season. With the exception of gameplay between two teams, only one team may engage in league activities in one outdoor space at a time. A master schedule will be created for team cohorts with sufficient time built in for transitions between teams (no congregating on fields) to avoid unnecessary interaction.
- Players must stay within a stable team (cohort or same group of players). This will generally consist of up to 14 players, although exceptions may be reviewed and approved by the League.
- To the maximum extent possible, players are encouraged to bring their own equipment (bats, gloves, helmets, batting gloves, etc.) to all league activities and not share equipment. Players may engage in throwing a baseball or softball as part of skill-building exercises.
- Players must bring their own pre-filled reusable or purchased water bottles. Players shall not drink from the same beverage container or share beverages.
- Players, coaches, and volunteers are discouraged from making unnecessary physical contact with one another (for example, high-fives, handshakes, fist bumps, elbow bumps).
- Hand sanitizer will be available at the fields for use at check-in before all league activities. Sanitizer must be rubbed into hands until completely dry.

D. PREVENTION AND MONITORING PROTOCOLS

- Players, parents/guardians, coaches and volunteers will be reminded to adhere to personal prevention actions including:
 - Stay home when you are sick.

- Stay home until at least 10 days have passed since your symptoms first appeared AND at least 24 hours after recovery, which means, for example, your fever has resolved without the use of fever-reducing medications and there is improvement in your symptoms.
 - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol. Wash your hands after using the restroom and after coughing and sneezing.
 - Cover your coughs and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately. If you do not have a tissue, use your elbow (not your hands).
 - Do not touch your mouth, eyes, nose with unwashed hands.
 - Avoid contact with people who are sick.
 - Avoid sharing any non-sport related items such as phones or other devices. If devices must be shared be sure to wipe them down with a disinfectant wipe before and after sharing.
 - Constantly observe your distance in relation to other players, coaches and volunteers. Always maintain the recommended minimum 6 feet separation from others and always wear a face cloth covering.
 - Disinfect frequently touched objects and surfaces.
- Instruction and information signage are posted throughout the facility regarding infection control, physical distancing, use of face coverings and instructions to stay home if sick with respiratory symptoms. These Protocols shall be posted on the LCBSA website.
 - LCBSA, managers and coaches will monitor compliance of posted restrictions.
 - Participants are asked to leave if not complying with these restrictions.
 - Copies of this Protocol have been distributed to all parents/guardians, players, coaches and volunteers.

E. REPORTING AND TESTING

- LCBSA has designated a LCBSA COVID-19 Response Team which will be responsible for responding to any instance where a coach, volunteer or player develops symptoms consistent with COVID-19, has close contact with a person known or suspected to be infected with COVID-19 (unless the person was fully vaccinated at the time of the close contact), or tests positive for COVID-19.
 - Close contact is defined in the LA County DPH guidelines as: (1) You were within 6 feet of someone with COVID-19 for a total of 15 minutes or more over a 24-hour period; or (2) You had unprotected contact with body fluids and/or secretions from someone with COVID-19 (For example, you were coughed or sneezed on, you shared a drinking cup or eating utensils, you kissed, or you provided care to them without wearing the right protective equipment).

- Players, parents/guardians, coaches and volunteers will be expected to report the development of symptoms consistent with COVID-19, close contact with a person known or suspected to be infected with COVID-19 and a positive COVID-19 test.
- Any player, coach or volunteer who tested positive for COVID-19, or who had a member of their household test positive for COVID-19, regardless of whether or not the individual was symptomatic, will be required to:
 - Quarantine from all other members of the team for 10 days; and
 - Provide proof of a negative COVID-19 test before returning to any league activity.
- A positive test or instance requiring an individual quarantine as set forth above, shall be reported to the LCBSA COVID-19 Response Team by either the coach and/or the team's COVID-19 compliance coordinator, who will implement the necessary response procedures, including:
 - Inform the affected individual, or their parent/guardian, they must quarantine from the team, as required;
 - Determine if all members of the team will be required to quarantine and make the necessary notifications; and
 - Determine what other action might be appropriate under the circumstances of that particular case.
- The LCBSA COVID-19 Response Team will provide referrals for COVID-19 testing locations to the affected individual(s) within 24 hours.
- All efforts will be made to ensure the privacy of the affected individual while also protecting the safety of the other players, coaches and volunteers.
- LCBSA will report all confirmed cases of COVID-19 disease to the Los Angeles County Department of Public Health for all participants who had been at the site at any point within 14 days prior to the illness onset date. The illness onset date is the COVID-19 test date or Symptom Onset Date of the infected person, whichever is earlier. Reporting of cases should be done within 1 business day of being notified of the case. This can be completed online using the secure web application: <http://www.redcap.link/lacdph.educationsector.covidreport> or by downloading and completing the COVID-19 Case and Contact Line List for the Education Sector and sending it to <mailto:ACDC-Education@ph.lacounty.gov>. In the event that 3 or more cases are identified among the members of the youth sports program within a span of 14 days, LCBSA will immediately report this cluster to the Department of Public Health by the same methods described above.

F. GAME SPECIFIC GUIDELINES

- All coaches, volunteers, observers and umpires must wear a face mask at all times. In addition, all of the above protocols remain in place during game play.
- Pre-Game Conference:
 - Shall be limited to the head coach of both teams and umpire(s).
 - Participants must adhere to social distancing practices during the conference.

- Pre-game handshakes or fist-bumps are discouraged.
- Team Dugouts
 - Only coaches and players are permitted in the dugout.
- Umpires:
 - The home team shall be responsible for checking in the umpire(s), including conducting temperature checks, asking the screening questions and ensuring the umpire is complying with the mask requirement.
 - Umpires will not handle player equipment on the field during play.
- In-Game Practices:
 - If a pitcher puts his/her hands to their mouth and touches the ball, “TIME” is called, the pitcher must sanitize their hands and a new ball is inserted before throwing the next pitch.
- Observers and Spectators Present at the Games:
 - Family members, observers and visitors must adhere to all the protocols stated above.
- Post-Game Celebrations:
 - Teams are encouraged to acknowledge each other through socially distanced means.

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

Joe Radabaugh - League President

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