



RETURN TO PLAY GUIDELINES

SPRING 2021



OVERVIEW

This plan is designed to create a safe environment for players, coaches, umpires, volunteers, and members of their household or immediate family while they are participating in youth baseball with Alexandria Little League.

UNIVERSAL GUIDELINES

All persons participating in Alexandria Little League (coach, player, volunteer, umpire, spectator) must abide by these universal guidelines while at the facilities.



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 should not attend any Alexandria Little League activity until cleared by a medical professional.



If you or a member of your household are sick, please stay home.



If you or a member of your household becomes sick or begins experiencing symptoms of COVID-19, notify Alexandria Little League.



Practice social distancing (minimum of 6 feet distance) when outside at all times —when not around your immediate family or other household members. Spectators and family members must wear a well-secured paper or cloth mask that covers your nose and mouth (PPE) at all times. **Even those who have already been vaccinated must wear a mask.**



Frequently wash your hands for a minimum of 20 seconds or use hand sanitizer, especially after touching surfaces (doorknobs, light switches, gate latches, handles, etc.)



No spitting, eating of sunflower seeds, or chewing of gum on any of the permitted field complexes.

COACH AND VOLUNTEER GUIDELINES

Coaches, managers, and other assistants follow these guidelines.

- ✓ Disinfect multi-used items (bats, helmets) if players do not have their own.
- ✓ Minimize number of coaches and assistants for games/practices.
- ✓ Clean/disinfect team equipment.
- ✓ Clean/disinfect high touch surfaces before and after games/practices.

PLAYER GUIDELINES

Players are to follow these guidelines at all times.

- ✓ When not in the field, they must wear PPE if not able to keep social distancing, including entering and exiting the field.
- ✓ When in the field of play, wearing PPE is optional.
- ✓ Use or touch only their own equipment. If a player does not have their own equipment, use team's which will be cleaned between uses.
- ✓ Bring their own beverage and do not share.
- ✓ Follow dugout guidelines.

FAMILY MEMBER GUIDELINES

Household and immediate family members are to follow these guidelines at all times.

- ✓ Household or immediate family only (parents, guardians, brothers, sisters).
- ✓ Wear masks at all times. Family members and spectators without a mask will have to leave the ball park area.
- ✓ Bring their own seats and sit social distanced from other families and do not use any bleachers players are using.
- ✓ Do not retrieve foul balls.

EQUIPMENT GUIDELINES

Guide to equipment use at all times.

- ✓ Players are not to share their equipment.
- ✓ Players who need equipment, will use team's equipment. If team equipment is used, it must be disinfected after each use.
- ✓ Equipment bags are to be placed outside of dugout separated from each other.
- ✓ Players must bring their own beverages.
- ✓ Warm-up baseballs between innings must be the same.

DUGOUT GUIDELINES

Guide to dugout use at all times.

- ✔ Managers/Coaches and players should be assigned spots in the dugout or on the bleachers 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 and will use the same spot for the duration of the event. Bringing a folding chair to keep equipment on and to sit in is helpful.
- ✔ Dugout and any bleachers used by players must be cleaned and disinfected after each game/practice using EPA approved household disinfectant or a solution of diluted household bleach.

UMPIRE GUIDELINES

Umpires are to follow these guidelines at all times.

- ✔ Wear PPE if unable to keep social distancing.
- ✔ One umpire will be calling pitches from behind the pitcher's mound on the grass.
- ✔ The second umpire will be behind home plate and will maintain social distance from the catcher.
- ✔ Umpires will not handle baseballs. Passed balls, foul balls will be retrieved by players.
- ✔ Pre-game player's equipment check is visual only.

GAME GUIDELINES

Pregame, in-game, and post game guidelines to be followed at all times.



- Show up maximum of 30 minutes before game time.
- Game field must be exited completely and cleaned by previous teams before new teams enter the field and dugouts.
- 15 minute maximum pre-game warm-ups for each team.
- Must leave premises no later than 20 minutes after the end of the game.



- Social distance meeting at the plate with umpires and coaches.



- Each team will use their own baseballs.
- Between inning warm-ups must use same ball.
- Foul balls will be retrieved by players or coaches only from the defensive team, not spectators, not umpires. If touched by another, the ball will be disinfected before being reintroduced.



- No physical contact celebrations between players (i.e. high fives, fist bumps, etc).
- End of game - line-up out front of dugouts and tip hats in good sportsmanship.



- All high touch surfaces must be sanitized before any other team is permitted on the field or in the dugout. Clean and disinfect common contact points of field. — Dugouts, fences, gate latches, benches, etc.



If you have any questions or concerns, please contact us at admin@alexandriabaseball.com.

