

Solana Beach Little League

Spring 2021 COVID-19 Protocols

As of Jan 7, 2021

On August 3, 2020, CDPH issued (and SDHHS subsequently adopted) guidance related to youth sports. Youth sports are permitted when (1) physical distancing of at least six feet can be maintained and (2) a stable cohort (like a class or team) that limits the risks of transmission can be maintained. Further guidance about return to competition, including conditions required for competitive contests (e.g. games) to resume was provided by CDPH on December 14, 2020 and can be found here:

[Outdoor and Indoor Youth and Recreational Adult Sports \(ca.gov\)](#)

SBLL will begin on field activities in January 2020. On field activities will follow the guidelines described below. These guidelines may change during the season if CDPH, SDHHS, Little League International, California District 31 Little League Baseball, and/or Solana Beach School District (SBSD) issue additional guidance and SBLL may update the types of activities that are allowed. Any updates will be communicated clearly to Solana Beach Little League (SBLL) participants.

The SBLL protocols address several key factors that are instrumental in providing a safe and healthy environment for all participants – players, coaches, and families. These factors include:

- Controlling the environment around the field of play with social/physical distancing, the use of face coverings, and limiting the number of participants in attendance.
- A focus on sanitation of shared equipment and on/around the field.
- Identification and exclusion of symptomatic individuals.
- Reporting and sharing of information.

The exact details of these protocols are outlined in the following pages.

At the end of the day, **the decision to play and participate in Solana Beach Little League, or any athletic activity, is yours.** We have worked to reduce the individual risk as much as possible, but it is virtually impossible to provide a risk-free environment. SBLL only wants you to participate if you feel comfortable doing so. Hopefully, these protocols will reassure families that we have created a safe and healthy environment.

After reviewing these, we ask that all SBLL participants (coaches, parents, players) sign the form acknowledging that they have read the protocols, understand them, and agree to follow them. As these new protocols will officially go into practice in January, **no player or coach will be allowed to participate without a signed agreement on file with SBLL.** If guidelines are updated during the season, the protocols may be amended accordingly during the season.

PARENTS

- Before bringing your player to an SBLL event, please ensure the following questions are negative from the player perspective.
 - Have you had a fever in the past 14 days?
 - Do you currently have a cough, fever or body aches?
 - Are you experiencing any loss of taste or smell?
 - Have you been exposed to someone with COVID-19 in the past 14 days?
 - Has anyone in your home experienced COVID-19 symptoms in the past 14 days?
- If a player has had close direct contact with someone who has tested positive for COVID-19, the parent/guardian agrees to not allow the player to participate in any SBLL event for 14 days after exposure. This means the player may attend an SBLL event on or after the 15th day following the most recent exposure. Alternatively, players may return after to SBLL events on the 11th day after exposure with proof of a negative COVID-19 test.
 - If a player has symptom onset during this time period, the player will not participate in any SBLL event for 10 days from the onset of symptoms and also 24 hours after their fever is completely gone (without fever reducing medication)
- Clearly label your child's personal equipment with their name and a phone number (water bottle, equipment bag, gear, hand sanitizer, and any other personal items).
- After each SBLL event, clean all personal gear and equipment.
- Follow SBLL's drop-off and pick-up protocols (see below). It is highly recommended not to carpool.

TEAMS / COHORTS

- All practices will be limited to 1 team per practice made up of up to 13 players, coaches, and a team parent/safety coordinator. Players not assigned to the team (friends, siblings, etc.) will NOT be allowed to practice with the team.
- For games, if a team does not have the minimum number of players substitutions will be allowed, provided they follow the normal SBLL rules for substitution and adhere to all protocols specified in this policy.

PLAYERS: PREPARATION / WHAT TO BRING

- **Arrive fully dressed before checking in**
- **Face Covering** – Players must wear a face covering while waiting to enter the field and upon exiting the field
- **Hand Sanitizer (labeled with name)** – Players must apply hand sanitizer before, during and after each practice session. Coaches will have hand sanitizer available on the field for use as needed during practice.
- **Equipment** – Players must bring (and label) their own glove, water bottle, and uniform as sharing is strongly discouraged. While team bats will be available, players are encouraged to bring their own bat if they have one. All personal equipment should be labeled with the player's name.
- **Water** – Players must bring their own water bottle since community water will not be available and sharing is not allowed.

DROP-OFF / CHECK IN AT FIELD

- SBLL will designate drop-off and pick-up protocols specific for each school / field.
- **A minimum of 15 minutes between the end of one practice session and the start of the next will be in place to allow for one team to exit the field before the next team arrives.** Players should wait in their car until their specific practice time. Participants will not be allowed to check in or be on the field until the team/group has left the field.
- **Players will check in with the team parent, coach, or SBLL representative before entering the field.**

- Temperature checks will be performed at the start of every practice session prior to admittance to the field. Players and Coaches who have a temperature of 100.4 degrees or greater will not be allowed to participate in training. Parents/guardians consent to having your child's temperature taken prior to participating in the practice session.
- All players and parents/guardians are required to wear a face covering when checking in and to maintain physical distancing from other participants.
- Players will apply hand sanitizer upon arrival.
- Team Parent/Coach/SBLL Representative will ask each player to confirm that they are not experiencing any COVID-19 symptoms (see below) at the start of every practice session. A player who answers YES to any question may not participate in training:
 - Have you had a fever in the past 14 days?
 - Do you currently have a cough, fever or body aches?
 - Are you experiencing any loss of taste or smell?
 - Have you been exposed to someone with COVID-19 in the past 14 days?
 - Has anyone in your home experienced COVID-19 symptoms in the past 14 days?
- **Players exhibiting ANY COVID-19 symptoms, have been exposed to someone who has tested positive for COVID-19 or is exhibiting COVID-19-like symptoms, and players who are suspected of having COVID-19 are NOT PERMITTED to attend any SBLL event.** Any player who has taken a COVID-19 test based on suspicion of exposure may not attend any SBLL event until receiving confirmation of a negative result. Players who knowingly violate this policy may face suspension from SBLL activities.

SAFETY COORDINATOR

- Safety Coordinators handle player check in for each practice session and keep a record of the players and coaches participating in the practice session (to help with potential contact tracing).
- Safety Coordinators assist with hand sanitizer and other safety precautions.
- Safety Coordinators remain at the field for the entire practice session to monitor compliance with these protocols.
- Safety Coordinators must wear a face covering for the duration of the practice session.
- Coaches may perform the team parent functions.

COACHES

- Coaches will be subject to temperature checks and all COVID-19 reporting protocols.
- Coaches must wear a face covering for the duration of the SBLL event. If a coach temporarily removes a face covering for instructions, they must be a minimum of 6 feet from any player and reapply their face covering as soon as instructions are finished.
- Coaches and Safety Coordinators should be the only people to handle shared equipment until sanitized for the next player's use. Coaches and/or Safety Coordinators should sanitize equipment after each practice session.

SPECTATORS

- **Spectators must maintain a 6-foot social distance from other spectators not part of the same household. Spectators must wear face coverings for the duration of the SBLL event while not in their vehicle.**

ON FIELD PROTOCOLS

- **Dugouts are not to be used during practice.** After checking in, players will move to a designated location along the fence or field boundary (marked by cones or with a sprayed mark on the field), which will be at least 6 feet away from other players. Players will leave their equipment/belongings at their designated spot. There is to be NO communal bench area or water station.
- Dugout usage is permitted during games permitted facial coverings are worn by all players and coaches.
- **Shared equipment will be sanitized between player uses**
- **No physical greetings.** No first bumps, high fives, hugs, etc....
- **Players MUST wear face coverings:**
 - **Until instructed that they may remove them when training/warm-up starts**
 - At ALL times while playing the position of catcher
 - At ALL times when in the dugout
- Players and coaches must maintain a 6-foot social distance between each other within the rules of the game.

END OF EVENT

- Gathering of players or spectators is discouraged near the field or facility at the end of the event.

REPORTING PROTOCOLS

- **Coaches, team parents, or players who have tested positive for COVID-19, are suspected of having COVID-19 by a health care provider or have been exposed to anyone who has tested positive for COVID-19 must report this to SBLL's COVID-19 Compliance Coordinator.** This includes any coach, team parent or player who has been given a COVID-19 test, even if it is just precautionary.
- **In the event a team parent, player, or coach tests positive for COVID-19, the players or team(s) that they have been around will be notified.** Names of person(s) who tested positive will not be provided. Recommendations and/or requirements will be given to all who are contacted based on the scenario –whether testing and/or self-isolation is needed or recommended.

Guide for Attending a Practice Session

Step One – Before Leaving Home

- Did the player go to the bathroom before we leave?
- Are proper shoes on and tied?
- Does the player have water in a labeled container?
- Does the player have a face covering?
- Does the player have their equipment (mitt, bat, hat, etc.)?
- Can player answer these questions with the answer that permits them to attend a practice session? (Note: All answers should be no to attend)
 - Have you had a fever in the past 14 days?
 - Do you currently have a cough, fever or body aches?
 - Are you experiencing any loss of taste or smell?
 - Have you been exposed to someone with COVID-19 in the past 14 days?
 - Has anyone in your home experienced COVID-19 symptoms in the past 14 days?

Step 2 – Arriving at the Field

- Follow any signs, paths or directions to your specific gate of entry
- Parent/guardian and player will check in with team parent or coach
- Player will be asked the above questions about health and temperature taken
- Players will be asked to clean hands with hand sanitizer and be directed to a designated area on the field

Step 3 – After Practice

- Practice will end at the exact time stated for your group/cohort – please be on time
- Coach or Team Parent will release players one at a time after confirming parent / guardian has arrived
- Parents stay in car

Watch for COVID-19 Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

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Parent / Guardian Acceptance

Assumption of Risk. I recognize there is presently a significant element of risk of COVID-19 transmission inherent in visiting public spaces, such as baseball grounds, and/or engaging in activities, gatherings, or events with or within proximity of others, including, without limitation, accident, personal or bodily injury, illness, viral or bacterial exposure or infection, and/or death, and that engaging in such activities may be dangerous. I agree that SBLL cannot ensure the safety of participants, volunteers, and spectators from risks of COVID-19 or other related or similar pandemics. I have reviewed and understand the risks reflected in the local, state, and federal alerts and guidelines. I assume all risks, known and unknown, on behalf of all members of my family participating in SBLL activities, including risks from COVID-19. I full responsibility for any sickness, hospitalization, bodily injury, death, loss of personal property, quarantines, and all related costs and expenses of any person arising from participation in SBLL.

Waiver and Release of Claims. I waive and release SBLL from and against all claims and causes of action, for any injury or harm of any kind which may arise . This release is intended to discharge SBLL against any and all liability arising out of or connected in any way with my family’s participation in SBLL, regardless of cause. I understand that by signing this Agreement, I am releasing claims and giving up substantial rights, including my right to sue, and acknowledge that I am doing so voluntarily.

INDEMNIFICATION. TO THE FULLEST EXTENT PERMITTED BY LAW, ON BEHALF OF MYSELF AND MY FAMILY, I AGREE TO IMMEDIATELY DEFEND, INDEMNIFY, AND HOLD SBLL FREE AND HARMLESS FROM ANY LOSS, DAMAGE, LIABILITY, OR EXPENSE THAT MAY ARISE IN WHOLE OR IN PART FROM THE APPLICATION AND AGREEMENT FOR THE USE OF FACILITIES AND THIS COVID-19 ADDENDUM, INCLUDING AS IT RELATES TO ANY EXPOSURE TO COVID-19. THE DEFENSE AND INDEMNITY OBLIGATIONS UNDER THIS PARAGRAPH SHALL APPLY REGARDLESS OF SBLL OR ANY OTHER PERSON OR ENTITY’S ACTIVE OR PASSIVE NEGLIGENCE.

By signing below, I acknowledge I have reviewed SBLL’s CoViD-19 protocols and agree to adhere to them, as well as to the release of liability above.

Printed Name

Signature

Date

Relation to Player