



COVID-19 Protocols for Annandale North Springfield Little League

For the 2021 season, the following temporary local rules were adopted by the ANSL Board of Directors. These rules will be evaluated and may be modified by the Board at any time based on experience or changing guidance from Little League International, government and health authorities.

Sources used to develop these rules included the following websites:

CDC Considerations for Youth Sports

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Commonwealth of Virginia Safer at Home Phase Three: Recreational Sports

<https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Forward-Virginia-Phase-Three-Guidelines.pdf>

Commonwealth of Virginia Executive Orders

[Virginia Governor Ralph Northam - Executive Actions](#)

Little League Season Resumption Guide

<https://www.littleleague.org/player-safety/coronavirus-update/season-resumption-guide/>

Notification in the Event of a Confirmed COVID-19 (Coronavirus) Diagnosis

Goal: Prompt notification of league membership & protect confidentiality.

- If a player or volunteer is diagnosed with coronavirus, or if they have come in close contact with a person who has a positive diagnosis, including a resident of their household, that player or volunteer should be cleared by a medical professional before participating in Little League activities.
- If the league or a volunteer is notified that an individual associated with the league has been diagnosed with COVID-19 (coronavirus), the league will promptly notify the membership and more specifically individuals who may have come into contact with this individual, with the

recommendation to follow all CDC and World Health Organization requirements for self-quarantine. The infected individual's name will not be shared and will be kept to the strictest confidentiality, unless such individual has provided express consent that his/her name may be shared with the league membership.

- The Board of Directors will determine what, if any, modifications to scheduled league activities are appropriate based on the specific circumstances of a notification.
- While each positive COVID case will be examined on a case-by-case basis, the ANSLL Board of Directors retains the right to suspend baseball operations (whether at the team or league level) at any time if there's an outbreak of positive COVID cases.

Signage

Goal: Compliance with Forward Virginia Phase 3 signage requirements for recreational sports.

- Provide clear communication and signage for physical distancing in areas where individuals may congregate, especially at entrances and in seating areas.
- Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- Post signage to provide public health reminders regarding physical distancing, gatherings, options for high-risk individuals, and staying home if sick.

Before leaving home

Goal: Reduce the chances that COVID-infected persons will be present at league activities.

- Coaches, officials, staff, and players experiencing COVID-19 symptoms should not participate in any league activities.
- Per Forward Virginia Phase Three Guidelines, daily screening is required of coaches, officials, staff, and players for COVID-19 symptoms.
- On the day of any league activity and prior to arrival at the field, parents or guardians must screen all youth players and youth umpires according to CDC guidelines for arrival at child care programs. Per these guidelines, youth exhibiting any of the following symptoms must not participate in league activities:
 - Fever of 100.4 degrees Fahrenheit (38.0 degrees Celsius) or above
 - Shortness of breath
 - Cough
 - Flushed cheeks
 - Rapid breathing or difficulty breathing (without recent physical activity)
 - Fatigue
 - Extreme fussiness
 - Loss of taste or smell

- Managers, coaches and other adult volunteers must screen themselves on the day of any league activity and prior to arrival at the field. Per Forward Virginia Phase Three Guidelines, adults exhibiting any of the following symptoms must not participate in league activities:
 - Fever (100.4 degrees Fahrenheit/38.0 degrees Celsius or higher) or a sense of having a fever
 - New cough that cannot be attributed to another health condition
 - New shortness of breath that cannot be attributed to another health condition
 - New chills that cannot be attributed to another health condition
 - New sore throat that cannot be attributed to another health condition
 - New loss of taste or smell
 - New muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise).
- Although Forward Virginia Phase Three Guidelines do not require daily symptom screening by spectators, the ANSLI Board of Directors strongly encourages this for the safety of other spectators.

Scheduling, Arrival and Departure

Goal: Make social distancing easier by minimizing the number of persons at a field or entering/exiting through high-traffic areas at the same time.

- The league will schedule fields and batting cages, and potentially assign parking areas, in an effort to minimize the number of persons at a facility or entering/exiting through high-traffic areas at the same time.
- Players, volunteers and spectators are prohibited from loitering at or around baseball fields or parking lots before or after scheduled practices and games.
- It is recommended that a manager, coach or other designated adult(s) arrives at the field before players arrive to prepare base lines, wipe down bleachers, gates and dugouts, as applicable, before games and practices. It is also recommended that volunteers sanitize hands and tools before and after handling, as well as shed door knobs/handles, fences, gates, etc. Finally it is recommended that managers ensure sanitation of all surfaces that players may be required to touch for a planned activity.
- Players should not arrive at a baseball facility before their scheduled practice or pre-game warm-up time. For games without scheduled pre-game batting practice, players must remain in cars until previous teams have cleared the field. (At Pine Ridge, where the fields are not visible from parking areas, a manager or coach will let parents and players know when their field has been cleared and they can leave their cars.)
- Parents or guardians not specifically approved by managers as volunteers for a specific activity will remain inside vehicles until no less than 10 minutes before the scheduled start time for

practices and games. If the team(s) using a field for an earlier game (or practice) have not departed a field, spectators for the next game should remain in their vehicles.

- Parents, guardians, or other spectators not assisting managers as volunteers should return to vehicles immediately after games end and wait for players there.
- Coaches, other volunteers, players and spectators must leave the field within 15 minutes of the final out of a game or at the scheduled end time for a practice.

Practices and Games

Goal: Reduce opportunities for players to come into contact with individuals other than their teammates.

- Pre-game batting practices in the Pine Ridge cages will only be allowed if scheduled by the league. Only one team will be scheduled for all three batting cages at a time. A maximum of 2 players plus one coach will be allowed inside each cage at a time, to include during baseball pickup. Other players must maintain 10' spacing from one another outside the cages.
- Spectators are prohibited from entering fields, dugouts, "extended dugout" areas, or any other areas where players congregate.
- Players will not be permitted to mingle with spectators during games.

Goal: Reduce opportunities for transmission between spectators.

- Spectators will maintain 100% social-distancing (10') at all times from all non-household members.
- Per Executive order 72, spectators must wear face coverings over their nose and mouth at all times.

Goal: Reduce likelihood of hand-to-face disease transmission.

- Players, coaches and umpires must provide their own hand sanitizer and apply frequently (at least once each half-inning or between drills). No touching the face with unclean hands.
- Food consumption by players and coaches is prohibited. This includes gum and seeds.

Goal: Reduce opportunities for transmission between/among players and volunteers.

- Managers, coaches, and umpires will observe 100% social-distancing (10') from all other persons at all times. (Exception: for administering time-critical first aid.)
- No manager, coach, volunteer, nor another player may assist a player with donning gear.
- In addition to maintaining 10' spacing, managers, coaches, and umpires are encouraged to wear face coverings whenever possible while on the field during games and practices.
- In addition to maintaining 10' spacing, managers and coaches will wear face coverings when off the field, to include inside enclosed dugouts and extended dugout areas, during games and practices.
- For games, managers will designate an "extended dugout" area outside the field fences and the enclosed dugouts. Players will bring a personal folding chair, bucket, blanket or towel and place it in the extended dugout, 10' apart from any other person's seat. (Bleachers may be used provided 10' spacing between all players is maintained.) Players will store all their equipment and drinking water at their seat.

- For practices, players will store their gear and drinking water at 10' intervals along the inside of the field's fence.
- When outside the fence that encloses the baseball field, players will observe 100% social-distancing (10') from all other persons, including teammates.
- When "inside the fence," players will maintain 10' spacing from all other persons to the maximum extent practical, consistent with baseball fundamentals. (Incidental and short-duration proximity or contact will be allowed. For example, positions of batters and catchers will not be modified to create 10' separation, and attempted plays in the field will be allowed without restrictions about player spacing.)
- Minimize time players spend in/transiting through enclosed dugouts and always maintain 10' spacing when doing so. (On-deck and in-the-hole batters may wait within enclosed dugouts during games, provided they maintain 10' spacing from one another, any batters/runners exiting the field, and any coaches.)
- Players may not share the equipment listed: bats, batting helmets, catcher's mask, chest and shin protectors. (If a player is unable to obtain necessary equipment, the league may issue that player's parents league-owned equipment to use for a specified duration. In this case, parents and managers will share responsibility for sanitizing such equipment before and after use.)
- Players may not retrieve another player's bat. This must be done by a manager/coach with sanitized hands.
- Managers and umpires will maintain 10' spacing from one another during the pre-game "plate conference."
- Managers/volunteers will not exchange paper line-ups.
- Managers will not distribute score books or pitch count sheets to/from other volunteers. Volunteers responsible for keeping score and counting pitches will be identified ahead of time and those individuals must print/bring their own forms for doing so or obtain blank forms from the equipment shed themselves. After games, these volunteers will take photos of/scan their records and send to the manager electronically.
- No sharing drinks. No spitting.
- No physical contact celebrations between players (huddles, handshakes, high-fives, fist-bumps, etc.)
- No unscheduled use of batting cages immediately before, during, or after games and practices.
- If at any point a manager determines there is insufficient space to maintain social distancing for any reason, that manager must remove their team from the facility.
- All players must bring a face mask to practices and games. Players will don face masks if they must shelter in a car with teammates (for example, due to lightning) or require transportation for medical treatment by someone other than a parent or guardian.
- For all players, managers, and assistant coaches, masks are required when in the dugout including the extended dugout.
- For Minors, Majors, and Juniors players mask wearing on the field is encouraged, but optional.
- For Farm, Coach Pitch and Tee Ball players mask wearing on the field is mandatory due to the developmental age and skills of the players.
- Mask wearing for managers and assistant coaches is recommended but optional. An example of recommended usage would be while coaching bases during a game, and an example of optional usage would be during batting practice and more intensive fielding drills.

Goal: Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility.

- Managers will suspend a practice or game if any player, volunteer or spectator at the field exhibits COVID-19 symptoms. Such individuals will be isolated away from all other persons. An adult family member or guardian will be responsible for transporting such an individual to their home or to a health care facility.

Baseballs

Goal: Reduce likelihood of disease transmission by handling baseballs.

- No persons other than a team's players and coaches will handle that team's practice baseballs. Do not use the same set of practice baseballs for more than one team, unless sanitizing between uses. (For non-team-based workouts, substitute small cohorts of players that remain intact for the duration of the workout in lieu of teams.)
- Do not use batting machine balls for batting practice or any other use. Coaches will use the team's practice baseballs for batting practice.
- After touching baseballs, players and coaches must not touch their face or drink until first sanitizing hands.
- For games, both teams will provide a set of game baseballs for use when they are on defense.
- Umpires will not handle baseballs.
- Foul balls should only be retrieved by a member of the defensive team, or by a coach of that same team. If a spectator, member of the offensive team, or anyone else handles a team's game baseball, it will be removed from the game until sanitized.

Miscellaneous

- For sports played indoors, spectators must be limited to 25 persons per field. For sports played outdoors, spectators are limited to two guests per player. The total number of spectators cannot exceed 30 percent of the occupancy load of the certificate of occupancy for the venue.
- Port-a-Pottys located at ANSLL baseball fields are provided and maintained by the Fairfax County Parks Authority and not by ANSLL. Players, volunteers and spectators should use at their own risk.