

Cape Elizabeth Little League – COVID-19 Protocols

Overview:

The goal of this plan is to create as safe an environment as possible for players, coaches, families, volunteers and umpires while they are participating in or experiencing a baseball event at Cape Elizabeth Little League (CELL) event. The following recommendations are made using resources from Little League International, the US Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). These plans will be reviewed regularly to ensure that at all times, Cape Elizabeth Little League will follow Maine and local guidelines and regulations regarding group gatherings and youth sports activities.

General Guidelines:

- Families will be asked to complete a health screening of all players before leaving home for practices or games
- Any participant with a temperature above 100F should stay home and the league should be notified.
- Any participant, fan or volunteer with symptoms of COVID-19 will be asked to stay home with symptoms including but not limited to: fever, cough, shortness of breath, loss of smell/taste.
- Individuals at risk of severe illness or with underlying medical and respiratory diseases should attend CELL activities only with specific permission from a medical professional
- Any participant or fan who has been at a CELL event and then becomes sick within two weeks should immediately notify the league
- Physical Distancing (6 foot distance between people) will be expected whenever possible
- Hands should be washed frequently for at least 20 seconds or hand sanitizer used as frequently as practical and always after touching common surfaces such as doorknobs, light switches, gate handles or latches.
- Hand sanitizer will be available at all fields during all events in sufficient amounts to supply all players, coaches, volunteers and families. Players will also be encouraged to bring their own hand sanitizer for personal use
- No spitting, eating sunflower seeds or chewing gum will be allowed

On-Field Guidelines:

- Players encouraged to be present no more than 30 minutes before scheduled game/practice time
- Teams will not enter field until previous teams have completely vacated and commonly touched surfaces cleaned by previous event coaches
- No pre-game meeting at home plate with coaches and umpires
- Balls will be provided by each defensive team to minimize any sharing of game balls
- Foul balls should be retrieved by players only not spectators or coaches. If touched by non-player, a coach will set aside/disinfect the ball before returning to play
- Measures must be taken to prevent all but the essential contact necessary to play the game. This includes refraining from handshakes, high fives, fist/elbow bumps or group celebrations
- No handshake line at the end of games. Instead players will line up outside dugout and tip hands toward the other team
- High touch surfaces will be cleaned by coaches after each event including dugouts, fences, gate latches, etc.

- Field must be vacated no later than 20 minutes after the end of each game

Equipment

- Equipment is not to be shared between players except as absolutely necessary; if any shared equipment is used players must use sanitizer between uses
- If any player does not have individual equipment, team equipment will be used and then disinfected after each use
- Player bags will be placed outside the dugout separate from each other
- Players will bring their own beverages and these drinks will not be shared
- New balls used/introduced every 2 innings or as needed due to foul balls

Dugout

- When not on the field, players will be assigned spots outside the dugout each separated by 6 feet where possible. These areas will be marked out and enforced by the coach/volunteer designated to this area.
- Plans are to use the dugouts either not at all or with maximum 3 people at one time.
- Players will be encouraged to bring their own folding chairs to use while not on field.

Players

- Will be encouraged by coaches at all times to maintain social distance amongst each other
- Face coverings will be worn by all players at all times unless they have a medical condition preventing them from doing so and have received a written waiver from the Safety Officer.
- Will be allowed to touch only their own equipment
- If using shared equipment will need to be sure it has been recently disinfected
- Bring, identify and touch only their own beverage
- Do not bring any food, gum or sunflower seeds to events

Coaches

- Minimize numbers of coaches and assistants for games/practices
- Maintain communication of expectations, plans and progress with parents
- Persistently monitor and remind players of social distancing precautions/procedures
- Disinfect multi-use items
- Clean/disinfect high touch surfaces before and after games/practices
- Minimize exchange of scorecards and pitch counters
- Field prep should take place well before game-time

Umpires

- Will wear face covering
- Plate umpire will call balls and strikes from behind pitchers mound
- Field umpires will keep at least 6 feet distance from each other and players
- Will not touch baseballs
- Will not retrieve passballs or foulballs
- Equipment inspection will be visual only

Family Members/Fans Guidelines

- Screen players prior to arrival at any CELL event

- Monitor for and report any signs of illness in participants
- Maintain social distance from all other attendees at all times
- Maintain 6 feet distance between families and groups
- Ensure arrival no more than 30 minutes before scheduled start time and exit within 15 minutes of conclusion
- Players' equipment and bags should be cleaned after each use

Restroom Guidelines

- Public restrooms will be locked during all CELL activities
- Key will be available from officer-of-the-day for EMERGENCIES ONLY
- If opened for any reason bathroom will be cleaned and disinfected after each event
- CELL will provide porta-potty facilities HOWEVER they are use-at-own risk facilities and should be for emergency purposes only.

Concession Stand

- Currently closed
- If opened at any point, concessions will be limited to prepackaged, individual serving containers
- If opened, volunteers running stand will wear face coverings at all times