



Pasadena American Little League (“PALL”) COVID-19 Restart Protocols

- Attending any PALL baseball practice, session or game is voluntary and not required by PALL.
- Parents and Coaches must conduct symptom checks for all persons before or upon arrival (fever of 100°F or above, cough, shortness of breath or difficulty breathing, fatigue, sore throat, chills, headache, muscle or body aches, a new loss of taste or smell, congestion or runny nose, nausea, vomiting, or diarrhea), and ask whether the individual is currently under isolation or quarantine orders, or has been in contact with someone with COVID-19. Consult the CDC website for the most current list of COVID-19 [symptoms](#).
- If there is an exposure to COVID-19 infection in a stable cohort in the program, all members of the stable cohort (coach, staff, and players, etc.) will require immediate self-quarantine for 10 days and a report will be filed with Pasadena Public Health
- Anyone who has come into close contact (within 6 feet for 15 minutes or more) with someone with confirmed COVID-19 within the past 14 days will be sent home. They must maintain quarantine at home for 10 days and not return to play for 10 days from last contact with someone with COVID-19.
- Physical distancing of at least six (6) feet between each player and between players and coaches is required at all times, including upon entry to and exit from the field, and distancing of at least eight (8) feet between participants is required during periods of heavy exertion.
- Parents and/or players may not congregate before, during, or after the session. Parents are encouraged to drop off their players and return to their cars until the end of the session. No parent who is not a coach may enter the field of play unless attending to an injured player.
- Limit observation of youth sports (age 18 years and under) to immediate household members, and for the strict purpose of age appropriate supervision only. This includes observation of practice and competition. Observers/spectators must wear a mask at all times and must maintain a 6-foot physical distance from non-household members.
- All players, coaches, family members and observers are required to wear an appropriate face mask with 2 or more layers that covers the nose and the mouth at all times. Masks with one-way valves and single layer cloth face coverings must not be used.
- Players may not share water or equipment (e.g., gloves, bats, hats, and other gear). Each player must bring and use his or her own water bottle and necessary baseball equipment.
- Coughs must be covered with the elbow or a tissue; hands must be washed immediately afterwards.

- No-touch rule: players shall refrain from high fives, handshake lines, and other physical contact with other participants.
- No eating or spitting seeds, chewing gum, or use of other similar products will be allowed.
- Participants may attend only their assigned session with their assigned cohort of players and coaches.
- Coaches shall take attendance at each session and shall provide the names and contact information of all participants to public health authorities upon request.
- Coaches/Team Parents shall enforce PALL's COVID-19 Responsible Restart Protocols and may exclude participants for non-compliance at their discretion.
- Each team will designate a team parent/volunteer that attends all practices and games to ensure players, coaches, and spectators are compliant with protocols at all times.
- Baseball games are allowed with the following restrictions*:
 - Both teams are located in the same county and the sport is allowed based on the current tier; out of state travel is prohibited
 - A maximum of two teams compete at one time, and only one competition per team, per day is played
- All dugouts and stands will be marked and sectioned off only for the use of players and coaches to create additional seating such that players and coaches are able to maintain a physical distance of 6 feet while in the area.