



SEASON RESUMPTION GUIDELINES FOR SOUTHEAST ARLINGTON LITTLE LEAGUE



The virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die.

We should all be thankful that, with very rare exceptions, COVID-19 is not claiming the lives of our children. However, we can never forget that a child with a mild or even asymptomatic case of COVID-19 can spread that infection to others who may be far more vulnerable.

COVID-19 is spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing, speaking, and even just breathing. COVID-19 can also be spread by touching objects where contaminated droplets have landed. Because of this easy manner of transmission, an infant, child or young person who is infected with COVID-19 can spread the infection to others they come in close contact with, such as members of their household, teachers, or other caregivers. We have learned that infected persons with mild or even no symptoms can spread COVID-19.

These facts are vitally important when considering engaging in youth sporting activities.

One thing is for certain: We must find reasonably safe ways to restore the ability to provide children the opportunity to engage in physical activities with other children to promote physical and mental health in our youth.

Below are the list of guidelines, protocols and procedures that Southeast Arlington Little League will be following to ensure we provide an outlet for your children to engage in physical activity and youth sports in the utmost safe manner. The list below has been compiled using guidance from the Governors Office, Little League International and SEALL Board of Directors.

General Guidance:

- Wash and sanitize your hands often.
- Cover your mouth and nose with a cloth face covering when around others.
- Cover coughs and sneezes.
- Practice social distancing ALWAYS.
- Self-monitoring and quarantine where necessary.
- Avoid groups of 10 or more when off the field.

Facility, Spectator and Administrative Protocols:

- Staff to be trained on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette.
- Daily staff screening for COVID symptoms. Any symptoms identified will warrant removal of staff and immediate testing.
- Hand sanitizer, soap and water, or similar disinfectant readily available throughout the facility.
- Community water jugs to be removed from dugouts.
- Bottles of hand sanitizer to be placed in every dugout.
- Spectators will be required to practice social distancing while enjoying the games.
- Family member 65+ are encouraged to stay home, otherwise be EXTREMELY cautious and vigilant while at the park.
- Face coverings are strongly recommended for all spectators.
- Bleachers will be marked every 6ft to ensure proper distance protocols.
- Only 2 batting cages to be utilized by teams at the same time.
- Concessions will open, but will be limited to prepacked food and drinks only. All concessions staff will be required to wash hands frequently and change gloves every few customers.



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Dugouts and Equipment:

- Dugout benches will be marked every 6ft and players will be expected to follow social distancing procedures to the best of their ability.
- While in the dugout, players and coaches will be encouraged to wear mouth and nose coverings.
- Players will need to keep equipment bags outside of the dugout along the 1st or 3rd base fence line away from potential contact of teammates.
- Players should not share any equipment such as bats, gloves, helmets or catchers gear where possible.
- Each team will be issued as many sets of catchers gear as needed. Each set will be sanitized and catchers will be allowed to take home.
- Catchers equipment will be sanitized by a Board Member as frequently as possible while at the park
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent/guardian/caretaker, where applicable.
- Sunflower seeds, gum, etc., should not be allowed in dugouts or on the playing field.
- All players and coaches should refrain from spitting at all times, including in dugout areas and on the playing field.
- Regarding Personal Protective Equipment (PPE):
 - ◇ All managers/coaches, volunteers, umpires, etc., **should** wear PPE whenever applicable and possible, such as cloth face coverings and protective medical gloves.
 - ◇ Players should wear cloth face coverings when in close contact areas and in places where recommended social distancing is challenging or not feasible, such as in dugouts.
 - ◇ Players should **NOT** wear protective medical gloves on the field during game play.
 - ◇ Players, especially at younger divisions, are not required to wear a cloth face covering while on the field during game play.
 - ◇ Players will be permitted to wear a cloth face covering on the field during game play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian. **HOWEVER, THIS IS NOT A REQUIREMENT.**
 - ◇ Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

In Game and Post Game Protocols:

- Pre-game plate meetings will be eliminated unless required to determine playability
- Only 1 scorekeeper allowed in the score booth during game.
- Umpires are allowed to call balls and strikes from behind the pitchers mound, unless catcher, coaches and parent are comfortable having umpire behind the plate.
NOTE: Coaches and spectators will not be allowed to "ooh, ahh" or argue any call made if umpire is working from behind the pitcher. There will be a 0 tolerance policy for this and violators will be asked to leave the park.
- Baseballs and softballs should be rotated through on a regular basis, at least every two innings, to limit individual contact.
- Umpires will limit their contact with the ball as much as possible.
- Spectators should be discouraged from retrieving foul balls.
- No Handshakes/Personal Contact Celebrations. Verbal celebrations will be encouraged.
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their game.
- No post game team snacks are allowed. Individuals should bring their own personal snacks and drinks while avoiding sharing.



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Additional Comments

We are currently in a time of unprecedented circumstances where what we do day to day and our decisions matter more than ever before. After navigating COVID for 10+ weeks, one thing is clear, it is not going away quickly or easily. Understanding this, we feel that giving our membership the choice to resume their life, just as the President and Governor have done is what is right.

Every parent is tasked with the responsibility of protecting their children and family. If you choose to participate in youth sports activities, you should do so with caution, safety and rationale. Reckless behavior will not be tolerated. If you are showing any signs or symptoms of COVID, get tested. If you have been in contact with someone with COVID, STAY HOME. Wear a mask, wash your hands, be vigilant and alert. We can all live our lives and do our part to keep our families and communities safe just as we have been doing for the past 2 months so long as we take the necessary precaution's.

COVID-19 Symptom Check List

- Dry Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 F
- Known close contact with a person who is lab confirmed to have COVID-19