

ADDENDUM TO SAFETY MANUAL RE COVID-19

Approved Dec. 2020

As a direct result of the coronavirus pandemic, officials in our region and across the country executed Stay at Home¹ and Safer at Home² Orders. With the goal of returning to play as safely as possible, the Tujunga Little League Board has adopted the following protocols for the implementation by *all League participants and visitors*. The League will participate as the City and County allows and may revise this addendum as needed.

The risk of COVID-19 spread increases in youth sports settings as follows³:

Lowest Risk: Performing skill-building drills or conditioning at home, alone or with family members.

Increasing Risk: Team/Cohort/Group-based practice. (conditioning/practice)⁴

More Risk: Within-team competition.

Even More Risk: Full competition between teams from the same local geographic area.

Highest Risk: Full competition between teams from different geographic areas.

Do not attend OR participate in games or practices if:

- You are feeling ill. Symptoms of the coronavirus can include fever (temperature of 100.0 as defined by the CDC), cough, difficulty breathing, and other symptoms as outlined by the CDC website.
- If you have been exposed to COVID-19 in the prior 14 days⁵.
- If unsure about whether to attend or participate in practice due to possible symptoms OR exposure, it is recommended you contact your health care provider.

If you have an underlying health condition, there may be an increased risk of participating in team sports. It is strongly recommended that you contact your regular doctor before restarting your sports⁶.

The League has a responsibility to report to Local and State officials. (per CDC)

While maintaining confidentiality, please immediately notify the President or Safety Officer of any participant or visitor who has been diagnosed with COVID-19 within the past 14 days and has been in direct contact with League participants and/or visited the fields.

1 State of California, Executive Order No. N-33-20, <https://www.gov.ca.gov/wp-content/uploads/2020/03/3.19.20-attested-EO-N-33-20-COVID-19-HEALTH-ORDER.pdf>, issued March 19, 2020.

2 City of Los Angeles, Public Order Under City of Los Angeles Emergency Authority, <https://www.lamayor.org/sites/g/files/wph446/f/SAFERLAORDER2020.03.19%28REV2020.06.01%29.pdf>, executed March 19, 2020 and updated June 1, 2020.

3 Centers for Disease Control and Prevention, *Coronavirus Disease 2019 (COVID-19), Considerations for Youth Sports*, <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>, May 29, 2020.

4 Tujunga Little League will only participate in City sanctioned activities. A section at the end of this Addendum addresses rules in place as of the date of this document's issuance and provides protocols for group participation as of that date.

5 <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>, updated Dec. 2, 2020

6 Children's Mercy Hospital of Kansas City, *Recommendations for a Safe Return to Sport and Physical Activity After COVID-19*, <https://www.childrensmercy.org/health-and-safety-resources/information-about-covid-19-novel-coronavirus/returning-to-community-activities/recommendations-for-a-safe-return-to-sport-and-physical-activity-after-covid-19/>, Updated Dec. 16, 2020.

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LEAGUE FACILITIES

All Participants and Visitors will be required to adhere to the *most current* County/City requirements regarding Social Distancing⁷ and wearing Masks⁸.

Social Distancing from people outside of your family unit(s) must be practiced by all persons on premises upon exiting their car. Maintain a distance of *at least* 6 feet apart from others; during heavy physical activity the distance between people should be 8 feet or more.

Masks must be worn by all persons on premises. Acceptable masks must securely cover the nose and mouth and should *not* have one-way valves. N-95 Masks are *not* encouraged for exercise. Individuals who are exempt from wearing a face covering due to a medical condition must wear an alternative such as a face shield with a drape on the bottom edge. *Players or League participants instructed not to wear a cloth face covering by a medical provider are exempt from having to wear one and will provide a note of medical exemption to their coach/manager to be maintained in the team waiver/medical release file.*⁹

All Participants and Visitors are expected to respect the people around them and protect themselves through frequent handwashing and leaving the area as clean or cleaner than you found it, with special consideration for communal spaces and surfaces (i.e. dugouts, field houses, benches, picnic tables, bathrooms, etc.).

The League will work with Participants and Visitors to provide necessary cleaning supplies or address concerns – please contact the Board with any questions, concerns, or suggestions for field cleaning, & maintenance.

EQUIPMENT

In accordance with the CDC Guidelines, **the use of shared equipment is discouraged.** Participants should not share clothing or other items that may come in contact with their faces or hands. The League will work with coaches and managers to provide gear for use by a single player and/or team (i.e. balls, bats, protective equipment, etc.). It will be the borrowing participant's responsibility to delegate the task of cleaning and disinfecting any shared equipment between uses. Participants will keep their individual equipment separate from each other in their bag unless in use.

7 County of Los Angeles, Los Angeles County Department of Public Health Guidance for Social of Physical Distancing, <http://publichealth.lacounty.gov/media/coronavirus/docs/protection/GuidanceSocialDistancing.pdf>, dated Oct. 28, 2020.

8 County of Los Angeles, Guidance for Cloth Face Covering, <http://publichealth.lacounty.gov/media/coronavirus/docs/protection/GuidanceClothFaceCoverings.pdf>, updated July 17, 2020.

9 <https://recmanagement.com/rec-report-feature/202012-2>, dated Dec. 2020

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ATTENDANCE

Visitors at Our Fields: The League will adhere to County/City guidelines for gathering sizes, and encourage participants to limit non-essential fan attendance wherever possible to allow for social distancing at the fields. If the number of fans/visitors in attendance in one area of the field goes over the County/City's gathering size parameters, non-essential visitors will be asked to leave the field or wait in their car.

Interleague Play: The League will limit participation of external groups or organizations. Hosting or traveling to compete with other leagues may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others (CDC). When practicable, and *until provided new guidance*, the League will compete primarily against teams in their local area (e.g., Tujunga and/or immediately adjacent communities with similar rates of infection).

PRACTICES

Required Safety Protocols for Practices:

- Maintain a culture of Staying Home if a participant or household member is sick or has possibly been exposed to COVID-19 within the past 14 days.
- All participants *must* wash hands at the beginning and end of each practice.
- Unless in use, equipment and water bottles should be in their bags/bins.
- Participants' equipment should be spaced out at least 6 feet apart.
- Discourage high-fives, fist bumps or handshakes – find another way to give kudos and encouragement (for now).

Skills Training with the least amount of exposure include:

- Player's attending practices where a household member works with them one-on-one while observing social distancing from other players and their partner/household member.
- Assigning videos for players and their in-house partner to watch and learn drills they may do at home.

Low-risk team-training may also include:

- Distance Drills: modified practices where players work on individual skills, rather than on competition (i.e. base-running, batting practice, etc.)
- Cohorting: putting players into small groups that remain together and work through stations, rather than switching groups or mixing groups.

This is a great opportunity to be creative while working to limit participant and visitor exposure as much as possible.

GAMES / SCRIMMAGES

The League will follow local, state, and CDC Guidance to determine the amount of interaction teams will have outside of our community.

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Games will be modified to emphasize skill-building, until which time social distancing protocols allow the safe return to regular play.

Modifications for Games and Practices include (per CDC Guidelines):

- Identify adult staff members or volunteers to help maintain social distancing among youth, coaches, umpires, and spectators (if state and local directives allow for spectators).
- Space players at least 8 feet apart on the field while participating in the sport (e.g., during warmup, skill building activities, drills).
- Limit the number of players sitting in confined player seating areas (e.g., dugouts) by allowing players to spread out into spectator areas if more space is available (e.g., if spectators are not allowed).
- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
- Create distance between players when explaining drills or the rules of the game.
- If keeping physical distance is difficult with players in competition or group practice, consider relying on individual skill work and drills.
- Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.
- Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household.
- If practices or competition facilities must be shared, consider increasing the amount of time between practices and competitions to allow for one group to leave before another group enters the facility. If possible, allow time for cleaning and/or disinfecting.
- RE SNACKS: If food is offered at any event, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing food and utensils. Offer hand sanitizer or encourage hand washing.

**TUJUNGA LITTLE LEAGUE MAY ADJUST THIS ADDENDUM
AS APPROPRIATE AND WITHOUT NOTICE
IN ACCORDANCE WITH THE GUIDANCE PROVIDED
BY THE CDC, STATE & LOCAL OFFICIALS**

Thank you for taking precautions on and off the field,
so that our children can continue to play and grow together!

2021 SPRING TRAINING PROGRAM

Approved Dec. 2020

The following pages contain the League Waiver, Information, Rules & Protocols
SPECIFIC TO THE SPRING 2021 YOUTH SPORTS PROGRAM.

This information, and the above shown addendum, are
subject to change per the City & County's guidance,
and per the needs of the League.

The goal of this program is to
prioritize the safety and wellbeing of the children
while encouraging them to persevere in the face of challenges.

**FAILURE TO ADHERE TO THE PROTOCOLS AND PROGRAM RULES
VIOLATES THE LAW AND THE SPIRIT OF COOPERATION
WE WANT TO SHOW OUR KIDS.**

**VIOLATORS MAY BE SUBJECT TO REMOVAL
FROM THE GROUNDS & THE LEAGUE.**

2021 SPRING TRAINING PROGRAM

Approved Dec. 2020

TUJUNGA LITTLE LEAGUE

COVID-19 WAIVER OF LIABILITY

Please be advised that by your participation, you acknowledge that you are fully aware that there are a number of risks associated with you and/or your accompanied minor entering onto Tujunga Little League (TLL) property, participating in TLL programs, and utilizing TLL equipment and facilities during the COVID-19 pandemic. This waiver, release, and other representations and covenants set forth herein are given in consideration for TLL permitting you and/or your accompanied minor to participate in TLL programs during this emergency period.

Therefore, without limitation, you acknowledge and understand that you and/or your accompanied minor could contract COVID-19 disease which could result in a serious medical condition requiring medical treatment in a hospital or could possibly lead to death.

On behalf of yourself and/or your accompanied minor and your heirs, successors and assigns, you knowingly and freely, assume all such COVID-19 related risks, both known and unknown, relating to you and/or your accompanied minor's entry onto TLL property, participation in TLL programs, and utilization of TLL equipment and facilities as described above, and you hereby forever release, waive, relinquish, and discharge TLL, along with its officers, agents, employees, or other representatives, and their successors and assigns (collectively, the "League Representatives"), from any and all COVID-19 related claims, demands, liabilities, rights, damages, expenses, and causes of action of whatever kind or nature, and other losses of any kind, whether known or unknown, foreseen or unforeseen, (collectively, "Damages") as a result of you and/or your accompanied minor entering onto TLL property, participating in TLL programs, and utilizing TLL equipment and facilities as described above, including but not limited to personal injuries, death, disease or property losses, or any other loss, and including but not limited to claims based on the alleged negligence of any Tujunga Little League or any other person related to COVID-19 sanitization.

You further promise not to sue TLL or any League Representative(s), and agree to indemnify and hold them harmless from any and all Damages resulting from you and/or your accompanied minor's contraction of COVID-19.

I HAVE RECEIVED A COPY OF THE 2021 SPRING TRAINING PROGRAM PROTOCOLS. I WILL REVIEW AND ABIDE BY THE REQUIREMENTS SET FORTH THEREIN.

Parent Name (print)

Parent Signature

Player Name (print)

Date

2021 SPRING TRAINING PROGRAM

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NOTICE TO PARENTS / PARTICIPANTS / VISITORS

AT ALL TIMES, EVERYONE *must* wear face coverings¹⁰ and maintain distance between others: 6 feet is the *minimum* – 8 feet or more is required during activity.¹¹

If you feel sick or think you may have been exposed – STAY HOME! All players & coaches will do a symptom and exposure check-in (regarding fever, cough, breathing issues, and contact with persons known or suspected to be infected with the COVID-19 within the last 14 days).¹² If you become sick, please privately notify your coach or a Board Member so that we can identify any other players or family member who may be at risk and follow the City's reporting guidelines.

Wash your hands often, especially after coughing / sneezing. When hand washing is not available, hand sanitizer is encouraged.

Please eat or drink in your car. The only exception will be participants' water bottles while on the field. Fountains will only be used for refilling bottles.

All participants must bring and use their own water & equipment.

Players may have one accompanying adult present per family unit. No additional accompanying adults or children are permitted to exit their car at the fields.

Physical contact (i.e. high-fives, handshakes, fist bumps) is discouraged.

There will be limited access to bathrooms - for hand washing and using the toilet. Limit one person at a time in restrooms. Ask the Manager/Coach for a key.

Participants and Accompanying Family Members who do not follow the above-listed rules may be asked to leave and may also lose their time slot for practice/play.

Together we can keep the numbers down and *Play Ball (Safely)!*

¹⁰ See definition of acceptable masks on page 2 of Addendum re COVID-19.

¹¹ During heavy physical exertion, and with proper distancing players may remove their masks as appropriate.

¹² If a player or coach has symptoms and/or exposure they will be sent home. They can access information re quarantine here: ph.lacounty.gov/covidquarantine or ph.lacounty.gov/covidisolation.

2021 SPRING TRAINING **MANAGER/COACH & SAFETY OFFICER REQUIREMENTS**

You are the front-line volunteers, helping our children move past the pandemic and rebuilding our sense of community – thank you for stepping up to the plate!

To better support you, clear safety protocols are listed below. Please contact the Board President and/or League Safety Officer to address any questions or concerns.¹³

NOTE – Personal Protective Equipment (PPE) equipment is available from the League upon request.

All Managers, Coaches and Safety Officers are expected to:

- Welcome players and parents while we encourage distancing and discourage risky behaviors like groups gathering to chat, mask removal, multiple family members attending, or other violations of the guidelines provided by the City).
- Monitor, clean and secure the facilities, including the bathrooms, during and immediately after each practice. (There will be a cleaning schedule that follows practice schedules so that no one has to do more work and we can assure surfaces are being properly cleaned.)
- Keep players in their stable cohort and encourage parents to also adhere to this and limit contact.
- Coaches and league managers monitor compliance of posted restrictions.
- Be prepared and willing to enforce the requirement that sick or potentially ill players and parents stay or go home.
- Remember we're all doing our best. We are all affected differently by the pandemic. The children deserve the best from us, and we can do this for them, for ourselves, and our neighbors.

Team Volunteer Roles:

- **Manager**: Plans and runs the practice and directs the children's activities.
 - Maintain the team Log Book with signed waivers, medical releases, doctor's notes re mask exemptions, noted allergy information, and the Check-In sheets.
 - All players must have a current/valid and signed medical release and COVID-19 Acceptance of Risk and Waiver of Liability in the Team Log Book, which is maintained by the Manager/Coach and Safety Officer and will be present and available at all practices
 - Assisting in pre/post-practice cleaning
 - Outline of Practice Plan (what you will be doing and how).
- **Coach (optional)**: Provides back up to the Manager and assists with directing the children's activities.
 - Helping to sanitize team balls between uses during/after practice

¹³ Please also see the City of Los Angeles Department of Recreation and Parks' Manager's Contract – a copy of which will be provided to and signed by all Manager/Coaches & Safety Officers.
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2021 SPRING TRAINING **MANAGER/COACH & SAFETY OFFICER REQUIREMENTS**

- **Safety Officer:** Manages the aspects associated with player and visitor safety.
 - Conduct Check-In at beginning of practice
 - Clean high touch surfaces during/after practice (i.e. check-in cart's supplies and equipment, water fountain handles, gate handles, and team balls)

Practice Protocol: These are City Permitted and Scheduled – no practice outside of assigned times.

- **Check- In:** Before anyone walks on the field they must perform a wellness check (questions/temperature check) and sign in with the Safety Officer – Log Book will only be handled by the Manager/Safety Officer who will conduct each other's (and their Coach's) wellness checks.
 - Only the currently playing team's Manager, Coach, Safety Officer, and/or players may enter the field during designated play time.
- **Player Equipment:** There will be designated/marked areas for player equipment. No more than one child at a time in the player equipment area. They should wait their turn to enter/leave at the start/end of practices.
 - If a player needs equipment, please contact Lars Wolfe. We will do our best to assist.
- **Masks on/off Field:** Players may remove their masks only when on the field and during physical exertion and/or to drink water.
 - Players need to replace their mask if it becomes soiled/ wet.
 - It's important that we model safety to the players and parents by consistently wearing our masks within City/League requirements.
- **Breaks:** Keep an eye on your players to see that they are not winded by over-use of masks while playing hard. Take frequent water breaks, and communicate with them about how they are feeling.
- **Conditioning & Drills:** The current program only allows for training, conditioning, and skills-building activities. No Games, scrimmages, etc., because these activities bring players into closer proximity and can lead to spread of COVID and/or closure of the League program.
 - Players may throw a ball between two players as part of skill-building exercises. However, this should only be in *designated pairs* of players, *not* as a group activity.
 - If equipment must be shared, it is disinfected between use by different people to reduce the risk of COVID-19 spread.
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 - A list of City Approved Drills will be provided by the League and will be expanded upon as the program progresses.
 - The League will only use drills that promote safe social distancing and limit close contact, such as base running, throwing and catching, and batting. Practice drills may be expanded upon as the program progresses

2021 SPRING TRAINING

MANAGER/COACH & SAFETY OFFICER REQUIREMENTS

and within the requirements of the City's protocols.

- We want to hear your suggestions and feedback and incorporate them into our drill sets if at all possible given the strict protocols we must follow to operate.

Facilities:

- We cannot use dugouts, benches, bleachers, picnic tables, etc.
- Managers will have a key to the restrooms, but given the limited time at the field, use of the restrooms is not likely and will only be on a one-at-a-time basis.
 - Players may access the restrooms for the purposes of engaging in hand hygiene, changing, and utilizing the toilets.
- Mandatory Cleaning: We must operate so that we leave the fields and facilities clean for the next team. There will be a mandatory cleaning schedule approved by the City and adhered to by League volunteers.
 - The League will provide protective equipment and cleaning supplies which are to be used as required by the product instructions.
 - All cleaning and PPE products must be kept out of children's reach and stored in a space with restricted access.
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Mandatory Reporting:

If a player or family member shows or reports COVID-19 symptoms and/or the person has had contact to a known or suspected COVID-19 case in the last 14 days, they should be sent home immediately. You can provide them with the quarantine instructions: ph.lacounty.gov/covidquarantine and/or isolation instructions: ph.lacounty.gov/covidisolation.

If you should become aware of positive COVID-19 test results for League participants – the current protocol is to *immediately* alert the TLL President Lars Wolfe, (818) 434-3013, Vice President Dave Fishback, (818) 355-4393, and/or Safety Officer Kate Uckert, (505) 750-3361.

We are required to report in certain situations and require Managers, Coaches, and Cohort Safety Officers to adhere to this reporting standard.

**The Tujunga Little League Family values your time and hard work.
Thank you!**