

Four County Little League
12350 Jesse Smith Rd,
Mt Airy, MD 21771



COVID-19 Return to Play Plan
2020 Fall Season Requirements

All adult volunteers, players, and spectators will adhere to the guidelines listed below in order to participate in or attend events at any Four County Little League [FCLL] activity during the time period that restrictions are in place due to Covid-19. Failure to adhere to the guidelines listed below will result in disciplinary action by a league official. Initial offenses will be addressed through a warning that will be documented through a letter to the person involved and to the Board of Directors. A subsequent offense will result in termination of privileges for the remainder of the season.

A copy of the requirements will be posted on the League's webpage and an acknowledgement will be required of all parents/guardians along with the Parent Code of Conduct and Medical Release.

All managers, coaches, umpires, and league volunteers will be required to attend a meeting on these rules and regulations prior to assuming their volunteer role. This meeting will be conducted by the Coaching Coordinator, Vice President of Baseball, and Vice President of Softball, if softball is being offered. At the player's first team meeting the Team Manager will conduct a safety briefing with all players and reinforce the guidelines at the beginning of each team activity. Parents will be provided a copy of the guidelines and will be required to acknowledge they have read and understand the guidelines as part of the Parent Code of Conduct.

All Board members, coaches, and umpires shall be provided a copy of these guidelines to read and adhere to at all times while participating in any FCLL activity.

GENERAL GUIDELINES

1. Parents/Guardians are responsible for checking their child/children for symptoms prior to arriving at FCLL activities.
 - a. Parents of a symptomatic player shall contact the manager prior to arrival at an FCLL activity to inform them that the player will miss the practice/game.
 - b. A player's attendance at any FCLL event is the parent/guardian's acknowledgement that they have evaluated their player and he/she is symptom free.
2. Managers will log the attendance and reported temperature of each player and provide hand sanitizer at each activity.

3. Hand hygiene will be promoted at all times, including upon arrival to the field, before/after using the bathroom, before/after touching the face or face covering, and upon leaving.
 - a. Each manager will be issued alcohol-based hand sanitizer with at least 60% alcohol for inclusion in the team equipment.
 - b. Additional supplies of sanitizer will be available by contacting the Safety Officer or Concession Stand Coordinator.
 - c. All parents will be encouraged to keep an alcohol-based personal use size hand sanitizer with at least 60% as part of their child's equipment.
4. At all events, all attendees (players, volunteers, and parents/guardians, guests) should bring and wear reusable/washable cloth face coverings over their nose and mouth when not actively engaged in athletics and when social distancing is not possible.
5. FCLL portable toilets located at Russell Windsor field are all single use and will be open only during FCLL activities.
6. Spitting, chewing seeds, licking fingers and gum are prohibited at all times.
7. All persons must either cough/sneeze in a concealed manner such as into their shirt, crook of the elbow or into a disposable tissue. The tissue is to be placed in the trash bag immediately after use. Hand sanitizer shall be used anytime after someone coughs/sneezes.
8. Social Distancing
 - a. Players arriving to the field shall wear a face covering until admitted onto the field of play.
 - b. Once admitted onto the field the player shall sanitize his/her hands to remove the covering and carefully store the face covering with his/her equipment as designated by the manager.
 - c. Each player shall be assigned a number (1 – 12) for the season prior to the first practice that corresponds to a designated spot at each location for storing his/her equipment and waiting while on offense that is a minimum of 6' away from all other players and spectators and behind protective fencing.
 - d. When the team is practicing or playing defense in the field players face coverings will be optional and not required. *Use of an N-95 style mask (or similar style) is discouraged as this style increases the chance the mask may shift on a child's face and obstruct their field of view when trying to field a ball.*
 - e. When the team is at-bat, players are not required to wear face coverings if proper 6' social distancing is maintained. There will be a designated place for the on-deck batter at each field.
 - f. Players are not required to wear face coverings when on-base and running; once a player is retired, he/she shall immediately return to his/her designated spot and maintain 6' social distancing. Dugouts and necessary extensions will be marked with 6' areas and numbers corresponding to the number assigned to each player by said player's manager.
 - g. Any team conference or meeting must adhere to the 6' distancing guideline and everyone in attendance must wear face coverings during the meeting.
 - h. At the conclusion of the practice/game players shall sanitize hands, put on their face covering, carefully pack up equipment, and immediately leave with their family to their vehicle.
 - i. There shall be no unnecessary contact between players and coaches including a prohibition on hand shakes, fist/elbow bumps, back slaps and high/low fives. As a measure of sportsmanship players and coaches are encouraged to use hat tips, clapping, and thumbs-up to show support and encouragement to each other.
 - j. Parents/Guardians are responsible for ensuring that they and all family members or guests are maintaining social distancing while attending events. If this is not feasible face coverings are required.

- i. If your team is scheduled for the late practice, parents/guardians are encouraged to wait in their cars until such time as the early practice families have left.
 - ii. Once out on the field, families are required to maintain social distances of at least 6 feet between themselves.
- 9. Field prep will be completed by the Managers/Coaches of each team for practices. For games, field prep will be completed by the home team.
- 10. Cleaning supplies and hand sanitizer will be supplied by the team's manager.
- 11. Players will use only their own equipment and shall not share equipment. If batting helmets, bats (T-ball) or catcher's gear is needed the manager should be notified by the player, who will then work with the Equipment Manager to determine what is available. Any equipment would be rented to the player to be used solely by them during the season.
- 12. In the event of any equipment issue that may arise, teams will be assigned catcher's gear, but once a player has used the equipment it can not be used by another player during that practice or game unless thoroughly sanitized before any other subsequent use with an acceptable bleach/water cleaner combination and/or sanitizing wipes.
- 13. Parents/legal guardians must complete and turn into the team manager the LLI Medical Release form, FCLL Code of Conduct including an acknowledgement of the COVID-19 participation guidelines, and a Covid-19 participation waiver prior to their child's participation in any team event.
- 14. Players must read and sign the Code of Conduct indicating that they understand and will follow all the rules for play including adjustments in place for the 2020 season.
- 15. Violations of the Guidelines
 - a. A first offense will be addressed through a reminder of the requirements in place at that time followed up by a written warning with a copy sent to the Board of Directors.
 - b. Subsequent offenses will be dealt with by banning the person from FCLL activities for the remainder of the season.
- 16. Other
 - a. Players must supply their own water bottles as team coolers are not permitted.
 - b. Parents shall ensure that their child's name is placed in a highly visible manner on their child's water bottle.

PHASE 1 – Practice Phase – in the event Maryland/Frederick or Carroll County returns to Phase 1

Practices are limited to no more than 9 people [6 players/3 coaches] per group at each field or batting cage; all groups shall be self-contained and avoid any contact with other groups at the facility. Practices shall be scheduled to allow for 45 minutes for each group of players with 30 minutes between sessions when using the same designated area

- 1. **Russell Windsor Field** is divided into two designated areas.
 - a. The two designated areas will be the first base dugout side and third base dugout side respectively.
 - i. The 1st base dugout area will be designated for the early practice time
 - ii. The 3rd base dugout area will be designated for the late practice.
 - iii. Upon arriving at their designated dugout area, players shall remain with their equipment until the manager calls for them to enter the field.
 - b. Upon the conclusion of practice, players leaving shall put on their face coverings and exit via the same gate taking all equipment and water bottles with them and going promptly to their vehicle.

- c. The Manager/Coaches of the team leaving the field shall disinfect high touch areas (including bathrooms) with an acceptable bleach/water cleaner combination and/or sanitizing wipes, remove all team equipment, and ensure all garbage is removed following practice.
- d. Batting cage, soft toss, tee work areas will be designated with 6' areas.

2. **East West Park** field is divided into two designated areas.

- a. The two designated areas will be the first base dugout side and third base dugout side respectively.
 - i. The 1st base dugout area will be designated for the early practice time
 - ii. The 3rd base dugout area will be designated for the late practice.
 - iii. Upon arriving at their designated dugout area, players shall remain with their equipment until the manager calls for them to enter the field.
- b. Upon the conclusion of practice, players leaving shall put on their face coverings and exit via the same gate taking all equipment and water bottles with them and going promptly to their vehicle.
- c. The Manager/Coaches of the team leaving the field shall disinfect high touch areas with an acceptable bleach/water cleaner combination and/or sanitizing wipes, remove all team equipment, and ensure all garbage is removed following practice.
- d. Due to single access/entry point at stream crossing at East/West field the Manager/Coaches of the team leaving the field shall notify the Manager/Coaches of the entering team that all participants have left the area prior to the entering team participants accessing the area. The entering team participants shall wait in their vehicles until given authorization.

3. **Watkins Park** field is divided into two designated areas.

- a. The two designated areas will be the first base dugout side and third base dugout side respectively.
 - i. The 1st base dugout area will be designated for the early practice time
 - ii. The 3rd base dugout area will be designated for the late practice.
 - iii. Upon arrival at their designated dugout area, players shall remain with their equipment until the manager calls for them to enter the field.
- b. Upon the conclusion of practice, players leaving shall put on their face coverings taking all equipment and water bottles with them and going promptly to their vehicle.
- c. The Manager/Coaches of the team leaving the field shall disinfect high touch areas with an acceptable bleach/water cleaner combination and/or sanitizing wipes, remove all team equipment, and ensure all garbage is removed following practice.

4. **Summit Ridge Park** is divided into two separate baseball fields. The same rules will apply to both fields.

- a. The two designated areas will be the first base dugout side and third base dugout side respectively.
 - i. The 1st base dugout area will be designated for the early practice time
 - ii. The 3rd base dugout area will go check in and place their equipment in their designated place. Players shall remain with their equipment until the Manager calls for them to enter the field.
- b. Upon the conclusion of practice, leaving players shall put on their face coverings taking all equipment and water bottles with them and going promptly to their ride home.

- c. The Manager/Coaches of the team leaving the field shall disinfect high touch areas and remove all team equipment, and ensure all garbage is removed from dugouts following practice.
5. **Twin Ridge Park** is divided into two corner baseball fields (Field 1 & 6) with backstops utilized by the Rookies Division and remaining open field areas utilized by the T-ball Division with no backstop areas (Fields 2-5). The same rules will apply to all fields.
- a. The two designated areas will be the first base side and third base side respectively. Managers/Coaches in the T-ball Division practicing on Field's 2-5 will designate 1st and 3rd base areas since there are no backstops as a point of reference.
 - i. The 1st base side will be designated for the early practice time.
 - ii. The 3rd base side will go check in and place their equipment in their designated place. Players should remain with their equipment until the Manager calls for them to enter the field.
 - b. Upon the conclusion of the practice, leaving players shall put on their face coverings taking all equipment and water bottles with them and going promptly to their ride home.
 - c. The Manager/Coaches of the team leaving the field shall remove all team equipment and ensure any remaining trash left by their team is disposed of in the proper manner.

Should a player or coach develop symptoms at practice they are to put on their face covering, leave the field with the coaches assistance next to where they entered the field at which time the parent/guardian is contacted for immediate pick-up [if a player], and promptly return home.

- a. If a player or volunteer leaves a game due to COVID symptoms, the parent or volunteer must contact the Manager and inform him/her regarding the status of said person.
- b. If said person tested positive for COVID-19, the Manager must contact their team, the Manager of the other team if during a game, and David Young, FCLL Safety Officer.

General Guidelines

*All practices shall be held outdoors and focus on skills and drills designed to maintain 6' distancing between players and coaches. When this is not possible the coach and player[s] shall wear a face covering.

*All baseballs shall be sanitized at the end of each practice.

*Where possible the number of players who come in contact with the baseball shall be limited [e.g., in throwing drills one baseball is used only by the 2 players in the drill]. At the completion of each drill where more than 1 person touched the ball the player/coach shall sanitize his/her hands using hand sanitizer.

*Coaches must wear a mask whenever social distancing is not possible.

*No parents/guardians or spectators are permitted to be on the field or in the dugouts at any time.

PHASE 2 - Competition [will commence when allowed by the Governor]

1. We will continue to follow the basic protocol established in Phase I with regard to how to enter and exit the fields and practice areas. We will also continue to use the designated 6' area for each player.
2. All General Guidelines as listed above or modified in subsequent publication must be followed in Phase 2. Entry and exit from fields will remain as described in Phase 1, with an increase in the number of players allowed so full team practices and games can be played.
3. Concessions will be permitted in Phase 2 for prepackaged items only.
4. Announcing and scoreboard operation will be permitted with only 2 people or 1 family in the announcing booth; any volunteer performing announcing and scoreboard functions must sanitize the equipment following the provided directions at the conclusion of volunteer duty.
5. Coaches/Managers, Team Parents, Umpires and other volunteers are responsible for ensuring they are symptom free prior to attending FCLL events. The home team, responsible for concessions, will record the names of all volunteers in attendance at the field during games.
6. Field preparation shall be done prior to any player arriving at the field if at all possible; once players arrive on the field only official coaches are permitted to prep the field. Field rakes shall be wiped down with disinfectant after each use. Once all players have left the field parent volunteers may enter to rake the field and put away the bases.
7. In all pregame, game, and postgame activities 6' distancing shall be maintained between players and coaches; when this is not feasible the coach shall wear a face covering.
8. Umpires shall wear a face covering during play and be positioned behind the pitcher's mound.
9. The plate meetings must maintain 6' social distancing and all participants must wear a mask; players shall not participate in plate meetings.
10. Managers must wear a mask and maintain 6' distance when in conversation with the umpire.
11. Umpire conferences shall be held at a distance to prevent players from hearing the discussion and maintain 6' distance between umpires; the plate umpire must have a mask available for use during conferences with managers and fellow umpires.
12. Equipment inspection should be visible if possible [if the umpire needs the player present for visual inspection the player must also wear a face covering], if not the umpire should wear disposable gloves. Gloves must be changed before touching a different player's equipment.
13. During games spectators must remain out of all areas in use by players and stay a minimum of 6' away from the playing field and player areas. Spectators shall maintain 6' social distancing from any other spectator not in their immediate household.



FOUR COUNTY LITTLE LEAGUE
2020 FALL (COVID-19) SEASON
PARENT WAIVER, RELEASE OF LIABILITY, AND PARTICIPATION AGREEMENT

PLAYER NAME: _____

PARENT/GUARDIAN #1 NAME: _____

PARENT/GUARDIAN #2 NAME: _____

I/We, the above named parent(s)/guardian(s), have been informed by Four County Little League (FCLL) of the rules and regulations of the league for participation in baseball/softball as required by FCLL, Maryland District 2 and Little League Eastern Region during COVID-19. I/We have been provided with a copy of the league's Return to Play guidance and understand the full version of such rules and regulations can be found on the website at http://fourcountylittleleague.org/return_to_play. I/We agree to adhere to the rules and regulations as currently published and as may be updated from time to time. I/We also understand and agree that the above named player and any spectator I/We bring to a practice or game must adhere to those rules and regulations.

I/We understand and have been informed that additional resources for staying safe during COVID-19 can be found at the CDC website [cdc.gov].

Terms and Conditions:

I/We hereby give my/our approval for the above named player to participate in any and all Little League activities, including transportation to and from the activities following the COVID-19 guidelines and any revisions required by FCLL, the District, Region, or Little League International as well as the State of Maryland.

I/We acknowledge and understand that participation in baseball/softball may result in serious injuries, as well as possible exposure to COVID-19. I/We further acknowledge and understand protective equipment does not prevent all injuries to players, and that personal protective equipment (PPE) does not preclude infection with COVID-19. I/We knowingly and freely assume any and all such risks associated with the above named player's participation in FCLL. I/We do hereby waive, release, absolve, indemnify, agree to hold harmless, and promise not to sue FCLL (including its organizers, sponsors, board members, participants,

managers, coaches, volunteers, and persons that may transport the above named player to and from Little League activities), and Little League International for any claim arising out of any injury to the above named player (including but not limited to exposure to or infection of the above named player to/with COVID-19) whether such injury/exposure/infection is the result of negligence by FCLL (including its organizers, sponsors, board members, participants, managers, coaches, volunteers, and persons that may transport the above named player to and from Little League activities) or for any other cause.

I/We agree to conduct required pre-practice and pregame symptom checks on the above named player as required prior to each FCLL Activity. If the above named player is ill or has any symptoms of COVID-19, I/We understand and agree to keep the above named player at home, and to inform the team manager. If the above named player develops any symptoms of illness (of COVID-19 or otherwise) during a FCLL activity, I/We agree to pick the above named player up as quickly as possible.

I/We agree, upon request, to return any uniform and/or other equipment that is issued to the above named player by FCLL in as good condition as when it was received - except for normal wear and tear. I/we will assure that the above named player is aware of the special regulations prohibiting equipment sharing and touching the equipment of teammates or other players, as well as the need to avoid sharing equipment between players and other children. I/we also agree to sanitize the above named player's equipment following each practice or game.

I/We understand that my information as the parent or guardian of such above-named candidate is sent by the local league to Little League International each year. Such use of information by Little League International can be found here: www.LittleLeague.org/privacypolicy. I/We further understand that I/We may opt-out of communications from Little League International at any time.

Signed,

Parent/Guardian #1 _____ Date: _____

Parent/Guardian #2 _____ Date: _____



Four County LITTLE LEAGUE
2020 FALL (COVID-19) SEASON
PLAYER AGREEMENT

PLAYER NAME: _____ DATE: _____

I have been told the following rules for me to play with Four County Little League (FCLL) this fall and agree to follow the below listed rules:

1. No spitting, seeds, gum, or licking my fingers at any time when at the ball field.
2. If I need to cough or sneeze I will face into my shirt, elbow or use a tissue. If I use a tissue I will throw it in the trash right away. I will cleanse my hands with sanitizer after sneezing/coughing.
3. I will not touch, use, or ask to use another player's equipment.
4. I will wear a face covering when asked.
5. I will use hand sanitizer between innings and whenever the coach tells me.
6. I will stay in my assigned space and keep my equipment in this space whenever at the ball field.
7. I will stay 6' away from teammates and coaches as possible.
8. No handshakes, high/low fives, fist/elbow bumps or other touches are permitted. I will cheer for my teammates and the opposing team using baseball cap "tips", thumbs up, and clapping.

I will follow all the rules of my coach and parents to stay safe. I know that if I break the rules I may be removed from the team and will not be able to play baseball this year.

Signed: _____ (player)

Signed: _____ (parent)