



La Habra City Little League Best Practices on Organizing, Playing, And Watching Little League Baseball During the Coronavirus Pandemic

Section 1: General Guidance

Wash Your Hands Often:

- Wash your hands often with soap and water for at least 20 seconds, or about the time it takes to recite the Little League Pledge twice, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Players are to bring their own hand sanitizer for personal use.

Cover Your Mouth and Nose with a Cloth Face Covering When Around Others:

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face covering when they go out in public, such as in public areas around Little League fields and parks.
- 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.
- The cloth face covering is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker, as it is important for these facemasks to be available for those professionals needing that personal protective equipment.
- Continue to keep six feet between yourself and others. The cloth face covering is not a substitute for social distancing.

Cover Coughs and Sneezes:

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash immediately.



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- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with hand sanitizer that contains at least 60 percent alcohol.

Social Distancing:

- All players, coaches, volunteers, independent contractors, and spectators should practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas. For situations when players are engaging in the sports activity, see On-Field Guidance below for more information.
- Avoid close contact with people who are sick.

Self-monitoring and quarantine:

- All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each Little League activity. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 in the prior 14 days should not attend any Little League activity.
- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory conditions should only attend Little League activities with permission from a medical professional.



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Section 2: On-Field Guidance

Healthy Practices:

- All players and coaches should practice good general health habits, including maintenance of adequate hydration, balanced meals, and getting adequate sleep.
- Players, coaches, team parents, and umpires are to be screened before entering the field. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 in the prior 14 days will not be allowed on the field.
- Each player, coach, and umpire shall use hand sanitizer upon entering the field, after the warm-up period, and after each half-inning of play.
- At practice, players and coaches should use hand sanitizer at the beginning of practice and after each drill.

No Handshakes/Personal Contact Celebrations:

- Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. Little League International suggests lining up outside the dugout and tipping caps to the opposing team as a sign of good sportsmanship after a game.
- Players and families should vacate the field as soon as is reasonably possible after the conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game, ideally within 15 minutes.

Drinks and Snacks:

- Players, managers/coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be clearly and visibly labeled with the person's name.
- Individuals should take their own drink containers home each night for cleaning or use single-use bottles.
- There should be no use of shared or team beverages.
- Teams should not share any snacks or food. Food is not allowed on the field. If needed, players should bring their own individual, prepackaged food or snacks and are not allowed to share with anyone outside of their household.



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Section 2: On-Field Guidance

Personal Protective Equipment (PPE):

- All managers/coaches, volunteers, umpires, etc., should wear cloth face coverings whenever applicable and possible.
- Players should wear cloth face coverings when sitting in their chairs, waiting for their turn to bat, or waiting to return to the field of play and in places where recommended social distancing is challenging.
- Players 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.
- Cloth face coverings should not be placed on anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Dugouts:

- To the extent possible, practices should be conducted without using dugouts.
- Managers/coaches and players should be assigned spots in the designated player areas so that they are at least six feet apart.
- Players are to wear their helmets and their cloth face coverings and stay at their assigned spots when on the bench or while waiting their turn to bat.
- Players and managers/coaches should wear a cloth face covering in the dugout if there is more than one person in the dugout.
- A maximum of three people are allowed in a dugout at any one time.

Player Equipment:

- No personal player equipment bags should be allowed in the dugout. Equipment bags should be spaced six feet apart in the designated space outside the dugout.
- In addition to individual PPE and chair, players should have their own individual batter's helmet, glove, bat, and catcher's equipment.
- Equipment sharing should be avoided, or minimized, when feasible.



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Section 2: On-Field Guidance

- Some critical equipment may not be able to be obtained by every individual. When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned with a disinfectant wipe and allowed sufficient time to dry before being used by a new player. Increased attention should be paid to detailed cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned after each practice and game by a parent/guardian/caretaker, where applicable.
- Individuals disinfecting equipment are encouraged to use gloves while using disinfectants and follow the manufacturer's directions for use. All disinfectants should be stored properly, in a safe area, out of reach of children.

Baseballs:

- To limit contact between opposite teams, there should be one set of baseballs for use in the top half of innings, and another set of baseballs for use in the bottom half of innings. Each set of baseballs can be wiped with a disinfectant wipe after each half inning.
- Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
- During games, balls used in infield/outfield warm-up should be isolated from a shared ball container.
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball. The ball can be wiped with a disinfectant wipe prior to putting back in play.

Spitting, Sunflower Seeds, Gum:

- Sunflower seeds and gum should not be allowed in dugouts or on the playing field.
- All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.



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Section 3: Game Operations & Umpires

Pre-Game Plate Meetings:

- Social distancing of six feet between individuals should be implemented during all pregame plate meetings.
- Pre-game plate meetings should only consist of one manager or coach from each team, and game umpires.
- All participants should wear a cloth face covering.
- No players should ever be a part of pre-game plate meetings.
- If possible, eliminate pre-game plate meeting.

Equipment Inspection:

- Players should place their individual equipment in a well-spaced out manner for inspection. Umpires should avoid direct contact with equipment where possible but, when required, use hand sanitizer before the inspection of each individual piece of equipment and after the last piece of equipment.

Limit League/Game Volunteers:

- For games, only the required team managers, coaches, team parents, umpires, and one league administrator (i.e. Safety Officer, player agent, etc.) should be allowed on the field.
- Practices should be limited to the managers, coaches, team parents, and players.
- Scorekeeping should be performed in a designated area. Proper social distancing should be practiced.

Field Preparation and Maintenance:

- Volunteers already participating in the game (managers, coaches, umpires, and league administrator) are encouraged to perform field preparation and maintenance tasks to limit individuals at the site.
- It is recommended that any shared field preparation equipment be sprayed or wiped with cleaner and disinfectant before and after each use.

Umpire Placement:

- If desired, umpires are permitted to be placed behind the pitcher's mound to call balls and strikes. Umpires are encouraged to keep a safe distance from players as much as possible.
- If physically able, umpires are encouraged to wear cloth face coverings.



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Section 4: Facilities, Fans, & Administrative Guidance

Clean and Disinfect Shared Equipment and Surfaces:

- Disinfect frequently touched surfaces daily and in between all facility uses, including practices and games. This includes, doorknobs, light switches, handles, facility equipment, dugouts, toilet handles, faucet handles, paper towel dispenser handles, soap dispenser handle and sinks.
- If surfaces are visibly soiled or dirty, they should be cleaned with a detergent or soap and water prior to disinfection.

Spread out Scheduling of Practices and Games:

- Schedule sufficient time between practices and games to facilitate the complete evacuation of individuals from a previous practice or game from the premises before the next group enters.
- Players/families/spectators are instructed not to show up to fields more than 40 minutes before game time.
- Arrivals to the fields can be scheduled to help ensure a large number of individuals are not arriving at the same time.
- If there is a prior game or practice, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
- On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes.
- Practices and games should follow all local and state directives regarding the number of people allowed to gather in one place.

Limiting Spectator Attendance:

- It is recommended that each player has no more than three spectators in attendance at games and practices.
- All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; wear a cloth face covering; avoid direct hand or other contact with players/managers/coaches during play.



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Section 4: Facilities, Fans, & Administrative Guidance

- Spectators should watch the game from the areas behind the outfield fence, bringing their own seating or portable chairs. Bleachers will not be open for seating by spectators.
- A spectator with any of the following conditions should not attend a practice or game:
 - Active COVID-19 infection
 - Known direct contact with an individual testing positive for COVID-19
 - Fever
 - Cough
- Those at higher risk for severe disease should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing. Such groups include:
 - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease.
 - Those currently residing in a nursing home or long-term care facility
 - Those over age of 65

Public Restrooms:

- Communicate information on available facilities and policies to all parents prior to resuming or beginning season.
- Access to public restrooms should be limited, if possible.
- A “one-in-one-out” policy, where only one individual is permitted within the restroom at one time, should be implemented to ensure adequate distancing in the confined restroom space.
- Restrooms should be cleaned and disinfected by responsible parties daily.
- Public water fountains use should be discouraged.



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Concession Stands:

- No food or concession sales should be allowed at facilities.
- Families are encouraged to bring their own food/beverages.

Post Information to Promote Everyday Preventive Actions:

- Display posters and signs around the fields to frequently remind visitors to take steps to prevent the spread of COVID-19. These messages may include information about:
 - Staying home if you are sick or do not feel well.
 - Using social distancing and maintaining at least six feet between individuals in all areas of the park.

Member Communication:

- Disseminate information to all families, volunteers, and spectators about the Coronavirus risk and the efforts La Habra City Little League will be undertaking to mitigate those risks, as outlined above. Information should be disseminated by way of email, league website, social media, and through coaches.