

Folsom National Little League (FNLL)

COVID-19 Safety and Health Guidelines

The safety and health guidelines below are additional measures to be taken before, during, and after a conditioning/practice session and/or game. All other key prevention strategies outlined by the CDC, California Department of Public Health, and/or Sacramento County Department of Health Services will be followed.

Parents are required to assess wellness before attending practices or games. If a parent or player exhibits any of the conditions listed below, we ask that the individual not attend a practice or game until evaluated by a medical provider and given clearance to do so:

- Active COVID-19 infection
- Known direct contact with an individual testing positive for COVID-19
- Fever (which is defined by a temperature of 100 degrees or more) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

COVID-19 Reporting

Any coach, manager, snack bar work, volunteer, or family member must notify the Safety Officer and President if:

- They or someone in their household has COVID-19 symptoms.
- They or someone in their household has a positive COVID-19 test.
- They or someone in their household is quarantined at home due to potential coronavirus exposure.
- They or someone in their household has been exposed to someone suspected or confirmed to have COVID-19.

All notifications are confidential! Notifications made to the Safety Officer and President are kept in a confidential location and only the Safety Officer and the President have access to this information. The league will take appropriate actions once a report is made to the Safety Officer and President. Actions include, but are not limited to:

- Temporarily closing the affected fields for disinfecting and cleaning. No practices or games will be allowed during that time.
- Players and families of those teams exposed will not be allowed to return to practices or games until evaluated by a medical provider and given clearance to do so.

Note: Appropriate actions may change depending upon the guidelines provided by state and county officials.



Conditioning/Practices

- Practices should be limited to coaches and players only. If a parent/guardian opts to stay and observe, they may do so from pre-designated areas, while keeping proper distancing from athletes and other parents/guardians. Observers are also required to wear face masks.
- Masks or other PPE items are not required for players, coaches, umpires, or spectators during physical exertion.
- If a player chooses to wear a mask or face covering during physical exertion, the items cannot compromise their safety of participating in the game (such as obstructing their vision).
- Hand washing or use of hand sanitizer before practice, directly after practice, and during breaks is recommended.
- The coaches of each team will be responsible for sanitizing all sports equipment necessary for practice and drills for each cohort group after they are collected and before they are returned to circulation (example: baseballs).
- The minimum equipment necessary must be used for practices and drills. The league will provide the disinfecting equipment and the EPA-approved disinfectant to the coaches of each team.
- Players within each team will have separate and distanced designated areas for their personal equipment such as bags, gloves, bats, batting gloves, helmets, etc.

Game Play

Team Personnel/Dugouts: The dugouts will be extended outside of the physical distance of the physical structure to behind the dugout/ backstop or to the side of the dugout/backstop for both teams. This will allow players and coaches to socially distance throughout the game.

- The dugout area is reserved for players and coaches only.
- No more than 3-5 persons are permitted in the dugout at any given time (this is dependent on the size of the dugout). These individuals (players, coaches, or any combination) must maintain social distancing throughout the game. All other team personnel must practice social distancing in the extended area of the dugout as referenced above.
- It is recommended that players line up in their batting order behind the dugout/backstop area with a social distance of 6 feet apart. Coaches will provide visual markers distanced 6 feet apart for the players.
- Face coverings must be worn by coaching and support staff at all times.
- Face coverings are **NOT** required for players during physical exertion.
- Players may wear masks or other PPE items if they choose during physical exertion, if the items do not compromise their safety of participating in the game (such as obstructing their vision).

Equipment: It is recommended that team personnel have access to hand sanitizer and disinfectant wipes to be used before, during, and after games, whenever appropriate.

- Players will refrain from sharing equipment in general. This includes, but is not limited to bats, helmets, gloves, water bottles, and catcher equipment.
- Players will be encouraged to leave unnecessary equipment at home or in automobile. Each player should



have their own designated area away from other players for their personal equipment.

- Each team will provide their own baseballs when on defense. Each team is responsible for switching out their baseballs each half inning.
- After each game, the coaches of each team will be responsible for sanitizing all shared sports equipment used during the game before the shared equipment is returned to circulation (example: baseballs).

Game Protocol:

- At the pregame meeting and throughout the game, coaches and umpires will not be allowed to shake hands or have any physical contact with each other.
- Players and coaches are asked to refrain from high fives or any other gestures of celebration involving physical contact.
- Coaches will **not** use lineup cards. Instead, all scorekeeping will be done using GameChanger.
- Equipment sanitizing between innings is recommended.
- Hand washing or use of hand sanitizer before practice, directly after practice, and during breaks is recommended.
- No “team” water jugs or shared hydration methods is allowed.
- Spectators/fans/families should refrain from retrieving foul balls. A designated coach or volunteer from each respective team will retrieve foul balls.
- No food of any kind (including gum and sunflower seeds) can be consumed by players or coaches during the game or in the dugout areas.
- All players and coaches must to refrain from spitting in the dugout areas or on/around the playing field.
- If a player needs to use the restroom during the game, the player should wash their hands and/or apply hand sanitizer before resuming play.
- The catcher will be allowed to assume the normal catcher distance from home plate to prevent injuries that might be related to the catcher being distanced 6 feet away from the hitter.
- Umpires will have the choice of officiating the game 6 feet or more behind the pitcher’s mound **OR** from 6 feet behind the catcher while practicing social distancing with all players.
- Umpires will not handle baseballs and should remind players to retrieve extra baseballs from their designated coach.
- At the conclusion of the game, players and coaches will forego the traditional sportsmanship line. Instead we ask for each team or the manager from each team to line up on their respective foul line (socially distanced) and “tip their cap” as a salute to the other team to promote sportsmanship.

Spectators: **Face coverings must be worn when not participating in the activity (e.g., on the sidelines).**

- Parents and spectators are advised to observe the game while maintaining social distance from other spectators outside of their own family members.
- Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.
- Parents and spectators are not allowed within 6 feet of the dugout area or dugout extended area.



- Players and families should vacate the field/facility 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.

Snack Bars (as allowed by state and county guidelines): Only those individuals scheduled for snack bar coverage will be allowed in the snack bar area. Family members, spectators, or other individuals are not allowed to loiter in the snack bar area. **Note:** Snack bar guidelines are subject to change based on current county and/or state guidelines.

- All snack bar workers must wear masks and gloves while working in the snack bar and grilling food.
- One (1) snack bar worker will be responsible for working work within the snack bar. Responsibilities include, but are not limited to:
 - Serving pre-packaged food and beverages, such as candy, soda, sports drinks.
 - Preparing made-to-order snacks such as pretzels, nachos, and popcorn.
 - Taking orders for grilled items, such as hot dogs and hamburgers.
- One (1) snack bar worker will be responsible for the actual grilling of made-to-order food such as hot dogs and hamburgers. This individual will be the only person allowed within the grilling area.
- One (1) snack bar worker will be a “floater”. Responsibilities include, but are not limited to:
 - Monitoring physical distance of spectators ordering and waiting for their food.
 - Delivering food to those individuals who choose not to wait at the snack bar for their food.
 - Assisting with re-stocking of snack bar items when necessary.

