

ALASKA STATE LITTLE LEAGUE COVID-19 MITIGATION PLAN
FOR INDOOR and OUTDOOR
FOR ALL BASEBALL & SOFTBALL

This mitigation plan is being written to resume the 2020 Alaska Little League baseball and softball season to help protect the league players, coaches, and volunteers during the COVID-19 pandemic assuming that the statewide or local government stay-at-home is lifted. The plan is focused on minimizing risk of transmission while still allowing for competition.

I. DURATION: This mitigation plan is in effect until rescinded or modified per changes of the Alaska State Reopening Phases mandates and local government mandates or changes in best practices.

II. IMPLEMENTATION:

a. Enforcement:

i. The League will post their mitigation plan onto their website along with at the field.

ii. At the entrance onto the fields they will have hang a sign stating:

“Anyone entering this field agrees not to participate in any activities if they:

1. Are exhibiting the current CDC recognized symptoms consistent with COVID-19.
2. Have knowingly been in contact with a suspected or positive case of COVID-19 within the past 14 days,
3. Are within 72 hours of exhibiting significant COVID-19 symptoms or a fever,
4. When recovering from a case of COVID-19, are less than 14 days from onset or less than 72 hours since the end of significant symptoms or fever, and
5. Have not been in the state for 14 days symptom free as long as Health Mandate 10.1 - International and Interstate travel – Order for Self-Quarantine is in effect.

The league’s mitigation plan is behind this notice and can be found on our website (type league website address or how they can see the mitigation plan if inquiring about it).”

iii. The League will use their player registration data/roster information to make up their contact numbers for notification for contact tracing of a confirmed exposure.

iv. All League managers and coaches will encourage compliance with this mitigation plan during their practices and games.

v. All managers and coaches will comply with the 150 or less participating members during outdoor practices and games.

vi. During practices, one of the team’s coaching staff will educate and seek to enforce social distancing among players and administer screening questions to all team participants when they arrive. NOTE: Not necessary for spectators.

1. During games there will be someone from the league or teams that will be designated as a safety coordinator. This person will ask the screening questions of players and game volunteers, i.e. managers, coaches, scorekeeper, pitch-counter, an umpire(s).

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- vii. The team manager or one of the coaching staff will keep a player attendance tracking log (see example attached to this plan) to be used to notify anyone of a reported illness or COVID-19 is reported. Lineup cards will suffice.

- b. Training:
 - i. All managers and coaches will be trained on this mitigation plan by the League Coaching Coordinator, or Safety Officer or other Board member.
 - 1. All managers and coaches receiving the training will sign the training login sheet showing attendance of this training.
 - 2. Any manager or coach not attending the training will not be allowed to hold or attend any practices or games until they receive the training.
 - ii. All league players at their 1st practice will be given instruction on this COVID-19 mitigation plan.
 - iii. All league player's parents will be given instruction on this mitigation plan by their team manager.
 - 1. The parents will sign an acknowledgement sheet after their presentation on this COVID-19 mitigation plan and return the signed Health Status Agreement.
 - 2. Parents will sign the health assessment screening sheet attached to the player medical release form. Both of these signed forms will be given to their team manager.
 - iv. The local league will keep the parent's acknowledgement sheet, signed health status agreement, and managers & coaches training attendance sheet in the season records.

- c. Symptomatic Individuals:
 - i. Any manager, coach, player, volunteer or parent who exhibits symptoms of illness or contracts COVID-19 (coronavirus) may not participate in any practices or games.
 - ii. Any manager, coach, player, volunteer or parent must be medically cleared prior to being allowed to return to practices or games.
 - iii. Any manager, coach, player, volunteer or parent is required to inform their local league if they do become sick within 7 days of participating in a practice or game so that other league members can be informed that a fellow league member became sick and they should monitor for symptoms and practice recommended social distancing measures.
 - 1. If a local Little League receives notification of a manager, coach, player, volunteer or parent has been identified as being COVID-19 positive by testing, they will make notification to their League members with a letter.
 - 2. NOTE: Local leagues are recommended to use the attached Local League COVID-19 Member Letter out to its members, post on their website, at the facilities used by the Local League.

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III. MITIGATION PLAN FOR OUTDOOR PRACTICES:

a. Social Distancing:

- i. Traveling with non-household members should be limited as much as possible and face coverings are encouraged.
- ii. The number of participants and spectators per field will be limited by the space allowed to follow physical distancing guidelines not to exceed 150 people per field.
- iii. Practices should be limited to the managers/coaches and players.
- iv. League administrators should schedule sufficient time between practices to facilitate the complete evacuation of individuals from a previous practice before the next group enters.
- v. Where possible, individuals should enter your complex from one side and exit on the opposite side of the complex.
- vi. Players must maintain a minimum physical distancing of 10 feet distance while exercising and 6 feet while not exercising.

b. Hygiene:

- i. Handwashing signs will be posted in the restrooms at the fields.
- ii. All team members including the coaches must wash their hands or use hand sanitizer before, during and after practice and/or games.
- iii. All team members must bring their own water bottle or sports drink and no food is allowed.
- iv. No sharing of batting helmets or softball fielder face masks.
- v. If any bats are shared by team members, the bat handles should be wiped down between uses.
- vi. The manager or coaches will clean and disinfect their equipment after each practice with a bleach solution (1/3 cup per gallon of water or 4 teaspoons of bleach per quart of water). Sanitizing wipes or alcohol solutions with at least 70% alcohol may also be used and allowed to air dry.

IV. LITTLE LEAGUE GAME MITIGATION PLAN

a. Facility. Fan and Administrative Guidance

i. Clean and disinfect Share Equipment and Surfaces:

- a. Clean AND disinfect frequently touched surfaces daily and in between all facility uses, including practices and games. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, facility equipment, dugouts, toilets, faucets, and sinks.
- b. If surfaces are visibly soiled or dirty, they should be cleaned with a detergent or soap and water prior to disinfection.

ii. Spread out Scheduling of Games:

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- a. The number of participants and spectators per field will be limited by the space allowed to follow physical distancing guidelines not to exceed 150 people per field.
 - b. League administrators should schedule sufficient time between games to facilitate the complete evacuation of individuals from a previous game from the premises before the next group enters.
 - c. Players/families/spectators are instructed not to show up to fields more than 40 minutes before game time.
 - d. Where possible, individuals should enter from one side of the complex through and exit through the other side than the entry into the complex.
 - e. Arrivals to the complex can be scheduled to help ensure a large number of individuals are not arriving at the same time.
 - f. If there is a game prior, 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.
 - g. On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes.
- iii. Limiting Spectator Attendance:
- a. All spectators must follow physical distancing guidelines — 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.
 - b. Local Leagues may choose to minimize the exposure risk to spectators by limiting attendance to only essential volunteers and limited family members.
 - c. Spectators should bring their own seating or portable chairs when possible.
 - d. Leagues are encouraged to utilize streaming opportunities to provide virtual spectating.
 - e. A spectator with any of the following conditions should not attend a practice or game until evaluated by a medical provider and given clearance to do so:
 - i. Active COVID-19 infection
 - ii. Known direct contact with an individual testing positive for COVID-19
 - iii. Fever
 - iv. Cough
 - f. 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:
 - i. Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease.
 - ii. Those currently residing in a nursing home or long-term care facility
 - iii. Those over 65

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iv. Public Restrooms:

- a. Access to public restrooms should be limited if possible.
- b. 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.
- c. Restrooms must be cleaned and disinfected regularly per the facilities mitigation plan.

b. General On-Field Guidance

i. No Handshakes/Personal Contact Celebrations:

- a. 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. Local leagues should have teams line up outside the dugout and tipping caps to the opposing team as a sign of good sportsmanship after a game.
- b. 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, ideally within 15 minutes.

ii. Drinks and Snacks:

- a. Players, managers/coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person’s name.
- b. Individuals should take their own drink containers home each night for cleaning and sanitation or use of disposable bottles.
- c. There should be no use of shared or team beverages.
- d. Teams should not share any snacks or food. Players should bring individual, pre-packaged food, if needed.

iii. Personal Protective Equipment:

- a. All managers/coaches, volunteers, umpires, etc., should wear PPE whenever applicable and possible, such as cloth face coverings and protective medical gloves.
- b. 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.
- c. Players should not wear protective medical gloves on the field during game play.
- d. Players, especially at younger divisions, are not required to wear a cloth face covering while on the field during game play.

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NOTE: 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.

- e. 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.
- iv. Dugouts:
- a. Managers/coaches and players should be assigned spots in the dugout or on the bleachers so that they are at least six feet apart and must be placed behind a fence.
 - b. Players are to stay at their assigned spots when on the bench or while waiting their turn to bat.
 - c. Players and managers/coaches should wear a cloth face covering while in the dugout.
- v. Player Equipment:
- a. No personal player bat bags/equipment bags should be allowed in the dugout. Player equipment should be spaced accordingly outside the dugout to prevent direct contact.
 - b. Players should have their own individual batter's helmet, glove, bat, and catcher's equipment.
 - c. 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 first and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before 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).
 - d. 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.
 - e. 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.
- vi. Baseballs and Softballs:
- a. Baseballs and softballs should be rotated through on a regular basis, at least every two innings, to limit individual contact.
 - b. Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
 - c. Balls used in infield/outfield warm-up should be isolated from a shared ball container.

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- d. Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball.

vii. Spitting, Sunflower Seeds, Gum etc.:

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

c. Game Operations and Umpires Guidance

i. Pre-Game Plate Meeting:

- a. If possible, plate meetings should be eliminated.
- b. Social distancing of six feet between individuals should be implemented during all pre-game plate meetings between teams and umpires.
- c. Plate meetings should only consist of one manager or coach from each team, and game umpires.
- d. All participants should wear a cloth face covering.
- e. No players should ever be a part of plate meetings.

ii. Equipment Inspections:

- a. 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 that contains at least 60 percent alcohol after the inspection of each individual piece of equipment.

iii. Limit League/Game Volunteers:

- a. For each game, there should only be the required team managers/coaches, umpires, and one (1) league administrator (i.e. Safety Officer, player agent, etc.) in attendance.
- b. Scorekeeping should be done by team coaches or team parent/guardian via GameChanger if possible. Proper social distancing should be practiced.
- c. Score boxes should not be utilized unless there is ample room for social distancing to occur within them.

iv. Umpire Placement

- a. Umpires are encouraged to keep a safe distance from players as much as possible and wear PPE including gloves and face coverings.

v. Field Preparation and Maintenance:

- a. It is recommended that any shared field preparation equipment be sprayed or wiped with cleaner and disinfectant before and after each use.

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d. TEE BALL and COACH-PITCH/MACHINE PITCH

- i. Team numbers should be reduced, to help limit the number of individuals at practices and games.
- ii. Volunteers/Parents are encouraged to be from the same household as players, as much as possible. Coaches should wear cloth face coverings whenever possible.
- iii. The focus on these divisions should be on fun and player development.

e. LITTLE LEAGUE SANDLOT GAMES:

- i. While activities should be player-led; the adult volunteers overseeing Little League Sandlot event should provide a thorough overview of appropriate mitigation efforts within this plan and are responsible for ensuring these guidelines are followed.