

# Organizing, Playing, and Watching Games



As Raccoon Valley Little League is sanctioned through Little League International, we are using their guidelines along with local and state government guidance to hold a safe and fun baseball season.

**These best practices have been compiled from resources and direct guidance from the U.S. Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO), The Aspen Institute, among others.**

**This guidance was last updated on May 18 by Little League International and edited by RVLL on June 15. We will continue to update these comprehensive resources to provide additional best practices guidance as information is further developed around COVID-19 mitigation.**

In addition to state and local guidance, we encourage all coaches, players, volunteers, umpires and fans to consider the following when returning to play.



# 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% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Leagues are encouraged to provide handwashing stations and/or hand sanitizer, if possible.
- Avoid touching your eyes, nose, and mouth.
- Players are encouraged to bring their own hand sanitizer for personal use.
- Hand sanitizer will be placed in all common areas off-field for easy 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 have to go out in public, for example, in public areas around your 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 are 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.
- 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 a hand sanitizer that contains at least 60% 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.
- Stay home as much as possible.



## CDC Resources

[How to Protect Yourself & Others \(PDF Download\)](#)

[Use of Cloth Face Coverings to Help Slow the Spread of COVID-19 \(PDF Download\)](#)

## Self-monitoring and Quarantine:

- All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each RVLL activity. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend any RVLL activity until cleared by a medical professional.
- If a player or coach is exposed by confirmed positive infected person there will be an immediate suspension of practice and games for team until person is tested.
- If positive result, team is not allowed to be at RVLL for 7-10 days (2-3 games), this includes the wait time for results. Any player or coach showing no symptoms including fever or cough may return after the 7-10 days.
- If negative result, team may return to practice and play. Player or coach that was exposed must confirm that the infected person is isolated. If not possible, person may not return until infected person has been cleared by a medical professional.

# On-Field Guidance

## Healthy Practices:

- All players and coaches should practice good general health habits, including maintenance of adequate hydration, consumption of a varied, vitamin-rich diet with sufficient vegetables and fruits, and getting adequate sleep.

## 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/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 20 minutes.

## Drinks and Snacks:

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

## Personal Protective Equipment (PPE):

- All managers/coaches, volunteers, umpires, etc., should wear PPE whenever applicable and possible, such as cloth face coverings.
- 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.
- Players should not wear protective medical gloves on the field during game play.
- Players, especially at younger divisions, 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/caretaker.

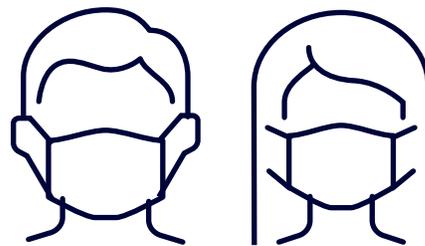
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

## Dugouts:

- 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.
- Players are to 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 while in the dugout.

## Player Equipment:

- 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.
- Players should have their own individual batter's helmet, glove, bat, and catcher's equipment.
- Measures should be enacted to avoid, or minimize, equipment sharing when feasible.
- 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).

- 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.
- 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 the reach of children. Players should not share towels, clothing, or other items that they may use to wipe their face or hands

## Baseballs and Softballs:

- Baseballs and softballs should be rotated through on a regular basis, at least every two innings, to limit individual contact.
- Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
- 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.

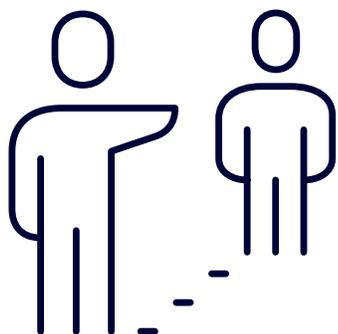
## Spitting, Sunflower Seeds, Gum, etc.:

- Sunflower seeds, gum, etc., 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.

# Game Operations and Umpire Guidance

## Pre-Game Plate Meetings:

- If possible, plate meetings should be eliminated.
- Social distancing of six feet between individuals should be implemented during all pre-game plate meetings between teams and umpires.



- 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 plate meetings.

## 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 that contains at least 60% alcohol after the inspection of each individual piece of equipment.



## Limit League/Game Volunteers:

- 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.
- Practices should be limited to the managers/coaches and players, no spectators at the field.
- Scorekeeping should be done by team coaches or team parent/guardian via GameChanger. Proper social distancing should be practiced.

## Field Preparation and Maintenance:

- Fields will be mowed, raked, and lined prior to teams and spectators arriving at the complex.
- We ask that team coaches rake the infield and cover pitcher's mound and home plate area, where applicable.
- For Fields 1-5, disinfectant will be provided in each dugout. For Fields 6-8, disinfectant will be hung behind home plate.
- Shared field preparation equipment must be sprayed or wiped with cleaner and disinfectant before and after each use.



## Umpire Placement:

- Umpires are permitted to be placed behind the pitcher's mound/circle 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 while umpiring.



# Facility, Fan, and Administrative Guidance

## Part 1

### Clean and Disinfect Shared Equipment and Surfaces:

- 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, faucets, 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:

- Sufficient time between practices and games will be created 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 30 minutes before game time.
- If there is a game or practice prior to your event, 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.
- Ensure that practices and games follow all local and state directives regarding the number of people allowed to gather in one place.
- Wait in cars before practice or game; limit the use of van pool or carpools.
- Allow time between practices and games for cleaning and disinfecting.

### Limiting Spectator Attendance:

- All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; wear a cloth face covering at all times; avoid direct hand or other contact with players/managers/coaches during play.
- Attendance is limited to only essential volunteers and limited family members. Spectators should bring their own seating or portable chairs when possible.
- Spectators may not use the bleachers.
- If you must bring other children to the fields who are not playing, please keep them with you at all times.
- **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:**
  - 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

### CDC Resources

[Reopening Guidance for Cleaning and Disinfecting Public Spaces](#)

[Guidance for Cleaning and Disinfecting \(PDF Download\)](#)

[Guidance for Administrators in Parks and Recreation Facilities](#)

[Visiting Parks and Recreation Facilities](#)



# Facility, Fan, and Administrative Guidance

## Part 2



### Port-a-Potties

- Port-a-potties will be managed by A King's Throne.
- Two will be available with pump water and soap inside.
- Single port-a-potties will have hand sanitizer in each one.
- External door handles will be wiped down with disinfectant each night.



### Concession Stand and area:

- Limited food and drinks will be available at the concession stand. All items will be pre-packaged.
- Families are encouraged to bring their own food/beverages.
- We encourage cashless payments.
- We will not be offering game day popcorn, or fresh popcorn for sale.
- Please practice social-distancing when waiting your turn at the concession stand.
- Please return to your seating area after receiving your order at the concession stand in order to keep the area clear.
- Some tables will be available for watching games.



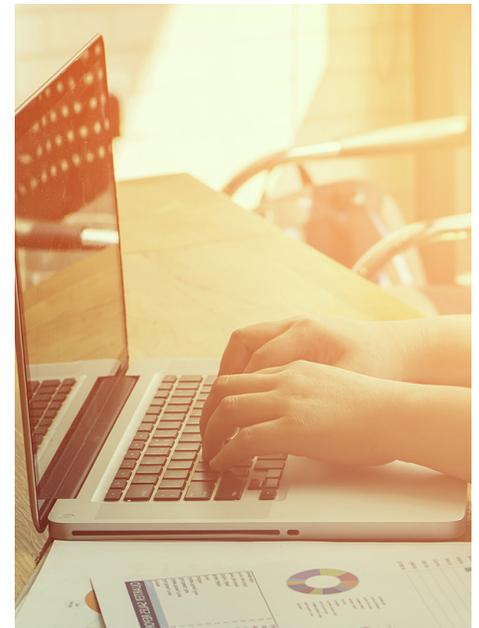
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# Additional, Division-Specific Guidance



## Tee Ball and Coach Pitch:

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

## A - Kid Pitch

- This is the first time kids have the opportunity to pitch and catch; because we don't expect players to have their own equipment, we will not have player catchers this year.
- The batter's coach will pitch after four balls.
- The pitcher's coach will catch and make calls.
- See additional safety guidelines above.

## AA and up

- In order to keep from too much crowding at the plate, the umpire will stand behind the pitcher's mound.
- See additional safety guidelines above for equipment care and play.

## Pre-/Post-Practice and Game Free Play

- Unofficial pre- and post-practice or game activities are not allowed. This includes after game shared snacks for younger teams.

