



COVID-19 Risk Mitigation Plan

(updated 5/5/21)

The following COVID-19 risk mitigation plan has been developed by CA District 54 with the goal of creating as safe an environment as possible for players, coaches, families, volunteers and umpires while they are participating in CA District 54 Little League events. This plan was developed using guidance from Little League International, California Department of Public Health (CDPH), Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). The district and all its member leagues will closely monitor and follow the guidelines set forth by our state and respective county and local health officials when determining Little League activities. If you have any questions, please contact your physician, a public health official, district staff or local Little League board member.

Interleague Play

- Per CDPH, baseball game play is permitted when a county is in the red tier ([Outdoor and Indoor Youth and Recreational Adult Sports, CDPH 4/6/20](#)).
- Leagues may have interleague play when the leagues involved are in the same or lower county tier.
- Interleague play is subject to district approval, filed through the data center.
- Concessions: outdoor food and drink concessions are allowed so long as physical distancing is maintained at all times. Leagues are advised to consult and follow local and county guidelines regarding concessions.
- Signage should be posted at each field reminding individuals of established protocols, social distancing of 6 feet, and the requirements to wear a face mask and to perform proper hand hygiene.

COVID-19 Waiver

- Before participating in any Little League activity, CA District 54 strongly recommends that each player and volunteer have a COVID-19 waiver signed by a parent/guardian. District 54 has provided a sample waiver form.
- Individuals must stay at least 6 feet from non-household members.
- Players will be reminded that they are not to travel with any persons outside of their family (household members).

Use of Face Coverings and PPE (updated per CDPH 5/3/21 updated guidelines)

- *For Little League adult volunteers (age 16 and older) who ARE vaccinated:*
 - *Face coverings are not required outdoors, except for crowded outdoor events.*
 - *When gathering with persons who are not vaccinated, such as players, follow [CDPH's Guidance for Gatherings](#) and wear a face covering when physical distancing is not possible.*
- *For Little League adult volunteers who are NOT vaccinated and for persons younger than 16 who are not eligible for vaccination at this time:*
 - *Face coverings are required outdoors any time physical distancing cannot be maintained.*
- *The following individuals are exempt from wearing face coverings per CDPH guidelines:*

- *Persons younger than 2 years old, due to the risk of suffocation.*
- *Persons with a medical condition, mental health condition, or disability that prevents wearing a face covering.*
- *Persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication.*
- *As of 5/5/21, the [CDPH Outdoor and Indoor Youth and Recreational Adult Sports guidelines](#) have not been updated since 4/6/21 and states participants in youth sports should wear face coverings when not participating in the activity (e.g., in the dugout).*
- It will be the responsibility of the league to ensure that managers, coaches, umpires and scorekeepers are trained in the proper way to wear a face covering (mask). It will be the responsibility of the team manager to make sure players are wearing their masks when needed and that they are being worn properly.
- League officials will be responsible for enforcing the face covering guidelines as outlined above, if needed.

Equipment Hygiene & Sanitation

- *Player equipment in the dugout should be spaced 6 feet apart, and space around the dugout (and behind a fence) if needed.*
- Players should have their own batter's helmet and glove, and, if possible, their own bat and/or catcher's equipment. Player equipment should be cleaned and disinfected after each use.
- Parents and coaches will be instructed to wash jerseys and practice clothes after each game or practice by the team managers.
- There should be no shared helmets. Players should put helmets back in their own bags when not in use.
- Managers and coaches must educate players not to touch fellow players' equipment or personal items.
- Shared equipment should be cleaned and disinfected before use by another person, group or team.
 - All surfaces of the shared piece of equipment must be cleaned, then disinfected with an EPA-approved disinfectant against COVID-19 and be allowed to dry before being used by a new player.
- Team managers and league officials will ensure that all surfaces are disinfected and that all trash and debris are picked up.
- Balls used during practice will be rotated every 30 mins and disinfected before the next practice. Balls and any other equipment that needs to be sanitized will be removed from the field of play and placed in a designated area.
- During games, each team will use their own game ball to avoid cross contamination between teams.

Cohorting, etc.

- Per [CDPH](#), athletes and coaches should cohort (referred to a [“stable group” by CDPH](#)) by team and refrain from participating with more than one team over the same season.
- A team cohort is a team approved by your league board per the Little League rule book. For example, a team cohort consists of one manager, two coaches and 12 players (15 person team cohort).
- No sharing of food or drinks. No team snacks are allowed. The league will ban any food from being on the field of play as well as requiring each player to bring their own water bottle clearly marked with their name.
- Spitting or chewing seeds, gum or other similar products is not allowed.
- A tip of the hat or wave shall replace the customary post-game handshake.
- Full wipe-down of dugouts, bleachers and bench areas are to be performed after each practice or game.
- Coaches and managers will be given a designated area down each foul line to use for the time when they are not practicing/playing.
- Players will be required to wear a face covering and maintain 6 feet of distance during any verbal group instruction.

Health screening / self-monitoring

- All individuals should measure their body temperature to ensure no fever (greater than 100.4°F) is present prior to participating in or attending a Little League activity.
- Any person with symptoms of fever, cough, worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend any Little League activity until cleared by a medical professional.
- Any person with underlying serious medical/respiratory conditions or who is at risk for severe illness should only attend Little League activities with permission from a medical professional.
- Leagues should determine who will ensure that managers, coaches, players, umpires and volunteers have completed their self-health check prior to attending a Little League activity.

Arrival and Exiting Times of Games

- If the need arises due to limited availability of the fields, the end and start times of the game will allow for a 45 minute gap between games. If there another game is scheduled prior, players and coaches will be asked to arrive **NO MORE THAN 30 minutes** before their scheduled game time. Post-game huddles and team discussions will be limited to brief instructions about the next game or practice and all individuals will be asked to leave the field area within 15 minutes of the game finishing. Any player that arrives more than 30 minutes before their scheduled game will be asked to wait in their vehicle until the previous teams have left the field.

Spectators

- Per [CDPH](#), for youth sports, immediate household members may observe practices and games as needed for age-appropriate supervision, but observers should be limited to ensure physical distance can be maintained.
- *Must stay at least 6 feet from non-household members and wear face coverings if unvaccinated.*
- Must perform daily health screening. Any person experiencing symptoms, living with someone with symptoms or who has been in contact with a person with COVID-19 must stay home.
- Should bring their own seating when possible.
- Must not enter playing areas on the field, behind the backstop or in/around team dugouts and player/coach areas.
- When bathrooms are available, they should be limited in use. Persons using the facilities must perform hand hygiene (wash or sanitize) both on entering and exiting the restroom.
- Spitting or chewing seeds, gum or other similar products are not allowed.
- All spectators must vacate the field/venue as soon as possible after the conclusion of the game or practice, ideally within 15 minutes, to allow for proper cleaning of the venue and to allow the next group to arrive.

Umpires

- *Should wear face coverings if unvaccinated, and if vaccinated, when physical distancing cannot be maintained (under the umpire masks, if wearing one).*
- Umpires have the option to stand behind the catcher or 6 feet behind the pitcher's mound to call balls/strikes.
- Umpire equipment should remain separate from team equipment.
- Must maintain 6 feet of physical distance when interacting with players, coaches and spectators at all times.
- Must perform daily health screening. Any person experiencing symptoms, living with someone with symptoms or who has been in contact with a person with COVID-19 must stay home (see "Health Screening/Self-Monitoring" above).

League / Game Volunteers

- Should be limited to the field location.
- For each game, there should only be the required team managers/coaches, umpires, official score keeper (home team) and one home league administrator in attendance. Proper physical distancing must be observed.
- Practices should be limited to the managers/coaches and players. **NO EXTRA PARENTS or SIBLINGS.**
- Press boxes for scorekeepers should not be utilized unless there is ample room for physical distancing to occur within.

Dugouts & Player areas

- Coaches and players only permitted in the dugout.
- Social distancing requirements must be observed and face coverings must be worn by all in the dugout.
- Dugout benches will be marked with 6 foot spacing. If the bench does not allow for the full team, then additional chairs will be set up outside the dugout area to practice social distancing requirements.
- Players are to stay at their assigned spots when not playing or while waiting their turn to bat.

Baseballs

- Each team will supply baseballs to be used exclusively for their team in the field to minimize the number of people using the same ball.
- Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
- Between innings, coaches must sanitize baseballs with disinfectant or replace with new/sanitized baseballs.
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball.

Pre-game plate meeting

- During pre-game plate meetings, all individuals must observe proper physical distancing.
- *Plate meetings should be limited to one umpire and one coach from each team. All three individuals must wear a face covering, unless all are vaccinated (see above).*
- No players should be part of plate meetings.

Return to Play after COVID-19 infection

- Per [CDPH](#), children and teens with symptoms of COVID-19 should not attend practices or competition. They should consult their physician for testing and notify their coach of their symptoms. Leagues may advise managers/coaches to notify the league safety officer, who then can offer support and guidance for the player, their family and the team.
- Per [CDPH](#), youth athletes recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. Those who are asymptomatic or have mild symptoms should not exercise until cleared by a physician. See the American Academy of Pediatrics Interim Guidance on Return to Sports for additional guidance. ([AAP COVID-19 Interim Guidance: Return to Sports](#))

Please contact us with any questions and thank you for your support of California District 54 Little League.

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