

Newark American Little League
Covid 19 Safety Protocol Spring 2021

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. Newark American Little League 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 15 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 and or masks in accordance with the State of Emergency Order.
- Players should wear cloth face coverings when in close contact areas and in places where recommended:
 - When social distancing is challenging
 - When in dug outs or on benches
 - Coming to and from games or practices
- Players, 12 years and younger, 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.
- 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 follow social distancing recommendations in the dugout or on the bleachers so that they are at least six feet apart and must be placed behind a fence.
- If social distancing is not possible in the dugout, players and managers/coaches should wear a cloth face covering.

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.
- 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).
- 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

- Baseballs 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 always refrain from spitting, including in dugout areas and on the playing field.

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 percent 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.
- Scorekeeping should be done by team coaches or team parent/guardian via Gamechanger. Proper social distancing should be practiced.
- Press boxes should not be utilized unless there is ample room for social distancing to occur within them.

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.

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, toilets, faucets, and sinks.
- If surfaces are visibly soiled or dirty, they should be cleaned with a detergent or soap and water prior to disinfection.

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; avoid direct hand or other contact with players/managers/coaches during play.
- 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.
 - Those over 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.
- Prior to and after any league activity, restrooms should be thoroughly cleaned and disinfected. Restrooms should be disinfected on a regular basis.

Concession Stands

- Leagues should follow local and/or state guidance when considering operating food or concession sales.
- Leagues opting to operate food and/or concession sales should also review and understand the CDC’s guidelines.

Post Information to Promote Everyday Preventive Actions

- Leagues should display posters and signs throughout the park 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, and what to do if you’re sick or feel ill.
 - Using social distancing and maintaining at least six feet between individuals in all areas of the park.
 - The CDC has downloadable resources available to post at public places; and leagues are encouraged to utilize additional resources from their state or local authorities.

Member Communication

- Local leagues should disseminate information to all families, volunteers, and spectators about the Coronavirus risk and the efforts your league will be undertaking to mitigate those risks, as outlined above. Information should be disseminated by way of email, league website, social media, coach talks, and public announcements.
- Designate a league board representative to be responsible for COVID19 concerns (e.g. Safety Officer)

Designated COVID-19 Point of Contact

- Mark Lutes is responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them. He can be reached via e-mail at mlutes2@gmail.com
 - Coaches, staff, umpires/officials, and families of players (as feasible) should self-report to Newark American Little League a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19 (e.g. see “Notify Health Officials and Close Contacts” in the Preparing for When Someone Gets Sick section below), and other applicable laws and regulations.

When Someone Gets Sick

- Advise Sick Individuals of Home Isolation Criteria
 - Sick coaches, umpires/officials, or players should not return until they have met CDC's criteria to discontinue home isolation.
- Isolate and Transport Those Who are Sick.
 - Make sure that coaches, umpires/officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify Newark American Little League (e.g., Tynan COVID-19 point of contact) if they (league) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.

Clean and Disinfect.

- Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
- Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait if possible. Ensure safe and correct use and storage of cleaning external icon and disinfection products, including storing them securely away from children.

Notify Health Officials and Close Contacts

- In accordance with state and local privacy and confidentiality laws and regulations, Newark American Little League should notify local health officials affected Coaches, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA)external icon and other applicable laws and regulations.
- Work with local health officials to develop a reporting system (See document for "Capturing COVID Case Information") Newark American Little league can use to notify health officials and close contacts of cases of COVID-19.
- Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.