

NATIONAL LITTLE LEAGUE SAFETY GUIDELINES

(revised May 22, 2020)

National Little League (NLL) has adopted the following Safety Guidelines as baseball and softball activities (practice and games) resume and as precautionary measures to avoid the spread of COVID-19. The Guidelines are based on the Minimum Standard Health Protocols for youth sporting activities issued by the State of Texas on May 18, 2020 and after consulting best practices recommended by Little League International. The Guidelines are intended to be a working document that can be updated by NLL based on feedback and experiences learned as activities move forward. While we are excited to get back to playing ball, the most important thing is making our complex and activities safe for everyone's return. We are asking everyone to do their part in following these Guidelines.

Importantly, NLL parents and guardians should be aware of the enhanced risks of participants being in direct contact with anyone age 65 or older for 14 days after participating in a sports event or practice. NLL will continue to monitor the situation, and needs the help of all parents, guardians, and supporters of NLL players with this process.

General Dates & Guidelines

- May 31, 2020: NLL will allow teams to begin holding practices without spectators other than one parent or guardian per participant, as needed.
- June 15, 2020: NLL will begin games at NLL Fields (schedules coming soon).
- August 15, 2020: NLL games tentatively scheduled to end (schedules coming soon).
- No sunflower seeds, gum chewing, any chewing substance, or spitting will be permitted at NLL Fields.

A. Guidelines for Families (Before and After You Arrive at NLL Activity)

1. Before taking a child to a NLL game or practice, screen children for *any* of the following new or worsening signs or symptoms:
 - a. Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit;
 - b. Cough;
 - c. Shortness of breath or difficulty breathing;
 - d. Chills or repeated shaking with chills;
 - e. Muscle pain;
 - f. Headache;
 - g. Sore throat;
 - h. Loss of taste or smell;
 - i. Diarrhea; and/or
 - j. Known close contact with a person who is lab confirmed to have COVID-19.
2. If any of the above conditions are met, do not bring your child to the NLL event. Contact your Coaches and let them know. Isolate any individual exhibiting new or worsening signs or symptoms of possible COVID-19 and contact the local health department.
3. Families should not allow their child, a spectator, or any participant with new or worsening signs or symptoms of COVID-19 to return to an NLL activity until:
 - a. In the case of an individual who was diagnosed with COVID-19, the individual may not return until the individual obtains a medical professional's note clearing the individual for return based on a negative nucleic acid COVID19 test and an alternative diagnosis.

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- b. In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual may not return to NLL activities until the following criteria are met:
 - i. At least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and
 - ii. The individual has improvement in symptoms (e.g., cough, shortness of breath); and
 - iii. At least 10 days have passed since symptoms first appeared.Alternatively, if the individual has symptoms that could be COVID-19 and wants to return to NLL activities before completing the self-isolation period outlined in 3.b.i., 3.b.ii. and 3.b.iii. above, the individual must obtain a medical professional's note clearing the individual for return based on a negative nucleic acid COVID19 test and an alternative diagnosis.
4. Players/families/spectators are instructed not to show up to fields more than forty (40) minutes before game time. If there is a game or practice prior to your event, families and spectators are encouraged to stay at recommended social distances until the start of their gameplay to prevent overcrowding of spectator spaces and walkways.
5. While sanitizing stations will be provided at NLL fields, families are encouraged to carry and use hand sanitizer regularly, including before and after every meal and activity.
6. 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.
7. Each sporting team at NLL is considered a cohort. Outside of NLL games and practices, teams are discouraged from mixing and/or interacting with each other.

B. Guidelines for Coaches

1. All Coaches should consider wearing cloth face coverings (over the nose and mouth). If available, Coaches should consider wearing nonmedical grade face masks.
2. At the start of each practice and game, Coaches should ask each parent if a player has any of the COVID-19 symptoms or signs outlined above in Section A.1. of these Guidelines. When in doubt, be conservative and lean toward preventing children with any symptoms from practicing or playing.
3. Additionally, if you observe any illness in any of your players you must not allow that player or players to practice or play.
4. Each Team will provide its own ball(s) when on defense. At the start of each half inning, the Coach will give his/her pitcher the team's ball for use on defense and then collect the ball at the end of the half inning. Baseballs and softballs should be rotated through on a regular basis as needed.
5. Your players and coaches will not shake or slap hands or give each other "high fives".
6. Contact your Division Coordinator if any questions come up on whether something could be called an illness or not. Notify your Division Coordinator if any of your players are unable to practice or play due to COVID-19 symptoms.
7. Coaches should encourage players to not share equipment unless the equipment has been sanitized or appropriately wiped down. This is particularly the case for catcher's equipment, batting gloves, and other equipment of concern.
8. Coaches should effort to limit the number of kids in a dugout at one time. The first two (2) rows of each side's bleachers will be reserved for over-flow seating for players. No bats outside around spectators.
9. NLL will provide sanitizer stations and/or sanitizing resources for each dugout. Coaches should encourage players to sanitize their hands as needed. Use good judgment when considering the need for sanitizing and good hygiene.

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10. Coaches should take the lead in making sure players are adhering to social distancing and sanitizing guidelines.
11. Please run your practices with the same guidelines.

C. Guidelines for Players

1. Players/families/spectators are instructed not to show up to fields more than forty (40) minutes before game time. If there is a game or practice prior to your event, families and spectators are encouraged to stay at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
2. Players should not share water bottles or any drinking containers.
3. Players should not share playing equipment unless the equipment has been sanitized or appropriately wiped down. This is particularly the case for catcher's equipment, batting gloves, and any other equipment of concern. Use good judgment when considering the need for sanitizing and good hygiene.
4. The first two (2) rows of each side's bleachers will be reserved for over-flow seating for players. No bats outside around spectators.
5. Players will not shake or slap hands or exchange "high fives" with teammates or between teams. Coaches can line up kids on opposing foul lines and tip caps or find another appropriate way to show post-game sportsmanship.
6. 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.

D. Guidelines for Umpires

1. Umpires will position behind the pitcher's mound. Umpires will not be positioned behind catchers.
2. All umpires should consider wearing cloth face coverings (over the nose and mouth). If available, umpires should consider wearing non-medical grade face masks.
3. Ensure that players out of the dugout do not have bats with them taking practice swings among fans.
4. Ensure that at the end of games there is no shaking or slapping hands or exchanging "high fives" between teammates or in between teams.
5. Umpires will be key partners in following these Guidelines. Use good judgment when considering the need for sanitizing and good hygiene.

E. Guidelines for Spectators

1. All spectators should consider wearing cloth face coverings (over the nose and mouth). If available, spectators should consider wearing non-medical grade face masks.
2. Spectators should attempt to maintain six (6) feet of separation from individuals and avoid being in a group larger than ten (10) individuals. Within these groups, individuals should, to the extent possible, minimize in-person contact with others not in the individual's household. Spectators are asked to set examples for the children. Use good social distance and hygiene judgment. Give priority to player family members along fence lines. Spectators will be key partners in making these guidelines successful.
3. When maintaining six (6) feet of separation is not feasible, other methods should be utilized to slow the spread of COVID-19, such as wearing a face covering or mask, washing or sanitizing hand frequently, and avoiding sharing utensils or other common objects.

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4. Players/families/spectators are instructed not to show up to fields more than forty (40) minutes before game time. If there is a game or practice prior to your event, families and spectators are encouraged to stay at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
5. Spectators are asked to not sit in the first two (2) rows of each side's bleachers. The first two (2) rows of each side's bleachers will be reserved for over-flow seating for players.
6. Spectators 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.

F. Guidelines for NLL Fields

1. NLL will develop and implement a hygiene plan that includes increased daily sanitization protocols for restrooms, common surfaces, and the concession stand at NLL Fields. A NLL Board of Director will be on duty (DOD) at the NLL Fields at all times to ensure that health protocols are being successfully implemented and followed.
 - a. Dugouts will be sanitized after each game before the next team comes into the dugout.
 - b. Hourly checks to ensure areas are clean, sanitized, and have adequate safety supplies.
 - c. NLL will provide hand sanitizer stations or sanitizing resources for use throughout the NLL Fields.
 - d. If a player gets sick in a game, the DOD should be called to gather all player and family information and then send that information to the Division Coordinator.
 - e. All NLL restrooms, common surfaces, equipment, and the concession stand will undergo a thorough cleaning and sanitization at the end of each day of use.

G. Guidelines for Division Coordinators (Each Division has a Coordinator)

1. Division Coordinators will receive timely reports of any illness and/or COVID symptoms of players on teams from Coaches.
2. When an illness or temperature is reported, ensure that the Coach knows that the player cannot practice or play again until that player meets the requirements of Section A.3.a. or A.3.b. above.
3. Please record each temperature or illness reported to you and promptly report those illnesses or temperatures to Marco Castillo, NLL Safety Director.

Be advised that every adult who is responsible for providing care for youth is taking a risk in resuming activities at NLL. We ask that all NLL participants comply with these Guidelines to help facilitate a safe resumption of baseball and softball. The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. We ask that everyone continue to observe best health and hygiene practices to protect everyone, including those who are most vulnerable.