

2020 Guidelines for Resumption of Practice



CA D4

To All Managers and Coaches,

Please carefully review and familiarize yourself with the latest safety protocols for practices and sign the required documents where indicated. Also note where players' parents are required to sign. Further communications will be provided prior to the commencement of the first practices.

Tony Olaes

Safety Director

Alameda Little League

We will be providing game day protocols in the future.

Protocols for Establishing a Safe Environment

1. The League Safety Director will be the point of contact for the implementation and enforcement of these protocols.
2. In the event of an outbreak of the virus, Alameda Little League will coordinate with local health officials any pertinent information regarding any team's activity. Alameda Little League will notify the District Safety Officer of any outbreak.
3. Alameda Little League will instruct all managers and coaches on the proper protocols of the league before any practice can be conducted.
4. Alameda Little League in conjunction with the appropriate player agents will compile a list for each team in the league. A list of the team members and coaches will include when the appropriate forms have been submitted to the league. Only players/coaches with current paperwork provided may participate in practices. (Chart #1)
5. Alameda Little League will compile a master list of all players, including parent or guardian, managers and coaches that are participating in the league. The list will contain contact information for each person.
6. Alameda Little League will contact players, including parent and guardian, managers, and coaches of any changes to this set of protocols.
7. Routine safety meetings will be conducted by the League Safety Director. In an effort to keep social distancing it is recommended that these meetings take place online.
8. A written acknowledgement of these protocols will be required by each manager and coach in the league and returned to the Safety Director. (appendix #1)
9. Managers are required to keep a log of which players are in attendance for any given practice. (Chart #2)
10. A copy of these protocols will be given to every member of the league and posted on our website, <https://www.alamedalittleleague.org/> prior to participation. It will also require a signed waiver acknowledging the associated risks as well as a form acknowledgement of these protocols. The signed waiver and acknowledgement form will be returned to the League Safety Director. (appendix #2 and #3)
11. All practice sites will be assigned by the league. Only teams listed at a particular site may use that site. If more than one field is used at a site, practice times will be staggered by at least 15 minutes to lessen the social contact between teams.

12. All participants must be free from any symptoms that would cause them from participating in the practice (i.e. fever, sore throat, cough, sneezing, body aches, loss of smell, difficulty breathing or fatigue).
13. Only assigned regular season teams may practice as a group. The players and coaches may not change from practice to practice.
14. Coaches that are associated with more than one regular season team must be tested for COVID-19.
15. All coaches will be required to wear masks.
16. Participants are encouraged to wear masks whenever possible. Participants are required to wear masks when not directly participating in an activity.
17. Practices will be scheduled with a minimum of 15 minutes between sessions. Teams must vacate the fields immediately if another team is practicing after them.
18. Parents/Guardians must observe from outfield areas only. Parent/ Guardians must maintain social distancing from other Parents/Guardians in the outfield.
19. Carpooling is not allowed unless members of the same household living together.
20. All players must be transported to the practice site. No walking or bicycling.
21. One coach will be available at the practice site 15 minutes before and after scheduled practices. In the event that a child has not been picked up within the allotted time frame the parent will be immediately called.
22. Upon arrival players and coaches should go directly to field and maintain social distancing.
23. Gates to the facility should be in an open position to allow touchless use. Gates should be wiped down before and after every practice as a precaution.
24. Players and coaches will use sanitizer before entering field and immediately after the practice is over. One container of sanitizer should be available for each team.
25. No socializing before, during or after practices.
26. Minimize close contact: no handshakes, fist and elbow bumps, or hugging. It is recommended to keep a six-foot distance between participants except as strictly necessary to carry out a task associated with the practice.
27. No dugouts will be used.
28. Players equipment should be placed six feet apart down foul lines in the outfield or outside of fence line. (Fig.1)

29. As an alternative, player may place belongings in stands provided they can maintain 6 feet apart. (Fig. 2)
30. Practices shall last no longer than 90 minutes.
31. Signs will be posted at the facility to remind everyone about social distancing. (appendix #4 - #9)
32. If there is more than 1 field at a facility used for practice, the two fields should have staggered starting times.
33. Sites with more than 1 field in use should have entrances to the fields as far away from each other as possible. (Fig. 3)
34. Players will have their own personal equipment. (gloves, helmets, bats, batting gloves) No baseballs shall be brought by a player to any practice.
35. Catchers may not be used unless they have their own equipment. Adults may assume the position of catcher in infield and outfield drills. They must maintain 6 feet distancing from the person putting the ball in play. If no players have catcher's equipment adult coaches may also catch bullpen sessions.
36. The League will maintain the fields. Bases shall be sanitized after use.
37. Baserunners shall not be tagged or touched during practices.
38. Each player shall have their own single serve water or water bottle. No sharing is allowed.
39. No food of any kind is allowed. This includes gum and seeds.
40. All snack bars will remain closed.
41. Restrooms can remain open provided they are cleaned frequently and follow protocols established by the CDC and health experts. When possible discourage their use.
42. Trash cans on the premise should have lids removed to allow touchless use.
43. Each team will have their own baseballs. No baseballs from other groups should be used.
44. Baseballs should be sanitized after each practice in accordance to the CDC guidelines. A list of approved disinfectants can be found at [EPA.gov](https://www.epa.gov).

45. If multiple fields are in use, balls from one field hit onto another should not be handled. A coach from the team that has "lost the ball" may retrieve it if social distancing is possible.
46. If batting cages are used only one player and one coach may be in the cage at the same time. One batter and one pitcher. One adult should open the cage for entrance and exit of players. This will allow only one person to contact the surface of the gate. The entrance gate should be sanitized before and after use. Players waiting a turn in the cage must be spaced six feet apart at all times.
47. All players and coaches are encouraged to shower/bath when they return home and wash all clothing used during the practice.
48. Contact the local health district about suspected cases or exposure. Contact Alameda Little League about suspected cases or exposure.
49. Immediately isolate and seek medical care for any individual who develops symptoms.
50. Leagues must maintain a complete list of coaches, players, and employees present at each event to include: the date, beginning and ending time of the event, plus name, address, and phone contact to be made available upon request from local health district.

Any questions regarding these plans please contact your Alameda Little League Safety Director Tony Olaes at tonyolaes@gmail.com or the President of Alameda Little League at ron-matthews@comcast.net.

Further communications will be provided prior to the commencement of the first practices.

We will be providing game day protocols in the future.

Practice Protocol Awareness Verification (Managers and Coaches)

I certify that I have read all of the protocols for holding a practice during the 2020 Little League season. I understand that any breach of these protocols will lead to my dismissal from my team and I will not be allowed to return during the 2020 season.

I understand the purpose of these protocols is to foster a safe environment for all of the players on my team and throughout the league.

I certify that I will keep a log of all of my practices. This will allow the league to do tracing of my team in the event of an outbreak of the virus.

I understand that there may be additional protocols that could be handed down by the League Safety Director.

I understand there will be additional protocols for game situations, and these will be handed out by the League Safety Director.

I will abide by all protocols deemed necessary by the league.

League/Team Name _____

Manager/Coach Name (print) _____

Signature _____

Date _____

Email _____

Cell # _____

(appendix 1)

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Alameda Little League (“the League”) has put in place preventative measures to reduce the spread of COVID-19; however, the League cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, participating in the League could increase your risk and your child(ren)’s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by participating in the League and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 while participating in the League may result from the actions, omissions, or negligence of myself and others, including, but not limited to, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)’s participation in the League. On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the League, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the League, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any League activity.

I acknowledge that I have received a copy of protocols put into place by the League and agree to strictly comply with them at all times. I understand that any failure to comply will result in loss of ability to participate in the League.

Signature of Parent/Guardian

Dated

Printed name of Parent/Guardian

Name of participant

Practice Protocol Awareness Verification (Parents and Guardians)

I certify that I have read all of the protocols for practices during the 2020 Little League season. I understand that any breach of these protocols will lead to my son/daughter removal from their team and they will not be allowed to return during the 2020 season.

I understand the purpose of these protocols is to foster a safe environment for all of the players on my son's/daughters' team and throughout the league.

I understand that there may be additional protocols that could be handed done by the League Safety Director.

I understand there will be additional protocols for game situations, and these will be handed out by the League Safety Director.

I will abide by all protocols deemed necessary by the league.

I understand that my child should not be in any group outside of Little League (such as a camp or any other team), and agree that it is my responsibility to ensure the safety of my child and their team mates through appropriate testing, monitoring, distancing, etc.

League/Team Name _____

Players name _____

Parent/Guardian Name (print) _____

Signature _____

Date _____

Email _____

Cell # _____



(appendix 4)

STOP



PLEASE USE HAND SANITIZER

Courtesy of Plum Grove Inc.

(appendix 5)

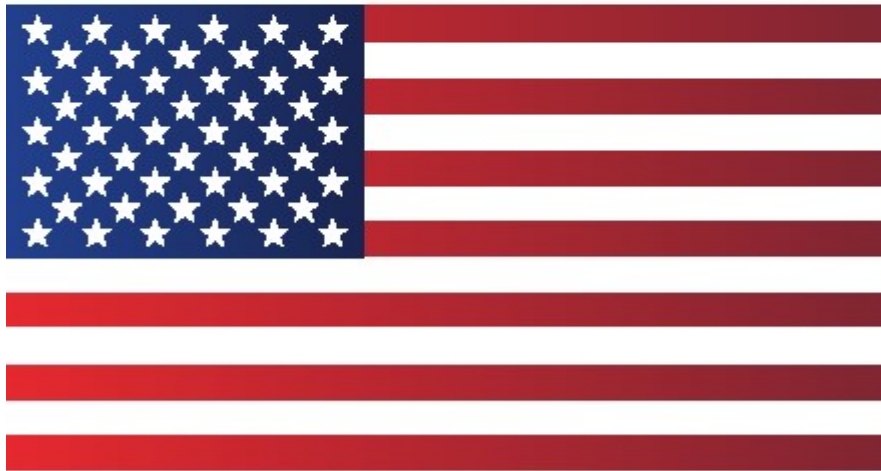
Please
**WEAR
FACE MASK**



Sign courtesy of Plum Grove Inc.

(appendix 6)

**WE WILL
BEAT THIS
TOGETHER**



COVID19

Courtesy of Plum Grove Inc.

(appendix 7)



**NO
VISITORS**

Sign courtesy of Plum Grove Inc.

(appendix 8)

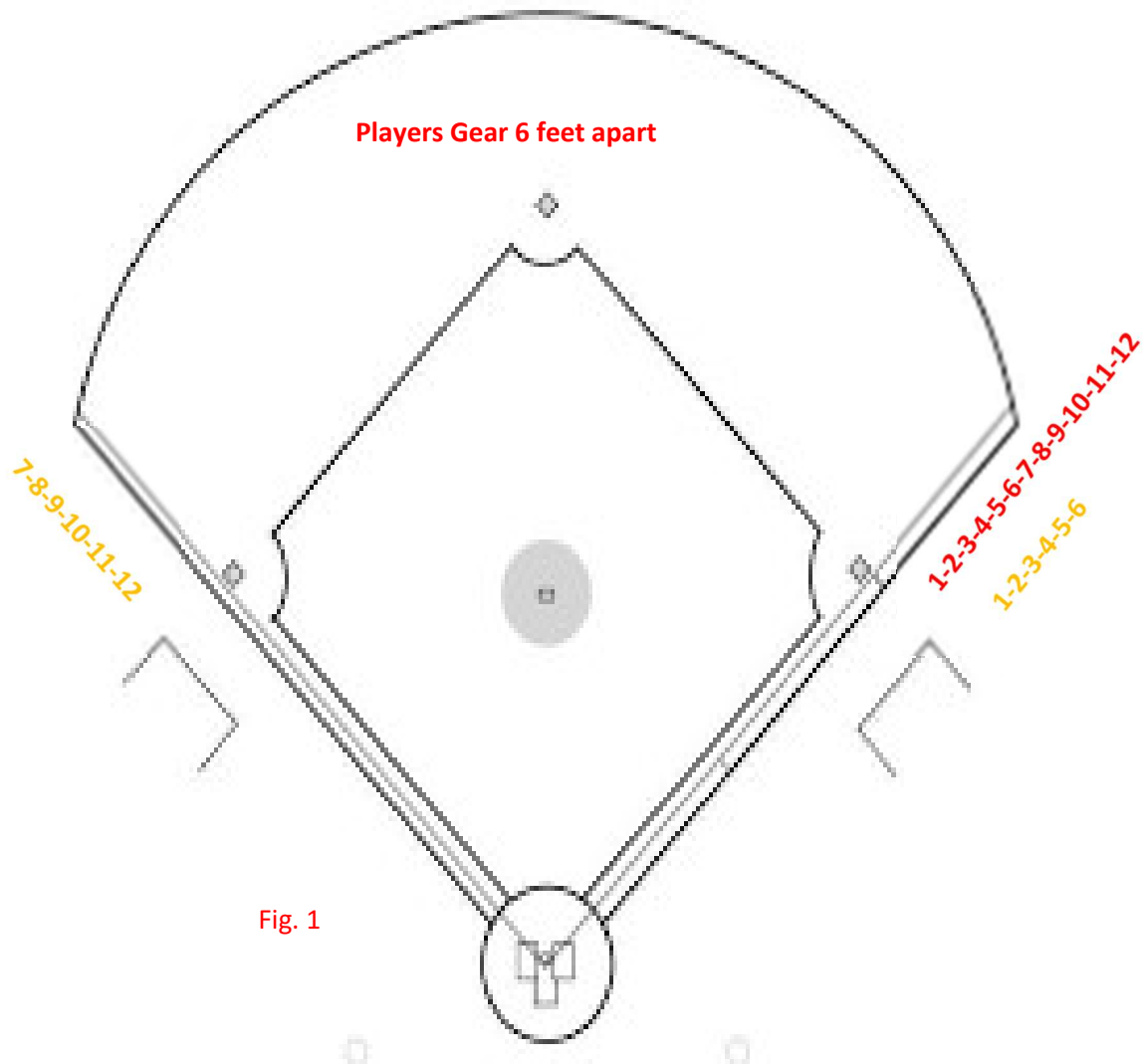
THANK YOU FOR



**SOCIAL
DISTANCING**

Courtesy of Plum Grove Inc.

(appendix 9)



Players equipment should be placed six feet apart parallel to the outfield foul line. Be sure to place gear out of any playing area to be used during practice.

If there is a fence around the field equipment may be placed on the outside of the field.

If there is no fence and there is no adjacent field, it is recommended that the **players equipment** be placed down both sides of the field to allow more distancing between each players equipment.

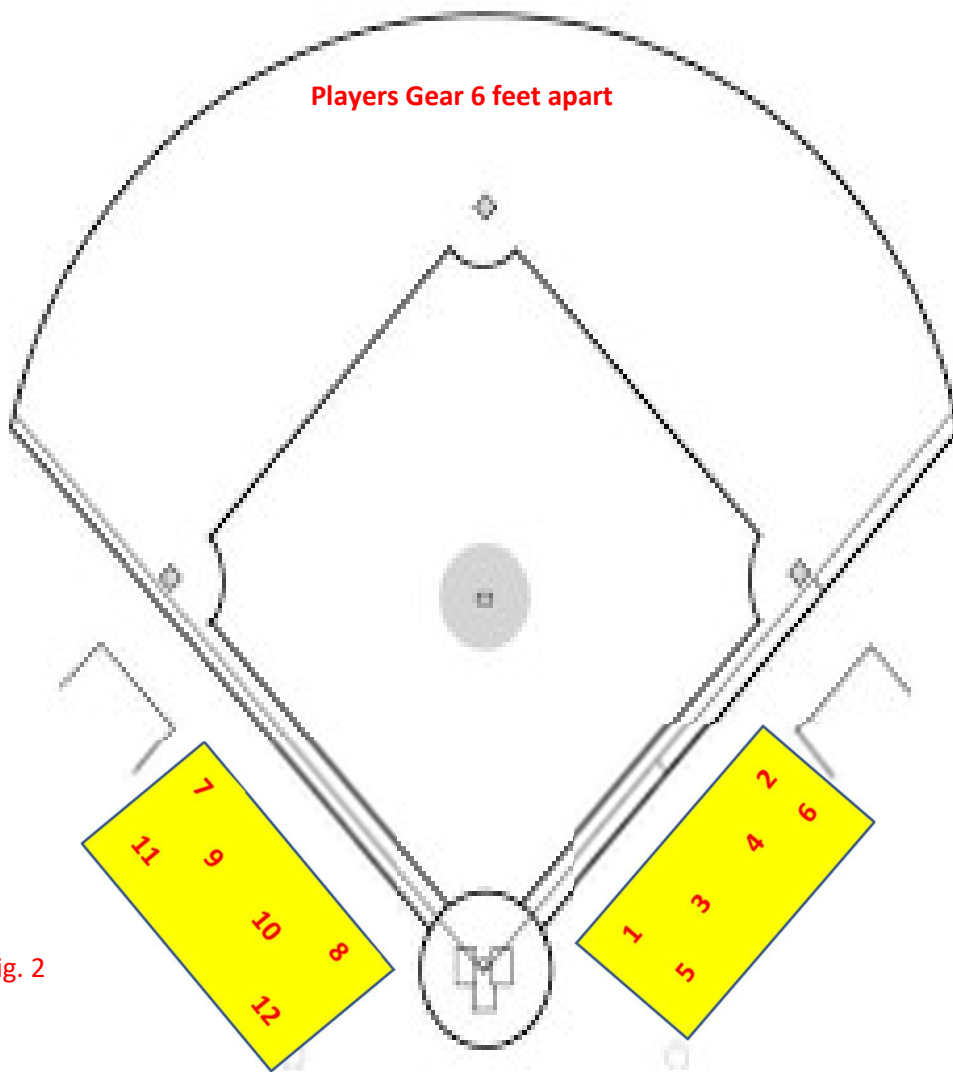


Fig. 2

Players equipment in bleachers should be placed six feet apart.

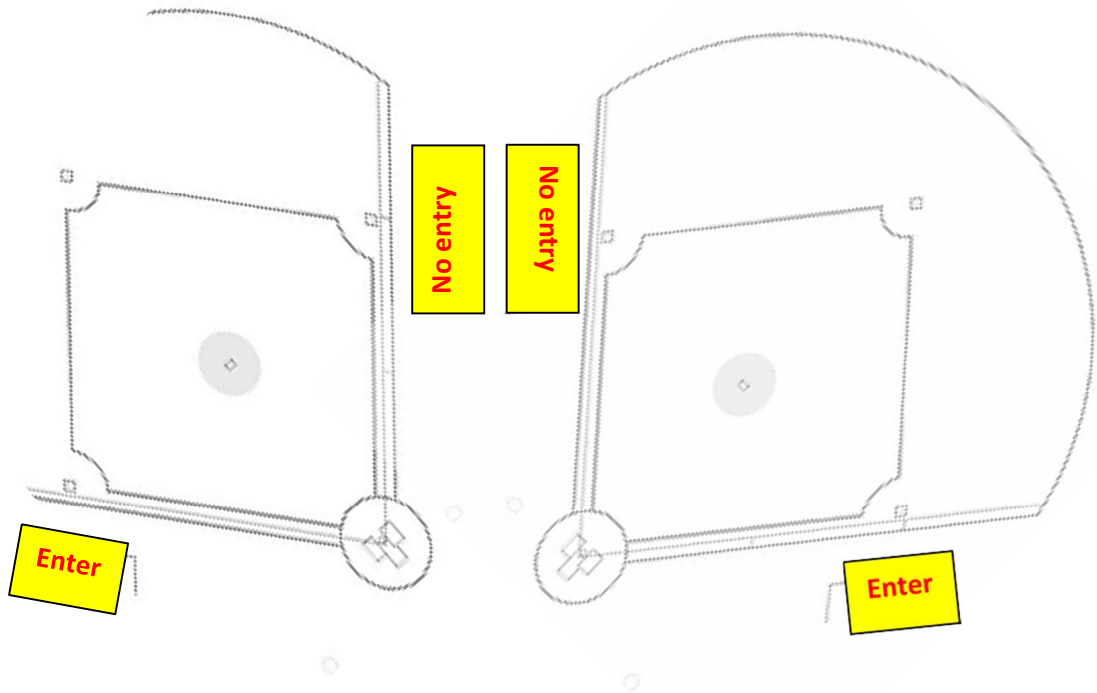


Fig. 3

When adjacent fields are used every effort must be made to keep point of entry to each field as distant as possibly can be allowed by the configuration of the fields. In addition, multiple field usage dictates different start and end times for each field. Per protocol # 11.

Chart 1

Anytown LL	Major Giants	
Player	Parent Acknowledgement	Parent Waiver
	Date Received	Date Received
Adam Alfonso	5/2/2020	5/2/2020
Barry Best	5/4/2020	5/4/2020
Carl Chadwick	5/1/2020	5/1/2020
David Dune	Dropped	
Ed Edwards	5/5/2020	5/5/2020
Frank Fontana	5/2/2020	5/2/2020
Gary Graham	5/8/2020	5/8/2020
Hank Hooey	5/6/2020	5/6/2020
Jack Jones	5/6/2020	5/6/2020
	Coaches Acknowledgement	
Coaches	Date Received	
Jim Alfonso	5/2/2020	
Don Edwards	5/5/2020	
Bob Hooey	5/6/2020	

Player Agents with the assistance of Alameda Little League will provide each team with a detailed listing of all members on a team as well as manager and coaches. In order to participate each teammate must have the proper paperwork returned by a parent or guardian. Each adult volunteer must also have provided the league with a signed copy of the coaches' acceptance form.

Chart 2

"Anytown" LL	Major Giants							
	Date	1-Jun	5-Jun	11-Jun	13-Jun	17-Jun	24-Jun	30-Jun
	Time	4:00-5:30	4:00-5:30	4:00-5:30	10:00-11:30	6:00-7:30	6:00-7:30	4:00-5:30
Player								
Adam Alfonso		P	P	P	P	P	P	P
Barry Best		P	P	P	P	P	P	P
Carl Chadwick		P	P	P	P	P	P	P
David Dune	Dropped							
Ed Edwards		P	P	P	P	P	A	A
Frank Fontana		P	P	A	P	P	A	P
Gary Graham		A	A	P	P	P	P	P
Hank Hooey		P	P	A	P	P	P	A
Jack Jones		P	A	A	P	P	A	P
Coaches								
Jim Alfonso		P	P	P	P	P	P	P
Don Edwards		P	P	P	P	P	P	P
Bob Hooey		P	P	A	P	P	P	P

P=Present
A=Absent

The purpose of the above is to give health authorities a snapshot on who was and was not at any given practice in the event of an outbreak of the virus.