

District 42 Little League Back to Practice – Covid 19 Guidelines

General Information:

These Guidelines:

- Apply to the following District 42 Little Leagues:
 - Park View Little League
 - South Bay Little League
 - Eastlake Little League
 - Chula Vista America Little League
 - Chula Vista National Little League
 - Sweetwater Valley Little League
 - Imperial Beach Little League
 - Southwest Little League
 - Lucky Waller Little League
- Should be communicated to all league members and volunteers. Information should be disseminated by way of email, league website, social media, coach talks, or public announcements.
- Apply during practices and drills of the teams that are part of the above Little Leagues.

- Are a minimum requirement, however each Little League must follow all guidelines and requirements from the County of San Diego and the City of Chula Vista

Key Audiences:

- Players
- Parents/Guardians/Caregivers and Other Children
- Managers/Coaches
- League and District Officials
- Spectators

Hand Sanitation:

- Hand sanitizer that contains at least 60% alcohol will be provided at all fields for the use of players, coaches, umpires, field crew, and any other volunteers that enter the baseball fields.
- Hands must be sanitized prior to entering and after leaving the baseball field.
- Additional hand sanitizer will be placed in common areas off-field for easy use while the fields are actively used for practices and drills.
- Players are encouraged to bring their own hand sanitizer for personal use.

Face Covering / PPE:

- All adults including coaches and/or other volunteers should wear a cloth face covering when they are inside of the baseball fields (only while players are present).
- Players have the option of wearing a cloth face covering while inside the baseball fields.
- Continue to keep six feet between yourself and others. The cloth face covering is not a substitute for social distancing.
- All individuals located within the common areas (outside of the baseball fields) must follow the guidelines from the City of Chula Vista.

Social Distancing:

- No more than one team will be permitted at any given time in a field during practices.
- Each team will have a maximum of 12 players and 3 coaches inside of each baseball field.
- For the purpose of these guidelines, each batting cage is also considered a baseball field assuming such cage is not inside of another baseball field. A maximum of 2 players and 2 coaches are allowed in a batting cage at any given time assuming it is safe for baseball drills.
- Coaches are encouraged to split each team of 12 players into smaller groups during practices and drills.

Self-monitoring and quarantine:

- Any individual with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not enter the baseball fields.
- Any individual with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should follow the city of Chula Vista guidelines before entering the park and its common areas.

Healthy Practices:

- All players and coaches should practice good general health habits, including maintenance of adequate hydration.

No Handshakes/Personal Contact Celebrations:

- Players and coaches should take measures to prevent all but the essential contact necessary during practices and drills. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their practice to minimize unnecessary contact (ideally within 15 minutes).

Drinks and Snacks:

- Athletes, managers/coaches, and spectators should bring their own personal drinks to all team activities.

- 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.

Dugouts:

- No more than 4 players at a time should be in the dugouts and must practice social distancing of 6 feet.
- 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.

Player Equipment:

- 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. Increased attention should be paid to detailed cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).
- Players should not share towels, clothing, or other items that they may use to wipe their face or hands

Field Preparation and Maintenance:

- Fields should be prepared by volunteers, however no more than 3 adults should be inside the field at any given time (including coaches)
- It is recommended that any shared field preparation equipment be sprayed or wiped with cleaner and disinfectant before and after each use.

Spread Out Scheduling of Practices and Games:

- League administrators should schedule sufficient time between practices to facilitate the complete evacuation of individuals from a previous practice from the premises before the next group enters.
- Players/families/spectators are instructed not to show up to fields more than 15 minutes before the practice.
- If there is a practice prior to your event, families and spectators are encouraged to stay in their vehicles until the start of their practice to prevent overcrowding of spectator spaces and walkways.

Limiting Spectator Attendance:

- All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; avoid direct hand or other contact with players/coaches during practice.
- Spectators should bring their own seating or portable chairs when possible.

Public Areas:

- Access to public restrooms should be as per the City of Chula Vista guidelines
- Public water fountains or refillable water stations should not be used unless authorized within the city of Chula Vista guidelines.

Concession Stands:

- No food or concession sales should be allowed at facilities.
- Families are encouraged to bring their own food/beverages.

Pre-/Post-Practice Free Play

- Unofficial pre- and post-practice or game activities should be discouraged. If they do occur, the activities should have constant adult supervision to assure appropriate social distancing and PPE guidelines are being followed.