** Medford American Little League**

 **Return to Play Guidelines (Post Covid-19)**

**Prior to Arrival for Practices and Games**

1. All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each Little League activity. Anyone with symptoms of fever, cough, or 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.
2. Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should only attend Little League activities with permission from a medical professional.
3. Follow all local and state guidelines for facilities and outdoor events.
4. Wash hands thoroughly before practice/games. Bring you own hand sanitizer.
5. In addition to having their own glove, players are encouraged to have their own batter’s helmet, bat and catcher’s equipment when feasible.

**Recommended Best Practices for the Field of Play**

1. The managers meeting at Homeplate should be limited to one coach from each team plus the umpires. No players at the meeting. Six-foot social distancing should be maintained, and face masks worn.
2. Teams must spread players out; expand the dugout area when room permits and only if player safety will not be compromised. Expansion of the team dugouts should not be done into foul ball areas. Limit bench personnel to essential team personnel.
3. Parents are encouraged to supply their players with antibacterial wipes and hand sanitizer for disinfecting shared playing equipment and cleaning hands between innings.
4. PPE (Personal Protective Equipment)
	1. All managers/coaches, volunteers, umpires etc. should wear PPE whenever applicable and possible, such as cloth face coverings or masks.
	2. Players should wear cloth face coverings or masks when in close contact areas and in places where recommended social distancing is challenging or not feasible, such as in dugouts.
	3. Players are not required to wear a cloth face covering or mask while on the field during game play.
	4. Players will be permitted to wear a cloth face covering or mask 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.
	5. 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.
5. Upon arriving at a dugout teams are to disinfect hard surface areas (benches, bat racks etc.). Supplies will be available at the equipment shed. Procedures #7 & #8 will comply with the CDC recommendation of a two-step process for cleaning and disinfecting.
6. Teams must clean their dugout of all trash and other items after each game, and to wipe down (clean) hard surfaces such as benches, bat racks, etc. Supplies will be available at the equipment shed.
7. Consumption of food, gum and sunflower seeds on the field and in the dugout is prohibited.
8. Player Equipment
	1. Player equipment should be spaced to prevent direct contact with another individuals equipment.
	2. Players should have their own glove and are encouraged to have their own individual batter’s helmet, bat & catcher’s equipment.
	3. Avoid or minimize equipment sharing when feasible.
	4. 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).
	5. Player’s equipment (bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent/guardian/caretaker, where applicable.
	6. 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.
9. The catcher and umpire shall position themselves during a player’s at-bat to allow for social distancing.
10. Drinks/Snacks:
	1. Athletes, managers/coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person’s name.
	2. Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.
	3. There should be no use of shared or team beverages.
	4. Teams should not share any snacks or food. Players should bring individual, prepackaged food, if needed.
11. Sunflower seeds, gum etc.
	1. Sunflower seeds, gum, etc. should not be allowed in dugouts or on the playing field.
	2. All players and coaches are always required to refrain from spitting, including in the dugout areas and on the playing field.
12. Team/player handshakes and team/player high fives are eliminated. Alternatively, player/ coaches should tip their caps to the opposing team.
13. Pre-game Little League Pledge and Pledge of Allegiance will be done with players/coaches maintaining social distancing. If social distancing is not maintained, then cloth face coverings or masks are required to be worn.
14. Baseballs:
	1. Umpires should limit their contact with the ball. Catchers should retrieve foul balls and passed balls where possible.
	2. Foul balls landing outside the field of play should be retrieved by participating players, coaches and umpires. Spectators should be discouraged from retrieving foul balls to limit contact.
	3. Balls used in infield/outfield warm-up should be isolated from a shared ball container.
15. Dugout conduct:
	1. Managers/coaches and players should be assigned spots in the dugout or on the bleachers so that they are at least six feet apart and must be placed behind a fence.
	2. Players are to stay at their assigned spots when on the bench or while waiting their turn at bat.
	3. Players and managers/coaches should wear a cloth face covering while in the dugout.
16. All staff and spectators are encouraged to continue social distancing on and off the field during and event. Practice social distancing of six feet whenever possible from individuals not residing within the household, especially in common areas.

**Spectator and Facility Guidance**

1. All spectators should follow best social distancing practices, staying 6 feet away from individuals outside their household. When 6 feet of separation cannot be maintained, wear a cloth face covering. Avoid direct, physical contact with those outside your household.
2. 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.
3. Public Restrooms:
	1. A “one-in-one-out policy, where only one individual is permitted within the restroom at one time, is implemented to ensure adequate social distancing in the confined restroom space.
	2. Restrooms will be disinfected on a regular basis.
	3. Use of refillable water stations is not permitted.
4. Bleachers may not be available for spectator seating. Please bring your own seating/portable chairs.
5. 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:
	1. Active Covid-19 infection
	2. Known direct contact with an individual testing positive for Covid-19