



LLLL Return to Play Plan

v1.0.1

September 01, 2020

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Introduction

Lower Loudoun Little League (LLLL) provides Sterling, Virginia youth ages 4-18 the opportunity to play baseball. We are committed to creating a culture in which coaches, parents, fans, umpires and athletes work together to achieve our mission.

Lower Loudoun Little League aspires to be an outstanding educational-athletic organization that provides a high-quality experience, in which every athlete:

- Is coached using the principles of the Little League Baseball
- Has fun playing the game
- Feels like an important part of the team regardless of performance
- Learns "life lessons" that have value beyond the playing field
- Learns the skills, tactics and strategies of the game and improves as a player

Due to the extraordinary situation created by the coronavirus (COVID-19), LLLL is working on a plan to return to play for the Fall 2020 season. The plan has been developed from mandatory guidelines and recommendations provided by the Commonwealth of Virginia, Loudoun County PRCS (Parks, Recreation & Community Services), Little League International (LLI), and Northern Virginia Tournament Baseball (NVTBL) as to how recreational sports must be conducted during Phase 3.

This document is meant to assist all members of the LLLL community in providing our players with the opportunity to play baseball this fall in a safe environment. This document will be continually updated as guidance and regulations change or as the plan is updated.

Fall 2020 COVID-19 Guidelines

COVID Coordinator

Each team must have a dedicated COVID Coordinator Coach/Parent. The COVID Coordinator's responsibility is to ensure that all COVID related guidelines are being adhered to throughout the season for their team. This includes:

- Collecting screening documents
- Monitoring and marking off the required social distance of at least 10' in dugouts and player bench areas.
- Assist in monitoring social distancing guidelines for spectators during games and practices.
- Assist in sanitizing baseballs and other equipment as necessary.

The COVID Coordinator should not be responsible for any of the baseball activities other than those related to adherence to COVID related guidelines. In addition, the COVID Coordinator will be required to complete and pass a background check as required by Little League International.

Reporting

The LLLL Safety Officer must be notified within 12 hours of any knowledge of a Player, Volunteer, or Spectator reporting a positive diagnosis of COVID-19.

Before arriving to an event

Screening

- Daily screening is required per the Virginia Phase Three Guidelines. Therefore, all players, coaches and anyone assisting on the field must take their own temperature and screen themselves before leaving their house for any practices, games, or team events. They will fill out the TeamSnap Health Assessment **OR** the LLLL screening document to turn into the COVID Coordinator when arriving each day. **Parents and family members attending as spectators are encouraged to do self-screening as well.** Forms need to have original signatures. No electronic submissions permitted. Per Loudoun County PRCS the following must be answered:

In the past 24 hours have you or anyone in your house had

- A temperature of 100.4°F or above?
- New cough that cannot be attributed to another health condition?
- New shortness of breath that cannot be attributed to another health condition?
- New sore throat that cannot be attributed to another health condition?
- Gastrointestinal symptoms (diarrhea, nausea, vomiting) that cannot be attributed to another health condition?
- New nasal congestion or new runny nose?
- New loss of smell and or taste?
- New muscle aches?
- Any other sign of illness?
- Contact with someone in the previous 14 days with confirmed diagnosis of COVID-19 or someone who is ill with a respiratory illness?
- **If you answered “yes” to any of these questions you are not permitted to participate.** You should not return until you or your family member is fever and symptom-free, without the use of medication for the fever or symptoms for three days.

If you answer “no” to any of these questions, you must provide your team’s COVID Coordinator and Manager with a form that is signed and provides proof that you and/or your player can participate in LLLL Activities for the day. This form must be provided to and collected by your manager/team COVID coordinator before each team activity.

- **Parents/Guardians/Team Volunteers** must ensure that persons with symptoms should stay home until [CDC criteria for ending isolation](#) have been met. Persons with severe symptoms may need to be evaluated by a healthcare provider.
- **Team Managers and COVID Coordinators** need to ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation. To do so, Team managers and COVID Coordinators must take note that all players & volunteers participating in the team’s event have completed & documented the required COVID Check according to Loudoun County and Virginia Requirements.
- **Team Managers** must notify any spectator with any of the following conditions not to 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 or 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, immunocompromised, chronic kidney disease, and
 - chronic lung disease.
 - Those currently residing in a nursing home or long-term care facility
 - Those over 65

Event Attendance Guidelines

Social Distancing

Per the Commonwealth of Virginia Phase 3 guidelines, Players and on-field volunteers will remain 10' apart in the dugout areas and all times on the field, where practicable.

Contact

Contact such as high fives, fist bumps, and hugs are not permitted.

Refreshments

Players must bring their own drinks. No shared coolers are allowed. After games snacks are prohibited. The LLLL concession stand will remain closed for the Fall 2020 season.

Spitting

Spitting and sunflower seeds are prohibited.

Meetings/Conferences

Everyone must remain 10' apart during team meetings and any on-field conference.

Umpires

Umpires will remain 10' away from players when practicable.

Masks

Players

Masks are optional. We encourage players to wear masks while not playing. Neck-gators are acceptable.

On-Field Volunteers

Masks are required when within 10' of a player and are optional otherwise. We encourage masks to be worn as often as possible and whenever practicable.

Dugout

The dugout will be extended so that players may stay 10' apart. Players should be spaced out as they enter/exit the dugout area. The dugout area will most likely be extended (behind a fence) and players will be assigned a spot to sit and keep their equipment. Parents are encouraged to provide a chair and a tent/tarp for during games.

Equipment

There is no sharing of equipment unless otherwise specified below. Every player needs to provide their own helmets, gloves, bats, etc. If the player is unable to supply their own equipment due to financial means then the league will attempt to issue equipment.

While we strongly encourage players to bring their own equipment, the following equipment may be shared as long as they have been thoroughly sanitized in between uses:

- Catcher's Gear
- Bats
- Facemasks (Teeball Division)

Equipment should be spaced out 10' apart behind the dugout or elsewhere.

Drinks/Snacks

No after game snacks are permitted, and everyone must bring their own drinks. There are no shared coolers allowed.

Baseballs

During Games

Each team will supply their own baseballs from the dugout while their team is in the field. Baseballs should be wiped down before they are thrown back into play. After outs, the ball will go immediately back to the pitcher. E.g., throwing the ball around the infield is not permitted.

Practices

Each team will make a good effort to regularly wipe down baseballs during practice.

Hand Sanitizer

We strongly encourage players to bring their own hand sanitizer to all events and apply it regularly.

Lineups

We recommend Managers to use a scoring app such as Game Changer to exchange lineups electronically whenever possible.

Spectators

Per Commonwealth of Virginia Phase 3 guidelines, for outdoor youth recreational sports, Spectators of LLLL games are defined as only the parents, guardians, and caretakers who are supervising children playing in the sports event, and other children in the parent's, guardian's or caretaker's care. In Phase 3, all other spectators are not allowed at LLLL activities.

All spectators must remain 10' away from anyone that is not in their immediate family or household. Signage will be present as reminders. It is important to remember that some spectators may be high-risk and we reserve the right to stop play in the event that social distancing is ignored.