



Petaluma National Little League

Covid-19 Response

2021 Season

PNLL Goals

The following are the five goals that PNLL wants to accomplish with our Covid-19 response program.

1. Provide a safe baseball environment for our community.
2. Follow State, County & City Covid-19 recommendations.
3. Prevent person to person contact.
4. Prevent equipment contamination.
5. Prevent facility contamination.

California Department of Public Health

COVID-19 continues to pose a severe risk to communities and requires all people in California to follow recommended precautions and adapt the way they live and function in light of this ongoing risk. This guidance provides direction to support a safe environment for our sport and our community.

Sports Risk Profiles

In general, the more people from outside their household with whom a person interacts, the closer the physical interaction is, the greater the physical exertion is, and the longer the interaction lasts, the higher the risk that a person with COVID-19 infection may spread it to others.

Youth and adult sports include varied activities that have different levels of risk for transmission of COVID-19. Outdoor activities present significantly lower risk of transmission to comparative indoor activities based on current scientific evidence. Competition between different teams also increases mixing across groups and outside of communities, which also contributes to the potential for spread of COVID-19 disease.

Youth and adult sports are classified below by their level of contact and transmission risk. This classification applies to competition or training/practice with others. It does not apply to individual conditioning or exercise.

Little League Baseball falls under Moderate-Contact Sports

“Team sports that can be played with only incidental or intermittent close contact between participants.”

Factors Affecting Risk of Transmission

1. Risk increases when face coverings are not worn, and physical distance is not maintained.
2. Risk increases with increasing levels of contact between participants; closer contact (particularly face-to-face contact), and the frequency and total duration of close contact, increases the respiratory particles that will be transmitted between participants.
3. Risk increases with greater exertion levels; greater exertion increase the rate of breathing and the quantity of air that is inhaled and exhaled with every breath.
4. Risk increases with mixing of cohorts and groups, particularly when from different communities (during or outside of sports play); mixing with more people increases the risk that an infectious person will be present.

Face Coverings

Participants in youth and adults sports should wear face coverings when participating in the activity, even with heavy exertion as tolerated, both indoors and outdoors (unless the face covering could become a hazard), and face coverings must be worn when not participating in the activity (e.g., on the sidelines). Managers and Coaches must wear a mask at all times.

Physical Distancing

Participants in youth and adult sports should maintain at least six feet of distance from others to the maximum extent possible, including when on the sidelines. Coaches should avoid contact with participants, and facilitate physical distancing between participants to the maximum extent possible.

Hygiene and Equipment Sanitation

Shared equipment should be cleaned and disinfected before use by another person, group, or team.

When equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, and after the conclusion of the activity.

Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.

Drink bottles must not be shared, and other personal items and equipment should not be shared.

Observers

Limit observation to immediate household members, and for the strict purpose of age-appropriate supervision. This includes observation of practice and competition. Limit number of observers to ensure Physical distance can be maintained. Reduce crowding and maintain capacity limits.

Informed Consent

Due to the inherent nature and risk of transmission while participating in Outdoor Moderate Contact sports, provide information regarding risk to all parents/guardians of minors participating in such sports, and have each parent sign an informed consent indicating their understanding and acknowledgement of the risks herein.

Permitted Youth and Recreational Adult Sports by County Tier

Physical conditioning, practice, skill-building, and training that can be conducted outdoors, with 6 feet of physical distancing, and within stable cohorts are authorized regardless of county tier status. Such activities may be conducted indoors consistent with restrictions by Tier in the Gym & Fitness Center Guidance Capacity.

In counties under the Regional Stay at Home Order, only activities consistent with the bullet immediately above are permitted, regardless of the county's tier status.

The Table below provides information on which categories of competitions are permitted in each Tier.

Outdoor moderate contact sports can be played with an adjusted case rate equal to or less than 14 per 100,000.

The Table is not exhaustive but provides examples of sports with different levels of contact so that the level of risk and appropriate Tier can be assessed for other sports.

Returning to sports after infection

Children and teens with symptoms of COVID-19 should not attend practices or competition. They should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms.

Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. Those who are asymptomatic or have mild symptoms should not exercise until cleared by a physician. See the American Academy of Pediatrics Interim Guidance on Return to Sports for additional guidance for more serious infections.

Limitations on Mixing Participants

Limit participation by athletes and coaches during practice and competition to one team, and refrain from participating with more than one team over the same season or same time period. For larger team's limit mixing by establishing stable smaller training groups for drills and conditioning.

Review practice or game footage virtually, to the greatest extent possible. If not feasible, then it should be conducted outdoors, with all participants wearing face coverings and following appropriate physical distancing measures.

Inter-Team Competitions

Inter-team competitions (i.e., between two teams) are permitted to occur if (a) both teams are located in the same county and the sport is authorized in the table below; or (b) teams are located in immediately bordering counties and the sport is authorized in both counties in the table below.

Teams must not participate in out-of-state tournaments; several multistate outbreaks have been reported in CA residents and around the nation.

Inter-team competitions, meets, races, or similar events are authorized only if (a) both teams are located in the same county and the sport is authorized in the Table below; or (b) teams are located in immediately bordering counties and the sport is authorized in both counties in the Table below.

The county-based authorizations outlined in the Table below applies to the locations/counties in which the teams, schools, clubs, leagues, and similar organizations are functionally based (e.g., where the players reside, where facilities are located, etc.).

Substantial Tier (Red)2†

Outdoor moderate-contact sports

1. Baseball
2. Cheerleading
3. Dodgeball
4. Field hockey
5. Gymnastics
6. Kickball
7. Lacrosse (girls/women)
8. Pickleball (doubles)
9. Softball

Health Screening

Players shall arrive and leave practice and games wearing masks and will be subject to a medical screening questionnaire. Player and Coaches will also be subject to temperature checks at onset of game or practice.

Personal Health Awareness

We ask that any PNLL player, coach, manager, volunteer, parent, or spectator that is feeling ill or has flu symptoms not attend any PNLL events and see their healthcare provider.

Manager Reporting

When team managers become aware of a coach, player or volunteer that is ill with flu like symptoms, they shall report it to the PNLL Safety Officer immediately @ justin.desurra@petalumanational.org

Any PNLL player, coach or manager that is ill with flu like symptoms will not be allowed to attend or return to PNLL events until after they have spoken with the PNLL Safety Officer and the PNLL Safety Committee determines that the individual can return to PNLL events.

Safety Officer Clearance

PNLL will require that any PNLL player, coach, manager, or volunteer that is suspected of contracting Covid-19 self-quarantine as recommended by the Sonoma County Health Safety Officer and seek medical treatment from their healthcare provider.

The PNLL Safety Officer will report any suspected Covid-19 case to the PNLL Board for proper team/division/league notification.

The PNLL Safety Officer will investigate the possibility of spread to the PNLL community and report to the Board their findings and recommendations ASAP.

No player, coach, manager, and volunteer that is/was known to have Covid-19 will be allowed to return until after they received clearance from their doctor to return to organized youth activities.

Team Practice Procedures (First Practice)

Prior to the first practice, the team manager will contact each family and discuss with them the new PNLL Covid-19 protocol.

The first practice should include a team discussion on the PNLL Covid-19 protocol and the league's expectations regarding PPE, Social Distancing, health screening, health reporting & equipment sanitation and use.

Scheduling of practices will be staggered by 15 minutes to limit the number of families at facilities. Team practices should begin and end on time.

Team Practice Procedures (To be conducted at every practice)

1. Health Screening before practice
2. Players must wash or sanitize hands before, after, and during any breaks.
3. No sharing of water bottles or personal items and equipment
4. Practice social distancing in practice drills
5. Social distancing team meetings
6. No sunflower seeds or gum allowed
7. All coaches will always wear masks
8. Players are strongly encouraged to wear a mask during play and must wear masks when social distancing cannot be maintained.

Game Procedures (Protocol for Every Game)

1. All adults on the field will always wear facial coverings or masks.
2. Adult spectators will wear facial coverings or masks and are limited to immediate household members only. Social distancing will be maintained from members of other households.
3. Managers will health screen all players and coaches upon their arrival at fields.
4. No sharing of water bottles or personal items and equipment (i.e. bats, helmets, gloves).
5. No sunflower seeds or gum allowed.
6. All human to human contact discouraged high fives fist bumps etc.
7. No handshakes or personal contact celebrations.
8. Social distancing team meetings.
9. Post and Pregame meetings ok.
10. No end of inning meetings.
11. Game start times staggered to reduce the number of people at facility.

Game Procedures (Team at bat and reserve players)

Players will socially distance in the dugout and in the bleachers. Facial coverings are to be worn at all times when not on the field.

The on-deck batter will report to the dugout and be ready for their turn. The in the hole batter may also be in the dugout, socially distanced.

Facial coverings are strongly encouraged during play and mandatory when not in the field of play'

Game Procedures (Team in Field)

Players in the field are strongly encouraged to wear facial coverings or masks.

Game Procedures (Umpires)

1. Health screening of umpires by managers upon their arrival at field.
2. Minors Umpires will stand near the pitcher mound.
3. Equipment inspections should still occur, but equipment should be spaced out by players/coaches. Inspection will be visual only. Umpires should not touch equipment.
4. Pregame home plate meeting will be conducted to social distancing standards and will only be with one umpire and both managers.

Game Procedures (Game Scheduling)

1. All games will be scheduled in a staggered manner to limit the number of people in attendance at PNLL facilities.
2. A minimum of 30 minutes will be allowed between games.
3. Teams/families should immediately leave the field when their game is completed. This will assist with reducing the number of people at the facilities between games.

Equipment Sanitation

1. No sharing of personal equipment (Bats, helmets, gloves)
2. Any league equipment that is shared shall be disinfected between use. (Catcher's equipment, T-Ball bats, no catcher used in T-ball)
3. Spacing out equipment in and outside of dugout.

PNLL Facilities

1. Social distancing signs will be placed around all PNLL fields.
2. Social distancing markings will be identified on the bleachers where allowed
3. Frequent and daily cleaning of facilities by coaches, board members and snack shack personnel.

PNLL Facilities (Batting Cages/Bullpens)

1. Social distancing signs will be placed around the cages.
2. Use of the batting cages will be limited to 15 people per team. • If social distancing cannot be maintained, masks will be worn.
3. No shared personal equipment (i.e. bats, gloves, helmets)

PNLL Facilities (Snack Shack)

- Plexiglass affixed to customer counter
- Volunteers working in the snack shack must wear PPE (Personal Protective Equipment) at all times (Gloves & Mask)
- Hand sanitizer will be provided free of charge at Snack Shack counter
- No gum or sunflower seeds will be sold at snack shack, nor will it be allowed at any PNLL event.
- Social distancing markings are placed on ground near snack shack.
- Frequent and daily sanitation facilities by board members and snack shack personnel (Counter & Bathrooms)

PNLL Facilities (Scorer's Table)

- NO KIDS ALLOWED IN Scorer's Table.
- Plexiglass to divide everyone.
- DAILY SANITATION OF EQUIPMENT AND SURFACES.

Season Suspension

Any positive test of a PNLL player, coach, and manager, volunteer will result in the immediate notification to the league (all families). The individuals name will not be released to league. Their identity will only be known by the reporting party (i.e. manager/parent/etc.) and the PNLL Safety Officer.

If 4% or more PNLL individuals (i.e. coach/manager/player/volunteer) are suspected of being ill with Covid-19 at the same time, the season will be suspended immediately (practices and games). The board will notify the County of Sonoma Health Officer. The board will collect any possible contaminated equipment so that it can be sanitized by a paid professional. All PNLL facilities will be closed and cleaned.

In the event of a season suspension, the entire league will self-quarantine (no practices or games) for 2 weeks before any PNLL event may resume.

Penalties

It is the intent of the PNLL Board to provide a safe environment for our community to share while watching their child/children play baseball. Any manager, player, coach, volunteer, or observer that intentionally avoids following these guidelines shall be subject to removal by the Board.

Closing

Our goal is to provide a safe environment for our kids to play baseball without putting anyone within our community at risk of contracting Covid-19. We believe there is a high probability of being successful if these guidelines are followed. We thank you for your understanding and support.

Let's play ball!

The PNLL Board of Directors

<https://www.petalumanational.org>