

Lamar Little League COVID – 19 Safety Guidelines

Children participating in youth sporting events or practice should minimize in-person contact with any person 65 years of age or older, especially those with pre-existing health conditions, for a period of 14 days. This includes maintaining social distancing of at least 6 feet of separation from those individuals, wearing a face covering or mask, and avoiding sharing utensils or other common objects with those individuals.

- **Managers and Coaches:** All managers and coaches should consider to wear a mask or face covering outside of the field of play, except to eat, drink or when properly social distanced. Coaches should consider to wear a mask while in the field of play when they are within 6 feet of another individual.
- **Players** – All players, 10 years of age and older, should consider to wear a mask or face covering outside of the field of play, except to eat, drink or when properly social distanced. Players should consider to wear a mask while in the field of play when they are within 6 feet of another individual.
- **Spectators:** Spectators 10 years of age and older should consider to wear a mask or face covering while within 6 feet of anyone outside their own household, on Lamar grounds, except while eating or drinking.
- **Dugouts:** It is recommended that kids should practice social distancing in dugouts during games or sit with their parents until it is their turn to bat. No sunflower seeds or gum or any food are allowed in the dugouts.
- **Social Distancing:** All players, coaches, volunteers, and spectators should practice social distancing of 6 ft. wherever possible, especially in common areas. Spectators should plan to bring their own chairs and use the area outside the fences along the foul lines and in the outfield.
- **Temperature Check:** Players and spectators are asked to take their own temperature before leaving the house and they should stay at home with [any reading of 100.0 Fahrenheit or higher according to CDC definitions](#) of reportable illnesses for contagious disease. Lamar Little League will have for use an infrared non-contact forehead thermometer to take the temperature of all players before they enter the field of play (managers or their designated parent will implement this test). Any reading of 100.0 or higher will result in the player being sent home immediately.
- **Spacing Of Player Equipment:** Player equipment should be spaced accordingly to prevent close contact.
- **No Sharing of Equipment:** Helmets, caps, bats, gloves, and catcher's equipment should not be shared by players. If additional equipment for a team is needed, request it from the league and it will be provided.
- **Concessions:** Precautions will be in place to include 6 ft spacing markers in concession lines between customers; staff is instructed to not report to duty if they don't feel well, have symptoms, or have a temperature; steps are taken to prevent cross contamination; and frequent sanitation of all surfaces.
- **Rest Rooms:** Rest rooms will be cleaned and sanitized before activities and every hour while activities are taking place.
- **Hygiene/Hand Washing/Touching Face:** Players and coaches should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitizer (with at least 60% alcohol), abstain from touching their face (mouth, eyes, or nose), and cover their cough or sneeze with a tissue and throw tissue in the trash. The league will provide hand sanitizer upon request.
- **Cleaning/Disinfecting:** A box will be provided in all dugouts upon request. The boxes are located in the concession stand. It contains a thermometer, hand sanitizer and disinfectant. The league will use disposable disinfectant wipes on all door handles and bathrooms on a regular basis. Catching equipment should be sanitized by coaches if shared by multiple players.
- **Self-quarantine:** Players, coaches, parents, or spectators with any symptoms should not attend any training sessions or competitions.
- **Water Bottles:** Water and sports drink jugs will not be provided by the league. Athletes and coaches should bring their own water bottles to all team activities to help to reduce transmission risk. Individuals should take their own water bottles home each night for cleaning and sanitation.
- **No Handshakes/Celebrations:** With social distancing practices, players and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.

Protocols Regarding the Return to Play

Individuals Confirmed with COVID-19

Any individuals with a lab-confirmed COVID-19 positive test may return to practice and games when the following criteria are met:

- At least one day (24 hours) has passed since recovery (resolution of fever without the use of fever-reducing medications); and
- The individual has improvement in symptoms (e.g., cough, shortness of breath); and
- At least 10 days have passed since symptoms first appeared.

Individuals Considered At-Risk of Exposure

Individuals identified as being exposed to someone with a lab-confirmed COVID-19 positive test will be quarantined based on the following:

- 10 days after the last close contact, so long as they continue to monitor themselves daily for symptoms and take appropriate precautions through day 14
- 7 days after the last close contact, after receiving a negative test result (administered at least 5 days after the last close contact), so long as they continue to monitor themselves daily for symptoms and take appropriate precautions through day 14

Individuals who return to practices or games from these shorter quarantine windows should regularly monitor themselves to ensure they remain symptom-free and take appropriate precautions for the duration of the 14-day incubation period. Individuals who develop symptoms at any time during the 14-day incubation period should not report to practices or games.

Definition of Exposure - What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You had direct physical contact with the person
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Exception to Quarantine

- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.

Protocols for Reporting to the League

- All positive test case and exposures to an individual that has tested positive must report the information to your teams manager immediately. Manager's you will then need to notify your division VP. Guidance will then communicated back to the manager from the League on actions that will need to be taken.