

El Dorado Hills Little League COVID-19 Safety Plan 2020-21

Approved November 12, 2020



Return to Play during a pandemic

- EDHLL will be closely monitoring and following the guidelines set forth by state and county health officials and the EDH Community Services District when determining return to Little League activities.
- The following risk mitigation plan has been approved by the EDHLL Board as a best practices document to prioritize the safety of our players, families and community as we prepare and plan for a return to Little League activities in the middle of a pandemic.
- As conditions and public health guidelines evolve, EDHLL will follow current guidelines and continue to take a phased approach to re-opening the league.
- Questions? Contact your physician, public health official or an EDHLL board member:
 - Sarah Preiss-Farzanegan, Safety Officer
 - edhllsafety@gmail.com | 585-233-8012
 - Nate De Marce, President
 - edhllpresident@gmail.com | 916-801-4238



Coronavirus disease 19 (COVID-19)

- COVID-19 is the disease caused by SARS-CoV-2 infection.
- There is currently no vaccine to prevent COVID-19.
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person to person:
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

[CDC COVID-19: How to Protect Yourself \(October 28, 2020\)](#)



COVID-19 Symptoms

- Fever (temperature 100.4°F or greater)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion, runny nose
- Nausea or vomiting
- Diarrhea

[CDC COVID-19: Symptoms of Coronavirus](#)



How to Protect Yourself (from the CDC)¹

- Wash your hands often (with soap and water for 20 seconds). Or use hand sanitizer that is at least 60% alcohol.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with others outside of your home; stay at least 6 feet from other people.
- Cover your mouth and nose with a cloth face covering when around others. The mask is meant to protect other people in case you are infected.
- Always cover your mouth and nose with a tissue or inside of your elbow when you cough or sneeze.
- Clean and disinfect frequently touched surface daily.
- Monitor your health daily. Be alert for symptoms (see next slide).
- Stay home if you are sick.
- Follow [CDC guidance²](#) if symptoms develop.

¹ [CDC COVID-19: How to Protect Yourself \(October 28, 2020\)](#)

² [CDC COVID-19: What to Do If You are Sick \(September 11, 2020\)](#)



Definitions

- **Contact:** within 6 feet of a person who has COVID-19 symptoms or has tested positive for 15 minutes (even wearing a mask)
- **Cleaning:** cleaning a surface with soap and water reduces the number of germs, dirt and impurities on the surface
- **Disinfecting:** kills germs on surfaces
- **Mask:** two-layer cloth face covering fitted over the nose and mouth
- **Physical distance:** 6 feet away or more from a non-household member
- **Household member:** anyone living with you
- **Shared equipment:** equipment shared with or owned by non-household members

[CDC Guidance for Community-Related Exposure, October 21,2020](#)
[Aspen Play Project Return to Play Guidance \(May 27, 2020\)](#)



EDH Little League: Return to Play

Policies and Procedures



EDHLL Return to Play Policy

- Little League International is planning on a 2021 season.
- In preparation for state and county green lights for full return to sports, whenever that may be, the EDHLL board is instituting a COVID-19 Return to Play policy.



COVID-19 Waiver

- Before participating in any EDHLL activity, parents/guardians must have a signed COVID-19 waiver
- Waiver will be provided along with other registration forms



Return to Play Risk Categories from the Aspen Institute

LOWEST RISK	MEDIUM RISK	HIGHEST RISK
Individual exercise or training at home, alone or with shared household members, with owned and sanitized equipment.	Individual exercise or training in public, alone or with shared household members with owned and sanitized equipment; individual exercise or training in public with non-shared household members physically distant.	Any group play or training with non-household members not physically distant in private or public, any usage of shared equipment.

EDHLL will be starting activities in the medium risk category with physically distant training sessions. As the pandemic evolves, we will adapt our training protocols according the current state and county health department guidelines.

[Aspen Play Project Return to Play Guidance \(May 27, 2020\)](#)

The Aspen Institute recommends engagement in the lowest risk activities with the necessary safety precautions (e.g. protective gear, safe play).

PROJECT PLAY 2024 MEMBERS



Current California Guidelines¹

- Youth sports and physical education are permitted only when the following criteria can be maintained:
 1. Physical distancing of at least six feet between participants; and
 2. A stable cohort*, such as a class, that limits the risks of transmission
- Activities should take place **outside** to the maximum extent possible.
- For sports that cannot be conducted with sufficient distancing or cohorting, only physical conditioning and training is permitted and ONLY where physical distancing can be maintained.
- Conditioning and training should focus on individual skill-building and should take place outside.
- Activities that require heavy exertion should be conducted outside in a physically distanced manner without face coverings.

**CDPH further defines a cohort as “a stable group of no more than 14 children or youth and no more than two supervising adults.”²*

¹ [California Department of Public Health: Youth Sports Questions and Answers, Sept 18, 2020.](#)

² [California Department of Public Health: Guidance Related to Cohorts, Sept 4, 2020.](#)



EDHLL Responsibilities

- As a member of EDHLL, every one of us is responsible for the safety of our youth athletes, their families and our community:
 - League
 - Managers and Coaches
 - Parents and families
 - Players

The EDHLL board expects all league members to adhere to all return to play protocols, including social distancing guidelines.



EDHLL Return to Play Responsibilities

Content courtesy of
[El Dorado Hills Soccer Club](#)

LEAGUE	MANAGERS & COACHES	PARENTS	PLAYERS
<p>Assign a COVID-19 Safety Committee to communicate policy to the league and provide regular updates and reminders.</p> <p>Designate a safety coordinator for each team to oversee compliance at team level during training.</p> <p>Communicate frequently with local health officials as needed.</p> <p>Schedule and structure training sessions to comply with social distancing guidelines.</p> <p>Establish designated drop off/arrival and pick up/departure zones at all facilities.</p> <p>Provide coaches and teams with sanitizing products as needed.</p> <p>Prioritize the safety of all participants over any desire to play.</p> <p>Promote and environment of respect and responsibility.</p>	<p>Screen players before every training session by asking if they have any signs or symptoms of illness.</p> <p>Withhold a player if the player or anyone in their household has knowingly come into contact with someone diagnosed with COVID-19.</p> <p>Coaches should wear a mask during training sessions.</p> <p>Only bring necessary equipment to practice and disinfect it before and after use.</p> <p>DO NOT allow players to share drinks, food or equipment.</p> <p>Encourage players to bring their own batting helmets and bats to training.</p> <p>Report confirmed cases of COVID-19 to EDHLL immediately and cease training.</p> <p>Adhere to all Return to Play protocols, including social distancing guidelines.</p>	<p>If you are NOT comfortable returning to play, only return when ready.</p> <p>Check your child's temperature before coming to any training session.</p> <p>Be honest regarding the health of your child, and do not send your child to training if they have any COVID symptoms.</p> <p>Notify manager and EDHLL immediately if your child becomes ill.</p> <p>Ensure your child's clothing is washed and sanitized before/after any EDHLL activity.</p> <p>Ensure your child has plenty of water.</p> <p>Carpooling is not recommended.</p> <p>Observe social distancing and mask requirements when attending trainings.</p> <p>Adhere to all Return to Play protocols, including social distancing guidelines.</p>	<p>If you are NOT comfortable returning to play, only return when ready.</p> <p>Wash your hands thoroughly before and after training sessions.</p> <p>Wash and sanitize all personal equipment before and after any activity.</p> <p>Place your equipment, water and bags at least 6 feet apart from the next player's equipment.</p> <p>DO NOT share drinks, food or equipment with any player on your team.</p> <p>DO NOT give high fives, fist bumps, handshakes, hugs or perform any group celebrations.</p> <p>Smile and cheer from a distance!</p> <p>Adhere to all Return to Play protocols, including social distancing guidelines.</p>

Signs and symptoms of COVID-19 include fever > 100.4 degrees, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, rash, sore throat, congestion or runny nose, nausea, vomiting or diarrhea.



KNOW YOUR ROLE. BE SAFE.



Safety Officer: Sarah Preiss-Farzanegan (edhllsafety@gmail.com)

EDHLL Responsibilities: League

- Assign a COVID-19 Safety Committee to communicate policy to the league and provide regular updates and reminders.
- Designate a safety coordinator for each team to oversee compliance at team level during training.
- Communicate frequently with local health officials as needed.
- Schedule and structure training sessions to comply with social distancing guidelines.
- Establish designated drop off/arrival and pick up/departure zones at all facilities.
- Provide coaches and teams with sanitizing products as needed.
- Prioritize the safety of all participants over any desire to play.
- Promote and environment of respect and responsibility.



EDHLL Responsibilities: Manager & Coaches

- Screen players before every training session by asking if they have any signs or symptoms of illness.
- Withhold a player from training if the player or anyone in their household has knowingly come into contact with someone diagnosed with COVID-19.
- Coaches should wear a mask during training sessions.
- Only bring necessary equipment to practice and disinfect it before and after use.
- DO NOT allow players to share drinks, food or equipment.
- Encourage players to bring their own batting helmets and bats to training.
- Report confirmed cases of COVID-19 to EDHLL Safety Officer immediately and cease training.
- **Adhere to all Return to Play protocols, including social distancing guidelines.**



EDHLL Responsibilities: Parents

- If you are NOT comfortable returning to play, only return when ready.
- Check your child's temperature before coming to any training session.
- Be honest regarding the health of your child, and do not send your child to training if they have any COVID symptoms.
- Notify manager and EDHLL immediately if your child becomes ill.
- Ensure your child's clothing is washed and sanitized before/after any EDHLL activity.
- Ensure your child has plenty of water.
- Carpooling is not recommended.
- Observe social distancing and mask requirements when attending trainings.
- **Adhere to all Return to Play protocols, including social distancing guidelines.**



EDHLL Responsibilities: Players

- If you are NOT comfortable returning to play, only return when ready.
- Check your temperature prior to training sessions.
- Wash your hands thoroughly before and after training sessions.
- Wash and sanitize all personal equipment before and after any activity.
- Place your equipment, water and bags at least 6 feet apart from the next player's equipment.
- DO NOT share drinks, food or equipment with any player on your team.
- DO NOT give high fives, fist bumps, handshakes, hugs or perform any group celebrations.
- Smile and cheer from a distance!
- **Adhere to all Return to Play protocols, including social distancing guidelines.**



EDHLL Training session guidelines

Procedures will be further detailed closer to the start of the season.



Pre-arrival to training

- Check player's temperature prior to attending training.
- Review the following health checklist. The player should stay home if they have:
 - Traveled outside the US
 - A sick household member
 - Temperature greater than 100.4 degrees F
 - Cough
 - Shortness of breath or difficulty breathing
 - Other symptoms of illness (no matter the cause)
- Players should bring their own water bottle, hand sanitizer and equipment.
- Carpooling is discouraged.



Arrival at Training

- Players arrive at the field wearing a mask, follow the designated arrival route to the field* and check in with the team safety volunteer.
- Adult volunteer (also masked) will ask players for their temperature (temps taken at home) and about symptoms.
- Players proceed to their designated station and place their water, sanitizer and equipment there. For example, cones placed 6 feet apart along 1st/3rd baseline fence.
- **There will be no use of the dugout.**
- Players should follow all directions from their manager and coaches and follow social distancing guidelines.

**Field maps will be included in the 2021 Safety Plan (a copy at every field) and posted on the EDHLL website.*



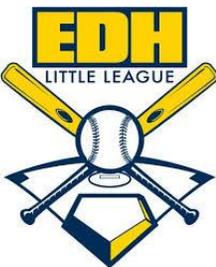
During Training

- Players should use their own equipment.^{1,2}
- Spitting of any kind is not allowed.
- Training activities should maintain social distancing between players.
- Every time a player returns to their equipment station they should sanitize their hands.
- Managers and coaches are recommended to wear a cloth face covering at all times, especially when physical distancing is not possible.²
- If two players must share a baseball, it should be sanitized between uses:
 - “Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.”²

Procedures for cleaning equipment will be further specified closer to the start of the season.

¹ [CDC Youth Sports Programs FAQs \(June 23, 2020\)](#): “Shared objects and equipment such as balls, bats, gymnastics equipment, and protective gear should be cleaned and disinfected between use by different individuals if possible.”

² [CIF Return to Activity Guidelines \(July 20, 2020\)](#)



Post Training

- Players return to their station to sanitize their hands, don their face coverings and gather their equipment for departure.
- Players follow the designated departure route from the field (to minimize contact with arriving players).
- Manager/Coaches collect and clean team equipment.
- Each team is responsible for cleaning high touch areas of the field after each session (per EDH CSD procedures, see next)*.
 - EDHLL teams must follow CSD cleaning procedures for high touch surfaces (bleachers, hand rails, gates, etc) after each scheduled activity.
 - Failure to follow CSD procedures will result in loss of field use privileges.
 - Cleaning instructions for each field will be included in the 2021 Safety Plan (a copy of which can be found at every field and on the EDHLL website).



**GUIDANCE FOR CLEANING & DISINFECTING
 Athletic Fields and Facilities**



WHO IS REQUIRED TO COMPLETE THE CLEANING?

- The user group allocated field usage is responsible for cleaning.

WHAT NEEDS TO BE CLEANED?

- High touch surfaces made of plastic or metal, such as grab bars and railings should be cleaned routinely.
 - Bleachers
 - Hand rails
 - Goal posts
 - Gates

WHEN DOES IT NEED TO BE CLEANED?

- After each scheduled activity – before next scheduled activity
- Continue routine cleaning.
 - Outdoor areas require normal routine cleaning, but do not require disinfection.
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
 - High touch surfaces made of plastic or metal, such as grab bars and railings should be cleaned routinely.
- Maintain safe practices such as frequent handwashing, using cloth face coverings, and staying home if you are sick.
- Continue practices that reduce the potential for exposure.
 - Maintain social distancing, staying six feet away from others. Reduce sharing of common spaces and frequently touched objects.

HOW SHOULD IT BE CLEANED?

- Clean visibly dirty surfaces with soap and water.
 - Cleaning with soap and water reduces number of germs, dirt and impurities on the surface.
 - Disinfecting kills germs on surfaces.
- Wear disposable gloves to clean.
- Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.

NON-COMPLIANCE

- User groups are expected to be implement to the cleaning procedures. If a user group is observed not performing the necessary cleaning, the following penalties will be imposed:
 - First Infraction – verbal warning
 - Second Infraction – Suspension of all field use for one day
 - Third Infraction – Suspension of all field use for one week

Should this continue beyond the third offense, a 30-day suspension of field use will occur and ongoing or future reservations will be at risk.

Making Your Plan to Clean and Disinfect

Cleaning with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection.

Disinfecting kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

Is the area indoors?

NO → **Maintain existing cleaning practices.**
 Coronaviruses naturally die in hours to days in typical indoor and outdoor environments. Viruses are killed more quickly by warmer temperatures and sunlight.

YES → It is an indoor area.

Has the area been occupied within the last 7 days?

NO → **The area has been unoccupied within the last 7 days.**
 • The area will need only routine cleaning.

YES → Yes, the area has been occupied within the last 7 days.

Is it a frequently touched surface or object?

NO → **Thoroughly clean these materials.**
 • Consider setting a schedule for routine cleaning and disinfection, as appropriate.

YES → Yes, it is a frequently touched surface or object.

What type of material is the surface or object?

Hard and non-porous materials like glass, metal, or plastic.

Visibly dirty surfaces should be cleaned prior to disinfection.
 Consult EPA’s list of disinfectants for use against COVID-19, specifically for use on hard, non-porous surfaces and for your specific application need. More frequent cleaning and disinfection is necessary to reduce exposure.

Soft and porous materials like carpet, rugs, or material in seating areas.

Thoroughly clean or launder materials.
 Consider removing soft and porous materials in high traffic areas. Disinfect materials if appropriate products are available.

Plan for COVID-19 symptoms or positive test reporting

Reminder: Sick individuals, no matter the cause, should not attend any EDHLL activity.



What needs to be reported:

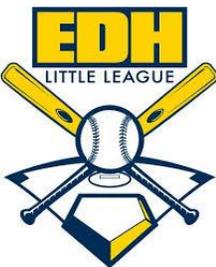
- A **parent or guardian** should notify the safety officer of any of the following:
 - A player or someone in their household has COVID-19 symptoms
 - A player or someone in their household has a positive COVID-19 test
 - + Molecular or antigen test (detects active coronavirus infection)
 - A player is quarantined at home due to potential coronavirus exposure at school
 - A player has been exposed to someone suspected or confirmed to have COVID-19

All reports should be made to the EDHLL Safety Officer at edhllsafety@gmail.com



After report received:

- Safety officer informs El Dorado County Public Health office
 - County assigns a contact tracer, who follows and will be responsible for clearing player (return to work type of form)
 - Player's parent/guardian emails clearance form to EDHLL safety officer
- Safety officer informs EDHLL COVID-19 Safety Committee (total of 4 board members)
 - Email notification sent to appropriate team/group (in good faith) along with instructions from the county health department:
 - “a person who tested positive was in attendance at practice” or
 - “a person who was potentially exposed was in attendance at practice”



Emotional/Mental Health Considerations



Coping with Stress

- CDC: [Coping with Stress](#)
- “Coping with stress in a healthy way will make you, the people you care about, and your community stronger.”
 - Know what to do if you are sick
 - Take care of your emotional health
 - Take breaks from watching, reading or listening to news stories
 - Take care of your body
 - Make time to unwind
 - Connect with others



Emotional/Mental Health Support

CDC: [Helping Children Cope](#)

CDC: [Support For Teens & Young Adults](#)

- During a pandemic, young people may feel lost or disconnected due to decreased availability of activities and interactions with their peers and/or fear related to the pandemic.
- Adults should be prepared to reassure the players/children/teens around them and provide support.
- Watch for behavior changes and learn about ways to support your child/teen (see above CDC links).



Team Work Makes the Dream Work!

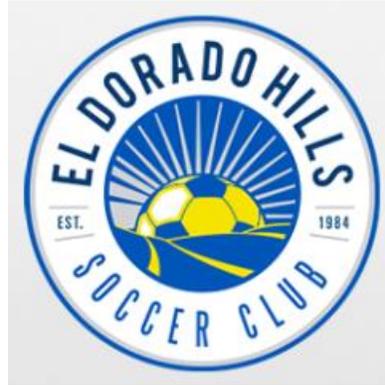
Thank you for working together so we can keep our EDHLL players, families and community safe!



Questions?

- Nate De Marce, President
 - edhlipresident@gmail.com
- Sarah Preiss-Farzanegan, Safety Officer
 - edhllsafety@gmail.com





Thank you to the El Dorado Hills Soccer Club for sharing some of their player health and safety information to help our EDHLL players safely return to baseball activities.

We are stronger together! Thank you.

Website: <https://www.edhsc.org/home>

Player Health and Safety: <https://www.edhsc.org/safety>



References

CDC Guidelines for Community-Related Exposure
<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

CDC How to Protect Yourself (Oct 28, 2020)
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

CDC Symptoms of Coronavirus (May 13, 2020)
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

CDC What to Do If You Are Sick (Sept 11, 2020)
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Aspen Institute Return to Play Guidance
<https://www.aspenprojectplay.org/return-to-play>

CDPH Youth Sports Questions and Answers (August 3, 2020)
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Youth-Sports-FAQ.aspx>

CDPH Guidance Related to Cohorts (updated Sept 4, 2020)
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/small-groups-child-youth.aspx>

CDC Youth Sports Programs FAQs (June 23, 2020)
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports-faq.html>

CIF Statement (July 20, 2020)
https://cifstate.org/mediacenter/releases/2019-20/PR-34_7.20.20_CIF_Statement_2020-21_Sports_Calendar_Final.pdf

El Dorado Hills Soccer Club, Player Health & Safety
<https://www.edhsc.org/safety>

CDC Helping Children Cope
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>

CDC Support For Teens & Young Adults
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/young-adults.html>

CDC Coping with Stress
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



Additional Resources

Aspen Institute: Return to Organized Youth Sports: 8 Questions Families Can Ask About COVID-19 Safety

https://assets.aspeninstitute.org/content/uploads/2020/07/Return-to-Organized-Sports-8-Questions_Final.pdf

Aspen Institute: Coronavirus and Youth Sports FAQs

<https://www.aspenprojectplay.org/coronavirus-and-youth-sports#frequently-asked-questions>

American Academy of Pediatrics: COVID-19 Interim Guidance: Return to Sports

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/covid-19-planning-considerations-return-to-in-person-education-in-schools/>

CDC Considerations for Youth Sports

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

COVID-19 Interim Guidance: Youth Sports. Released August 3, 2020. CDPH / CAL OSHA

<https://files.covid19.ca.gov/pdf/guidance-youth-sports--en.pdf>

National Athletic Trainers Association: NATA – Return to Sport Considerations

https://cifstate.org/covid-19/Resources/NATA_C-19_return-to-sport_considerations_for_secondary_school_atn.pdf

CDC Guidance for Visiting Parks and Recreational Facilities

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>

CDC School Reopening Considerations

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/Schools-DecisionTree.pdf>

CDPH Guidance for the Use of Face Coverings (June 29, 2020)

https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Guidance-for-Face-Coverings_06-18-2020.pdf

CDC Coronavirus (COVID-19) Page

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CDC guidance for COVID-19 testing

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

EPA approved list of cleaning products

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19>

