



Cosumnes River Little League Safety Plan 2024 405-54-03



POLICY STATEMENT

Cosumnes River Little League is a non-profit organization run by volunteers whose mission is to provide an opportunity for our community's children to learn the game of baseball in a safe and friendly environment.

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Message From the President

Dear Managers and Coaches,

Welcome to the 2024 season! Each one of you has been selected because you have demonstrated that you have the best interest of the kids you will be coaching. You will not only teach them how to play baseball-softball, but also allow them to have a positive and fun experience. You have also been selected in keeping our kids safe while they are under your supervision.

Safety comes in many forms. The most obvious form is safety while playing baseball-softball either at practices or games. For example, the swinging of bats, it must be safe, and the kids must be aware of where they are and who has a bat. The wearing of batting helmets while batting and running the bases. Catcher's gear must be worn while catching pitches and infield practice and all the other rules designed to keep our kids safe.

Along with some of the examples previously mentioned, it really comes down to common sense. Have the kid's best interest in mind when on and off the field.

We have also provided each team with a First Aid Kit. By now, you as a manager and/or coach, have already watched the safety presentation put on by our league. Please keep in mind that if an emergency should arise, calling 911 will put you in contact with the California Highway Patrol, who can get EMS and Police and Fire dispatched to your emergency. Sometimes when a situation is not serious enough for 911 but you are still in need of assistance, you can call Sacramento Metro Fire at 916-228-3000.

On another note, background checks have also been performed in an effort to further protect our kids.

Please remember that all managers are responsible for their player's, which includes, not leaving the field until all of the players have been picked up by a parent and or guardian.

Also, please remember some of our fields has lights for night play. This brings up another concern for safety. While playing after the light of day has gone, keep in mind that the artificial lights do not light up all areas around the field. What this means is that we have to keep track of all of our kids to keep them safe as well.

By taking on the responsibility of managing and coaching, I know each and every one of you will do your part to protect our kids. Remember, be safe out there and have fun!!

Sincerely,

Chris Kassel, President
Cosumnes River Little League

Safety Manual and First Aid Kits

The CRLL Safety Manual will be available on the CRLL website.

Each team will be issued a First Aid Kit at the beginning of the season.

Two chemical ice packs of physical therapy quality will be issued to each team at the beginning of the season. Replacements will be available in the equipment lockers and the snack shack.

The Safety Manual will include phone numbers to hospitals and other emergency services, phone numbers for all Board Directors, the CRLL Code of Conduct.

The First Aid Kit will include the necessary items to treat an injured player until professional help arrives if need be (see First Aid section).

Phone Directory

LITTLE LEAGUE PHONE NUMBERS

Cosumnes River Little League Main Number 916-687-4647
League Safety Officer (Nicole Burnett) 916-747-6854
Williamsport Insurance Claim Office 570-327-1674

HOSPITALS

Mercy General Hospital 916-453-4545
4001 J Street
Sacramento

Methodist Hospital of Sacramento 916-423-3000
Or 916-689-9000
7500 Hospital Drive
Sacramento

Kaiser Permanente Medical Center 916-688-2000
6600 Bruceville Road
Sacramento

Sutter General Hospital
2801 L Street
Sacramento 916-454-2222

Sutter Memorial Hospital
5151 F Street
Sacramento 916-454-3333

University of California
Davis Medical Center Sacramento
2315 Stockton Boulevard
Sacramento 916-734-2011

EMERGENCY NUMBERS

Fire Dispatch/First Aid Dispatch (from Cell Phones) ... 916-363-6551

Emergency 911

FBI 916-481-4400

POISON CONTROL 800-876-4766

SUICIDE PREVENTION 916-368-3111

Wilton Fire District
9800 Dillard Road
Wilton..... 916-685-3473

(non-fire emergency) 916-687-6920

NON-EMERGENCY NUMBERS

California Highway Patrol
South Sacramento Office 916-681-2300

Sacramento County Sheriffs Dept 916-874-5115

Elk Grove Fire Department
8820 Elk Grove Boulevard, Suite 2 916-685-9502

Wilton Fire 916-687-6920

CRL Board of Directors

President: Chris Kassel (916-296-7371)
president.crl@gmail.com

Vice President Baseball: Rick Spikard (916-505-1326)
Richard9313@sbcglobal.net

Vice President Softball: Troy Laird (916-224-1784)
vpsoftball.crl@gmail.com

Registrar: Jennifer Heavenston
registrar.crl@gmail.com

Secretary: Jennifer Heavenston
secretary.crl@gmail.com

Treasurer: Pam White (916-837-2629)
treasurer.crl@gmail.com

Player Agent (Baseball): Dan Reid (714-501-0220)
baseballplayeragent.crl@gmail.com

Player Agent (Softball): Michele Zavoras (916-581-9819)
softballdivision.crl@gmail.com

Division Coordinator (Baseball): Jeff Elorduy (916-337-9440)
Jeffelorduy@yahoo.com

Divisions Coordinator (Softball): Michele Zavoras (916-581-9819)
softballdivision.crl@gmail.com

Field Coordinator: Sean Donnalley (916-548-6012)

Equipment Manager: Joe Montoya (916-807-4015)

Safety Officer: Nicole Burnett (916-747-6854)
safety.crl@gmail.com

Sponsors: Mark Imbriani (916-849-0392)
sponsorship.crl@gmail.com

Uniforms: Melissa Kassel - melissa.kassel2@gmail.com

Chief Umpire: Dominic Ivezich

Code of Conduct

The board of directors of Cosumnes River Little League has mandated the following Code of Conduct. All coaches and managers should have read this Code of Conduct and acknowledged that he or she understands and agrees to comply with the Cosumnes River Little League Code of Conduct prior to registering.

Cosumnes River Little League Code of Conduct:

Auto and Traffic Rules

- Speed Limit: 5 mph in roadways and parking lots while attending any Cosumnes River Little League function. Watch for small children around parked cars.
- Use crosswalks when crossing roadways. Always be alert for traffic.
- No playing in parking lots at any time.

Drug Free Environment

- No alcohol allowed in any parking lot, field, or common areas within a Cosumnes River Little League complex.
- Appearing on the field of play, stands, or anywhere on the CRLL complex while in an intoxicated state is not allowed. Intoxicated will be defined as an odor or behavior issue.
- No tobacco use is permitted at any time.

Baseball Common Sense

- No Swinging Bats at any time within the walkways and common areas of a Cosumnes River Little League complex.
- No throwing baseballs at any time within the walkways and common areas of Cosumnes River Little League.
- Only the single player on the field and at bat may swing a bat between the ages 5-12. For Juniors (Age 12) on the field at bat or on deck may swing a bat. Be alert of the area around you when swinging a bat while in the on-deck position.
- Observe all posted signs. Players and spectators should be alert at all times for Foul Balls and errant Throws.

Horse Play

- No throwing rocks.
- No horse play in walkways at any time.
- No climbing fences.
- No Playing on and around lawn equipment.

On Field Safety and Sportsmanship Rules

- During games, coaches and players must always remain in the dugout.
- At no time shall players make a demonstration of dissent at an official's decision by throwing of gloves, helmets, hats, bats, balls, or any other forceful unsportsman-like action.
- After each game, each team must clean up trash in dugout and around stands.

Zero Tolerance

- Profanity will not be allowed.
- At no time shall anybody lay a hand upon, push, shove, strike, or threaten to strike an official.
- Speaking disrespectfully to any manager, coach, official or representative of the league will not be tolerated.

Field Maintenance

- After each game the infield will be restored to a condition worthy of the next game without the chalking of the first and third base lines. Parents of the teams are strongly encouraged to help with this task.

Failure to comply with this Code of Conduct may result in expulsion from the game.

Safety Code

The Board of Directors of Cosumnes River Little League has mandated the following Safety Code. All managers and coaches will read this Safety Code and then read it to the players on their team. Participants and volunteers are required to abide by this code.

Coaches

1. Responsibility for safety procedures belongs to every adult member of CRL.
2. Each player, manager, designated coach, and umpire shall use proper reasoning and care to prevent injury to him/herself and to others.
3. Only league approved managers and/or coaches are allowed to practice teams.
4. Only league-approved managers and/or coaches will supervise batting Cages.

First Aid Kits

1. First-aid kits created by the League are issued to each team manager during the pre-season and additional kits will be in each equipment shed.
2. Managers, designated coaches and umpires will have mandatory training in First Aid.

Fields and Equipment

1. No food or drink, at any time, in the dugouts. (Exception: bottled water, Gatorade and water from drinking fountains). Managers will never leave an unattended child at a practice or game.
2. No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
3. Play area will be inspected before games and practices for holes, damage, stones, glass and other foreign objects.
4. Team equipment will be stored within the team dugout or behind screens, and not within the area defined by the umpires as "in play"
5. Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practice sessions.
6. Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and designated coaches.
7. During practice and games, all players should be alert/watch the batter on each pitch.
8. During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
9. All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by spectators.

10. During the games, coaches will not take their coaching positions on the field until the pitcher is done warming up. This rule will avoid errant balls hitting coaches who might not be paying proper attention.
11. Equipment should be inspected regularly for the condition of the equipment as well as for proper fit
12. Batters must wear Little League approved protective helmets that bear the NOCSAE seal during batting practice and games.
13. Players who wear glasses are encouraged to wear “safety glasses.”

Special Drills

1. During sliding practice, bases should not be strapped down or anchored.

Bats and Balls

1. On-deck batters are not permitted.
2. Managers will only use the official Little League balls supplied by CRLL.
3. Once a ball has become discolored, it will be discarded.
4. No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex.

Protective Gear: cups and catcher's gear

1. All male players will wear athletic supporters or cups during games. Catchers must wear a cup. Managers should encourage that cups are to be worn at practices too.
2. Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector.
3. Female catchers must wear long or short model chest.
4. All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must meet Little League specifications and standards.
5. All catchers must wear a mask, “dangling” type throat protector and catcher's helmet during practice, pitcher warm-up, and games. Note: Skullcaps are not permitted.
6. Catchers must wear a catcher's mitt (not a first baseman's mitt or fielder's glove) of any shape, size or weight consistent with protecting the hand.
7. Catchers may not catch, whether warming up a pitcher, in practices, or games without wearing full catcher's gear and an athletic cup as described above.

Spikes

Shoes with metal spikes or cleats are not permitted. Shoes with molded cleats are permissible.

Jewelry

Players will not wear watches, rings, pins, jewelry or other metallic items during practices or games. (Exception: Jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place.)

Transportation

1. Speed Limit is 5 miles per hour in roadways and parking lots.
2. Use crosswalks when crossing roadways. Always be alert for traffic.
3. No playing in the parking lots at any time.

Alcohol and Drugs

1. No alcohol or drugs allowed on the premises at any time.
2. No medication will be taken at the facility unless administered directly by the child's parent. This includes aspirin and Tylenol.

Common Sense

1. At no time should "horse play" be permitted on the playing field.
2. No throwing rocks.
3. There is no running allowed in the bleachers.
4. No climbing fences.
5. No swinging on dugout roofs.
6. No pets are permitted on the premises at any time. This includes dogs, cats, horses, etc.
7. Observe all posted signs.
8. Players and spectators should be alert at all times for foul balls and errant throws.
9. Bicycle helmets must be worn at all times when riding bicycles on the premises as well as to and from the premises.
10. No one is allowed on the complex with open wounds at any time. Wounds should be treated and properly bandaged.
11. No playing on and around lawn equipment, machinery at any time.

Suggestions

Never hesitate to report any present or potential safety hazard to the CRLL Safety Officer immediately.

Emergency Medical Release Forms

Emergency Medical Release Forms will be present at all games and practices. Managers are encouraged to make a second and third set of these forms and distribute to the coaches in the case that one coach is not at a game or practice.

Safety Recommendations for Managers

Pre-Season:

Managers should:

- Take possession of this Safety Manual and the First-Aid Kit supplied by CRL.
- Meet with all parents at a Parent's Only, Team Meeting to discuss Little League philosophy and safety issues.
- Cover the basics of safe play with his/her team before starting the first practice.
- Teach players the fundamentals of the game while advocating safety.
- Teach players how to slide before the season starts. A board representative will be available to teach these fundamentals if the Manager or designated coaches do not know them.
- Notify parents that if a child is injured or ill, he or she cannot return to practice unless they have a note from their doctor. This medical release protects you if that child should become further injured or ill. There are no exceptions to this rule.
- Encourage players to bring water bottles to practices and games.
- Tell parents to bring sunscreen for themselves and their child.
- Encourage your players to wear mouth protection.

Season Play:

Managers should:

- Work to make sure equipment is in first-rate working order.
- Make sure that telephone access is available at all activities including practices. It is suggested that a cellular phone always be on hand.
- Not expect more from their players than what the players are capable of.
- Teach the fundamentals of the game to players.
 - * Catching fly balls
 - * Sliding correctly
 - * Proper fielding of ground balls
 - * Simple pitching motion for balance
- Be open to ideas, suggestions or help.
- Enforce that prevention is the key to reducing accidents to minimum.
- Have players wear sliding pads if they have cuts or scrapes on their legs.
- Always have First-Aid Kit and Safety Manual on hand.
- Use common sense.

Pre-Game and Practice:

Managers should:

- Make sure that players are healthy, rested and alert.
- Make sure that players returning from being injured have a medical release form signed by their doctor. Otherwise, they can't play.
- Make sure players are wearing the proper uniform and catchers are wearing a cup.
- Make sure that the equipment is in good working order and is safe.
- Agree with the opposing manager on the fitness of the playing field. In the event that the two managers cannot agree, the President or a duly delegated representative shall make the determination.
- Enforce the rule that no bats and balls are permitted on the field until all players have done their proper stretching. (See Conditioning Section)

1. Calf muscles
2. Hamstrings
3. Quadriceps
4. Groin
5. Back
6. Shoulders
7. Elbow/forearm
8. Arm shake out
9. Neck

Then have players do a light jog around the field before starting to throw warm-ups that should follow this order.

1. Light tosses short distance.
2. Light tosses medium distance.
3. Light tosses large distance.
4. Medium tosses medium distance.
5. Regular tosses medium distance.
6. Field ground balls.
7. Field pop flies

During the Game

Managers should:

- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is up at bat. No equipment shall be left lying on the field, either in fair or foul territory.
- Keep players alert.
- Always maintain discipline.
- Be organized.
- Keep players and substitutes sitting on the team's bench or in the dugout unless participating in the game or preparing to enter the game.
- Make sure catchers are wearing the proper equipment.

- Encourage everyone to think Safety First.
- Observe the “no on-deck” rule for batters and always keep players behind the screens. No player should handle a bat in the dugouts at any time.
- Keep players off fences.
- Get players to drink often so they do not dehydrate.
- Not play children that are ill or injured.
- Attend to children that become injured in a game.
- Not lose focus by engaging in conversation with parents and passerby’s.

Post Game

Managers should:

- Do cool down exercises with the players.
 1. Light jog.
 2. Stretching as noted above.
 3. Those who throw regularly (pitchers and catchers) should ice their shoulders and elbows.
 4. Catchers should ice their knees.
- Not leave the field until every team member has been picked up by a known family member or designated driver.
- Notify parents if their child has been injured no matter how small or insignificant the injury is. There are no exceptions to this rule. This protects you, Little League Baseball, Incorporated and CRLL.
- Discuss any safety problems with the League Safety Officer that occurred before, during or after the game.
- If there was an injury, make sure an accident report was filled out and given to the CRLL Safety Officer.
- Return the field to its pre-game condition, per CRLL policy.

Snack Shack Safety Rules

The below rules are posted in our Stonehouse Snack Shack.
Be careful handling hot appliances (crock pots, coffee maker, hot dog cooker, and BBQ)

1. Clean up any spilled water on floor.
2. Don't stand on a bucket or chair to reach items high on the shelf, use the step ladder.
3. Wash hands before handling hot dogs and buns. Use utensils and latex gloves.
4. No one under 10 years old may work in the snack shack or handle money.
5. No more than 4 people working in the snack shack at one time.
6. Fire extinguisher is on the back wall, next to the shelf.
7. Unplug all appliances (except refrigerator) after use.
8. Wash and Clean Utensils before and after use each day.
9. Cook Food to proper temperatures (155 degrees F internally for beef and pork and 165 degrees F for poultry)
10. Refrigerate Food at 41 degrees or below.
11. Do not use leftover food.
12. Use foods from approved sources (do not use foods prepared at homes)
13. Clean up after use: wipe counters and coke machines and sweep floors and store foods properly.

A First Aid Kit is available in the Snack should you need one.

Mandatory Safety Clinic

The Cosumnes River Little League will have a Mandatory Safety Clinic on January 6, 2024 at the Rancho Murieta Association building.

This event is Mandatory and requires at least one representative from each team.

Any manager not able to attend this safety meeting will need to attend one of the safety clinics but on by District 54.

See Appendix A for the agenda

Mandatory Fundamentals Training

An in-person coaching fundamentals clinic will be held following the Safety Clinic on January 6, 2024 at the Rancho Murieta Association building.

This training is Mandatory and must be completed by each manager.

Pre-Game Coach/Umpire Field Inspection

Prior to each game, the home coach will walk the field looking for obvious safety issues. This will be done prior to the game while the field is being prepared for the game. The coaches will look for obvious items that could cause injury, such as rocks, bottles, and holes. The coaches are responsible for Outfield and dugout areas and the umpire will be responsible for all bases including home plate areas.

Equipment Inspection

Cosumnes River Little League will work to ensure that the equipment that the children are using in good and safe condition. Prior to the start of the season, the league equipment manager will inspect the equipment prior to handing it out. At that time any equipment that is in unsafe condition will be discarded. Following Little League guidelines, the equipment will be destroyed such that it can't be used by children that might try to retrieve it from a dumpster or garbage can.

In addition to the pre-season inspection, the coaches will inspect the equipment at games AND practices. Umpires will inspect equipment at the beginning of each game. Dented bats or cracked helmets will be taken out of play at that time and the manager will be required to dispose of it as described above after the game.

Volunteer Background Check and forms

All Volunteers that will be associated with the CRLL will complete the Volunteer forms that are provided by Little League. The League will utilize JDP for background checks where SSNs will be required.

The purpose of this is to ensure that the volunteers interacting with our children are free of any past behavior that is not suitable to the mental and physical well-being of our players.

Accident Reporting

CRLL will have an Accident Reporting program. Coaches are responsible for filling out the accident report provided by Little League and getting it to the league Safety Officer within 24 hrs. of the incident. The accident reporting form can be found on the CRLL website. The report will be filed in the Safety Binder and a copy will be routed to the District at the following meeting.

Little League Rule Adherence

CRLL will enforce the rules of Little League including the rules of using proper equipment and coaches not catching a pitcher, even at practice!

Additional Information for Reference

Megan's Law Background Check

Sexual offender's list - <http://caag.state.ca.us/megan/info.htm>

The following is from the State of California Department of Justice web page

How To Obtain Information Using the Megan's Law Web Application

To view the Megan's Law Web Application, you must:

be at least 18 years of age; or accompanied by parent or legal guardian;
provide a California driver's license or California identification card;
sign a statement that you are not a registered sex offender; that you understand the purpose of the release of information is for the public to protect themselves and their children from sex offenders; and that it is illegal to use the information to harass, discriminate or commit a crime against any registrant;
state a distinct purpose for viewing the Megan's Law Web Application, if required by local law enforcement.

All sheriff's departments and every police department serving a population of 200,000 or more are required to make the Megan's Law Web Application available for public viewing. Many other police departments in smaller jurisdictions also make the information available. To determine the nearest Megan's Law Web Application viewing station, please contact your local law enforcement agency or refer to our list of sheriff's offices (PDF 51 kb/3 pages) and police departments (PDF 41 kb/1 page) that are required to offer public viewing.

Reminder: The information disclosed pursuant to Megan's Law may not be used to harass or commit any crime against the offender.

Mandatory Background Checks

Little League" Child Protection Program Modifications to Regulation I

All 2014 Little League" rule books and operating manuals now include in Regulation I the following language dealing with mandatory use of the Volunteer Application and mandatory background checks.

Regulation I (b)

new language: As a condition of service to the league, all managers, coaches, Board of Directors members and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with players or teams, must complete and submit an official Little League Volunteer Application to the local league president. Annual background screenings must be completed prior to the applicant assuming his/her duties for the current season. Refusal to annually submit a fully completed Little League Volunteer Application must result in the immediate dismissal of the individual from the local league. (See also Reg. I (c) 8 and 9.)

Regulation I (c) 8 and 9.

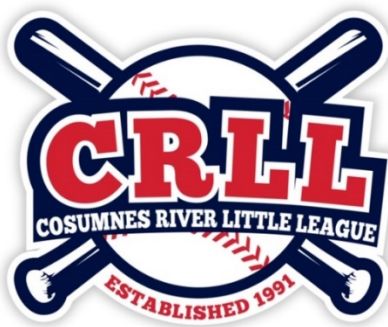
I (c) Each league shall:

8. Require that all of the following personnel have annually submitted a fully completed official Little League Volunteer Application to the local league president, prior to the applicant assuming his/her duties for the current season: Managers, Coaches, Board of Directors members and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with, players or teams.. The Little League Volunteer Application must be maintained by the president of the local league board of directors for all personnel named above, for a minimum of the duration of the applicant's service to the league for that year. Failure to comply with this regulation may result in the suspension or revocation of tournament privileges and/or the local league's charter by action of the Charter or Tournament Committee in Williamsport.

9. Conduct an annual background check on all personnel that are required to complete a Little League Volunteer Application prior to the applicant assuming his/her duties for the current season. No local league shall permit any person to participate in any manner, whose background check reveals a conviction for any crime involving or against a minor. A local league may prohibit any individual from participating as a volunteer or hired worker, if the league deems the individual unfit to work with minors. A local league must conduct a search of the applicable government operated statewide sex offender registry. If no sex offender registry exists in a State /Province, the local league must conduct a statewide/province wide criminal background check through the appropriate governmental agency unless prohibited by law. Failure to comply with this regulation may result in the suspension or revocation of tournament privileges and/or the local league's charter by action of the Charter or Tournament Committee in Williamsport.

Appendix A

CRL Safety Clinic Agenda



Safety Training and Rules of the Game

Date: January 6th, 2024 8:30 AM-10:30 AM

Location: RMA Building, Rancho Murieta, CA

Agenda

I. Welcome and Program Overview – Chris Kassel (CRLLE President)

II. Rules, Umpire Interaction and Communication- Dominic Ivezich (Chief Umpire)-20 minutes

- Green Book (baseball) and Red Book (softball) rules review
- Common Rule Myths
- General Introduction and current state of officiating and trends
- Field Decorum and Sportsmanship
- Respect for umpire decisions – what can be argued and what cannot
- Proper ways to approach umpires with questions or concerns
- Discussion/Question and Answer

III. Player Safety- On Field Mechanics (45 minutes)

Kyle Yamashira, DPT - Results Physical Therapy

Physical Therapists for the Sacramento Rivercats and SF Giants

- Repetitive injury prevention and diagnosis
- Proper throwing arm mechanics
- Proper pitching arm mechanics
- Proper footwork for throwing and pitching
- Individual warm-up exercises
- Proper cool-down exercises

IV. Prevention, Identification, Response (45 minutes)

Jim Pritchard, Captain Sac Metro Fire District Station 59

- Concussion prevention and protocol
- Heat injury prevention and identification
- Basic First Aid for cuts and impact injuries
- Emergency Contacts

V. Panel Discussion/Question and Answer

VI. Dismissal

Appendix B

California District 54 COVID-19 Risk Mitigation Plan

COVID-19 Update for Spring 2022



Little League 2021 was a very successful year in District 54! Our leagues returned to both regular spring season and fall ball season on the tail end (we hope) of a pandemic with great turnout and a safety record that highlighted our exceptional commitment to safety. League registrations are opening soon, and we remind everyone to please remember that certain COVID-19 risk mitigation procedures continue to be in place to protect our players, volunteers and families, and to prevent community spread of the novel coronavirus and its variants. District 54 will continue to update all leagues with new information regarding risk mitigation policies and procedures as they emerge. As of November 1, 2021, the following policy will remain in effect for the season starting in 2022, pending updates from local authorities:

1. Any player or volunteer with a positive coronavirus test may not participate in any Little League activities until they have recovered, completed the necessary quarantine period, AND provided a physician's note clearing them to return. This process may include having a subsequent negative coronavirus test and/or physician evaluation of a player for return to play clearance.
2. Any player or volunteer who has a household member with a positive coronavirus test may not participate in any Little League activities until they have completed their period of quarantine per CDC and CDPH guidelines (see below).
3. Similarly, any unvaccinated player or volunteer who has had close contact (defined as being within 6 feet for 15 minutes or more in a 24-hour period) with someone who has tested positive for coronavirus may not participate in any Little League activities until they have completed their period of quarantine per CDC and CDPH guidelines (see below).
4. Any vaccinated player or volunteer who has had close contact (defined as being within 6 feet for 15 minutes or more in a 24-hour period) with someone who has tested positive for coronavirus may not participate in any Little League activities if they have symptoms. Fully vaccinated people do not need to quarantine after contact with someone who had COVID-19 unless they have symptoms. Per the CDC [CDC Quarantine and Isolation], fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms, and wear a mask

indoors in public for 14 days following exposure or until their test result is negative.

5. Any player who is in quarantine or modified quarantine from/at school may not participate in any Little League activities until they have completed their quarantine period and have been allowed to return to school.
6. All COVID-19 issues should be reported to the league and district safety officers. Parents/Guardians should send a copy of the physician clearance notes or notification of return to school to the player's manager and the league's safety officer.

CDPH Quarantine Recommendations for K-12 schools (covers all Little League players)

- For vaccinated close contacts: follow the CDPH Fully Vaccinated People Guidance regarding quarantine [see also CDC Quarantine and Isolation information].
- For unvaccinated people with close contact when both parties were wearing a mask, modified quarantine applies and they may attend school if they:
 - Are asymptomatic;
 - Continue to appropriately mask, as required;
 - Undergo at least twice weekly testing during quarantine; and
 - Continue to quarantine for all extracurricular activities at school, including sports, and activities within the community setting [including Little League].
- For unvaccinated close contacts in quarantine or modified quarantine who remain asymptomatic (meaning they have NOT had symptoms):

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- They may discontinue self-quarantine under the following conditions:
 - Quarantine can end after day 10 from the date of last exposure without testing; OR
 - Quarantine can end after day 7 if a diagnostic specimen is collected after day 5 from the last date of exposure and tests negative.
- To discontinue quarantine before 14 days following last known exposure, asymptomatic close contacts must:
 - Continue daily self-monitoring for symptoms through day 14 from last known exposure; AND
 - Follow all recommended non-pharmaceutical interventions (e.g., wearing a mask when around others, hand washing,

avoiding crowds) through day 14 from last known exposure.

- If symptoms develop during this 14-day period, the exposed person must immediately isolate, get tested and contact their healthcare provider with any questions regarding their care.

County contacts for coronavirus information (call for information about quarantine, testing, vaccinations, etc):

El Dorado County: call 211 or 833-223-9797

Placer County coronavirus information: 530-886-5310.

Sacramento County COVID-19 Info Hotline: 916-875-2400

California Department of Public Health Resources

CDPH K-12 Guidance 2021-22 School Year

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx> CDPH Fully Vaccinated People Guidance for quarantine

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-19-Public-Health-Recommendations-for-Fully-Vaccinated-People.aspx>

CDPH Face Mask Guidance

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx> CDPH Guidance if you have COVID-19 symptoms

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Symptoms-Risks.aspx#Question6> CDPH Self-Isolation Instructions

<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/self-isolation-instructions.pdf>

CDC Information

CDC Quarantine and Isolation

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#print>

Coronavirus Testing Information

Coronavirus Testing Basics FDA

<https://www.fda.gov/consumers/consumer-updates/coronavirus-disease-2019-testing-basics> Coronavirus Testing Basics PDF (FDA)

<https://www.fda.gov/media/140161/download>

FDA Coronavirus testing information:

In Vitro Diagnostics EUAs - Molecular Diagnostic Tests for SARS-CoV-2 (FDA)

<https://www.fda.gov/medical-devices/coronavirus-disease-2019-covid-19-emergency-use-authorizations-medical-devices/in-vitro-diagnostics-euas-molecular-diagnostic-tests-sars-cov-2>

In Vitro Diagnostics EUAs - Antigen Diagnostic Tests for SARS-CoV-2 (FDA)

<https://www.fda.gov/medical-devices/coronavirus-disease-2019-covid-19-emergency-use-authorizations-medical-devices/in-vitro-diagnostics-euas-antigen-diagnostic-tests-sars-cov-2>

In Vitro Diagnostics EUAs - Serology and Other Adaptive Immune Response

Tests for SARS-CoV-2 (FDA) <https://www.fda.gov/medical-devices/coronavirus->

disease-2019-covid-19-emergency-use-authorizations-medical-devices/in-vitro-
diagnostics-euas-serology-and-other-adaptive-immune-response-tests-sars-cov-
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