



San Francisco Little League COVID-19 Health and Safety Plan Season 2021

San Francisco Little League is committed to safely reopening for the sake of our children, and we are thrilled you are joining us! Please read this entire manual to help us keep all Little Leaguers, their families, and our league personnel healthy.

We have developed the following policies in accordance with the City and County of San Francisco Department of Public Health, Health Officer Directives No. 2020-21g, dated March 23, 2021; and No. 2021-01b, dated March 23, 2021.

GENERAL REQUIREMENTS FOR ALL YOUTH SPORTS ACTIVITIES

Youth sports have been a significant source of COVID-19 spread among youth. These activities are higher risk for COVID-19 because people breathe much more air when exercising, and have close contact in many sports.

If people intend to participate in a youth or adult sports activity, including parents or guardians of minors who wish to participate, they should consider the health risks relating to COVID-19 to themselves and others before doing so and should take all possible steps to mitigate those risks.

Those at higher risk for severe illness and death from COVID-19 are encouraged to carefully consider the health risks relating to COVID-19 before deciding whether to participate in Sports Programming. For more information on who is at higher risk for severe illness and death from COVID-19, see <http://www.sfcdcp.org/vulnerable>.

GENERAL HEALTH AND SAFETY PROTOCOLS

COVID-19 Liaison

SFLL has designated its Safety Officer, Dan Gerard as our COVID-19 staff liaison. Dan will oversee our field marshals and act as the primary contact for questions or concerns around best practices, protocols, or potential exposures. Dan will also serve as the league's liaison to SFDPH. Dan is available at daniel.gerard@post.harvard.edu and 415-317-0615 to address any questions or concerns.

Field Marshals

Each team will have a designated parent volunteer ("field marshal") to facilitate health screenings at drop-off and ensure proper health & safety protocols are being followed on and around the field throughout league activities.

General Enrollment Requirements

Children and youth can participate in no more than 2 OST cohorts. Afterschool clubs and other school-based extracurricular activities count toward this limit if they allow students from different instructional groups at school to mix. For example, if a middle school cohorts students by grade, an after school drama club that combines students from different grades would count toward this limit, but a 6th grade drama club would not.



Children and youth who play indoor moderate- or high-contact sports, whether on a school team or a team outside of school, may NOT participate in a 2nd extracurricular program at the same time.

For a list of moderate- and high-contact sports, see <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>.

Risk Acknowledgement

Parents/Guardians are required to complete a Risk Acknowledgement Release Form for each player at the time of registration. Log into your SportsEngine account to view a copy of your registration agreement: user.sportngin.com/users/sign_in.

Face Masks REQUIRED

Face masks and other cloth face coverings keep people from spreading the infection to others, by trapping respiratory droplets before they can travel through the air. They are one of the most important measures to protect players and staff from COVID-19.

- All players and adults must wear face masks or cloth face coverings over both their nose and mouth at all times.
- Staff and players may not enter the field unless they are wearing a face covering.
- Face masks must have a minimum of two layers. Reusable cloth face masks are recommended over surgical masks.
- Bandanas and balaclavas must be paired with a surgical mask, because they do not offer the proper fit or quality that is needed to protect against COVID-19 transmission on their own.
- We also ask adults and players to pack an extra supply of face masks in their gear for emergency purposes.
- A supply of face coverings will be kept on hand for individuals who have forgotten to bring one.
- Family members must wear face coverings when dropping-off or picking-up a child or youth.

Hand Hygiene

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Staff, coaches, and players are required to sanitize their hands upon entering and exiting the field, before and after touching shared equipment, sneezing or coughing into hands, and drinking water. Hand sanitizing stations will be provided on all the fields.

Carpools and Shared Rides

COVID 19 cases are seeing a surge across the United States, especially in the 10 - 19 years-of-age category.

Since vehicles are small enclosed spaces that do not allow physical distancing, it is easier for COVID-19 to spread between people in a vehicle, especially if everyone inside does not wear a mask. Biking and walking are lower risk than shared vehicles.



Given the many risks, we are asking players to refrain from this practice outside of their household (stable bubble group) whenever possible. Families that choose to assume the risk of carpooling should follow these safety protocols:

- Only carpool with the same stable group of people.
- Everyone in the vehicle must wear a face covering.
- Open windows and maximize outdoor air circulation when feasible.

Remember that it is not only your family that you are putting at risk, as well as the other families whose players are traveling with you including most especially those who may be more likely to get severely ill from COVID-19.

Drop-off and pick-up

Players and parents/caregivers from different households must not gather and interact with each other during arrival and dismissal, as this creates an opportunity for COVID-19 to spread in the community. We also want to limit staff contact with families at drop-off and pick-up.

- Face coverings are required for family members who are dropping off or picking up players.
- Cohorts must exit the field and parking lots promptly after practice concludes, to allow our staff time to prepare for the next session and minimize contact with the cohorts arriving for the next practice.

COHORT POLICIES

A cohort is a stable group that has the same coaches and players each day, stays together for all activities, and avoids contact with people outside the group. Keeping coaches and players in the same small cohort each session lowers their exposure risk by limiting the number of people with whom they interact.

- Cohorts are limited to 14 players, two (2) coaches and up to two (2) parent volunteers.
- Players must remain with a cohort for a minimum of at least 3 weeks, and may not move from one cohort to another unless necessary for their overall safety and wellness.
- Only coaches and volunteers who have been pre-screened (background checked) by the league may be active on the field with a cohort during practice or gameplay.

PLAYER HEALTH AND SCREENING POLICIES

The San Francisco Health Order requires that children at schools, childcare, and other programs are checked for fever and other symptoms of COVID-19 each day before being allowed into the program.

Online Health Screening Form

Parents/guardians must complete an online Health Screening Questionnaire for each enrolled player before they arrive at every practice and game. A link to the HSP will be provided on the final roster.

Visual Check

Players will undergo a visual check at drop-off. The visual check allows SFL to send a player home if the player looks ill when they arrive, even if the parent or guardian says the player has no symptoms. Players will be evaluated for fever and/or signs of illness like flushed cheeks, rash, difficulty breathing, fatigue, or extreme fussiness. Parents/Caregivers must stay onsite until the visual check is complete.



STAFF & VOLUNTEER HEALTH AND SCREENING POLICIES

Any business operating in San Francisco during the COVID-19 pandemic is required to screen personnel on a daily basis as part of its Social Distancing Protocol compliance. Coaches and league staff will be required to complete an online Health Screening Form before showing up to a practice or game, similar to the questionnaire required for each player, and will be required to stay home if they answer “yes” to any of the screening questions.

RETURNING TO THE PROGRAM AFTER EXPERIENCING SYMPTOMS OF COVID-19

If the player gets tested, they can return after:

- A negative COVID-19 test, AND
- 24 hours with no fever, without taking medicines to lower a fever, like acetaminophen (Tylenol) or ibuprofen (Advil, Motrin), AND
- Symptoms have improved. The symptoms do not have to be completely better.

The parent/guardian is required to show documentation of the player’s negative test, for example, a copy of the result or a message from the clinic or test site that the test was negative. This may be in electronic form. A separate doctor’s note is not needed. This is usually the fastest way for a player to return.

If the player is not tested, had a positive test result, or is still waiting for their test results, they can return after:

- 10 days since symptoms began
- Symptoms are improving
- No fever for 24 hours, without using fever-reducing medicines such as acetaminophen (Tylenol), ibuprofen (Motrin, Advil) or naproxen (Aleve)

A note from the clinic or doctor’s note is not needed.

If the player had close contact with someone with confirmed COVID-19, they can return after:

- 10 days have passed after the last close contact, even if the child tests negative before 10 days
- No symptoms have developed since the last close contact.

A doctor’s note or negative test is not needed.

If the child has ongoing close contact with the person with COVID-19 (for example, a parent or caregiver), the child must quarantine for 10 days after the person with COVID-19 is no longer infectious. In most cases, this is a total of 20 days after the person with COVID-19 first developed symptoms, or if asymptomatic, had a positive test.

If the player had a positive test but never had symptoms, they can return after:

- 10 days after their positive test was collected (not 10 days after the result was received)

Youth athletes who test positive for COVID-19 must be evaluated by a health care provider for possible cardiac symptoms and cleared in writing by a health care provider before returning to exercise. See <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>.



FIELD OPERATIONS PROTOCOLS

SFLL has designated its Safety Officer, Dan Gerard, as our COVID-19 staff liaison. Dan will oversee our field marshals and act as the primary contact for questions or concerns around practices, protocols, or potential exposure. Dan will also serve as a liaison to SFDPH. Dan is available at daniel.gerard@post.harvard.edu and 415-317-0615 to address any questions or concerns.

- A team field marshal will be present at all practices and games to ensure proper health & safety protocols are being followed on and around the field.
- **Eating is not permitted during practice, both on and off the fields.**
- Face masks must be worn by all participants at all times (participants should avoid heavy exertion because it may make wearing face coverings more difficult).
- Maintain at least 6'-12' social distance during practice.
- Follow the health and safety protocols as provided. Questions about these should be directed to the field marshal.

Spectators

Observation of practices and games is limited to Household members. No other spectators are allowed. Observers must maintain at least six feet of physical distance and comply with all other Social Distancing Requirements at all times. Observers may cheer or shout as long as they wear face Coverings and maintain at least six feet of physical distance from members of other Households.

EQUIPMENT

Each player should bring the following gear for themselves:

- Helmet
- Glove
- Baseball bat
- Batting glove (if using)
- Water bottle
- Multiple (2+) face masks
- Players who plan to catch should bring a jockstrap protector and are encouraged to bring their own catching gear.

Borrowing SFLL Equipment

SFLL is able to loan out a limited amount of bats and helmets to players who are in need. Loaned equipment will not be shared among players during a session. Players will take the loaned equipment home in between practices and return it at the end of the last game. Gear will be sanitized by Little League staff between sessions.

Equipment loan requests should be made in advance to give our team the time they need to prepare the gear for your child before they arrive for their first practice. To request an equipment loan after registering, email registration@sfill.org.



Shared Equipment

No sharing of drink bottles and other personal items and equipment.

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

The following equipment can be touched by multiple players during practice and play if the above hand hygiene practices are followed: balls, bats, catchers glove, leg guards and chest protector. Clean and disinfect shared equipment regularly.

Catchers masks may not be shared. Only one player per mask per practice/game.

Clean and disinfect masks after use and before returning to the equipment bag.

COMMUNITY AGREEMENT: CONDUCT OFF THE FIELD DURING PANDEMIC

During this time of pandemic, it is even more apparent that every community member can and does impact each other and individual family decisions may have an impact on the entire community. Maintaining the health and safety of the San Francisco Little League community is of the utmost importance and involves collective effort and commitment. As such, we are asking everyone to abide by the following guidelines when participating in our programs.

By enrolling in our program, you agree to follow these best practices on behalf of yourself, your family and specifically, your child(ren) who will be attending in-person instruction.

- Partner with the league in understanding how I and my child(ren) can help reduce the risk of transmission by staying current on information about the virus provided by public health officials and experts, and by following the policies and procedures set forth in the San Francisco Little League Health & Safety Plan.
- Check my health and my child(ren)'s health status on a daily basis, including regularly completing the health checklist based on SFDPH guidelines, and provided by the league, and stay at home if any of us experience COVID-19 symptoms or other illnesses.
- Wear an appropriate face covering, and have my child(ren) wear an appropriate face covering when sharing any space with another individual who is not a family member.
- My child(ren) will avoid large gatherings and environments in which people are not observing recommended behaviors, such as wearing masks and practicing physical (social) distancing, while enrolled in an SFL program.
- My child(ren) will practice good personal hygiene consistent with public health protocols, such as frequent hand washing for twenty seconds, appropriately covering coughs and sneezes, using hand sanitizers before and frequently during practices
- Make an effort to have my child(ren) get 8-9 hours or more of sleep each night, eat healthy foods, and drink plenty of water to support a healthy immune system.
- Have my child(ren) follow the direction of coaches and marked directional signs around the field.
- Have my child(ren) maintain, whenever feasible, a distance of at least six feet between themselves and any other person, with the understanding that they do not have to maintain six feet from immediate family members.
- Consider having my child(ren) receive a seasonal influenza shot this fall, if possible.



- Follow instructions if anyone in my family (household) tests positive or comes into contact with someone who tests positive for COVID-19 and I or they are required to isolate from others.
- Participate in the contact tracing as requested and share complete information with contact tracers about others who may be exposed.
- Seek testing for COVID-19, and/or my child(ren) and/or remain in quarantine, as directed by the league.
- Follow all league norms and policies regarding behaviors.
- If I, or anyone in my family who I live with, travels outside of San Francisco county on an airplane or on another mode of transportation with multiple passengers, I or anyone in my family will strongly consider quarantining. I also understand that this is a requirement if I, or anyone in my family, travel to any location where there are high rates of COVID-19 and have interacted with individuals outside of our household (stable bubble group) at a distance closer than 6 feet, especially if we or those around us were not wearing face masks, or I learn or believe that I have been exposed to someone who has COVID-19.
- I also understand that my child(ren) who is/are attending in-person instruction will quarantine for 10 days before attending league practice in-person in the following situations: (i) travel(s) outside of San Francisco county on an airplane or similar mode of transportation, (ii) travel(s) outside of San Francisco county and has/have interacted with individuals outside of their household (stable bubble group) at a distance closer than 6 feet, and they or those around them were not wearing face masks, or (iii) was/were exposed to someone who has COVID-19. Additionally, my child(ren) must not have any symptoms of COVID-19.
- Acknowledge that by sending my child to in-person instruction, there is a risk that I and/or my child may become infected with COVID-19 (with possible exposure to everyone in my household).

CONTACT TRACING

When a case of COVID-19 occurs at a school, childcare program, or another program, The San Francisco Department of Public Health (SFDPH) works with the program to identify those people who may have been infected by the person with COVID-19. SFDPH then helps those people get tested and quarantine at home so that they do not infect others. This process, called contact tracing, is crucial to prevent spread of COVID-19 infection.

Helpful Definitions	
Infectious	A person who is able to give the virus that causes COVID-19 to other people. People with COVID-19 are considered infectious from 2 days before their symptoms first start until 10 days after their symptoms started, assuming they are recovered after 10 days. If a person with COVID-19 has no symptoms, they are considered infectious from 2 days before their positive test was collected until 10 days after the positive test.
Exposed	A person who has been in close enough contact with someone who was infectious with COVID-19, that they could also get infected.
Close Contact	Someone who was within 6 feet of someone with COVID-19 for at least 15 minutes, during the time that the person with COVID-19 was infectious. For pods/cohorts of children under 12, SFDPH considers all children and staff in a cohort to be close contacts.



Quarantine	Quarantine is used to keep people who have been exposed to COVID-19 away from others while they may be infected. After someone has been exposed to COVID-19, they must stay home and away from other people for a recommended period, usually 14 days after their last exposure, to see if they become sick or infectious.
Isolation	Isolation is used to keep people with COVID-19 away from others while they are infectious.

What is contact tracing and why is it important?

Contact tracing is important because COVID-19 spreads easily between people. The spread can be slowed down or prevented by separating the people who may be infected from other people.

Contact tracing is a process of:

- Finding out everyone who was in close contact with someone with COVID-19,
- Letting them know they may have been infected with COVID-19, and
- Telling them to quarantine and helping provide them with resources, including how to get tested.
- Contact tracing usually starts by talking to the person with COVID-19 to find out everyone that they were in close contact with during the time that they were infectious.
- Sometimes it is helpful to talk to other people in addition to the infected person, in order to get information about who they were in close contact with.
- When someone in San Francisco has a positive COVID-19 test, the SFDPH Contact Tracing Team reaches out to that person, and others if needed, to find out who they were in contact with. Then the team reaches out to each close contact to make sure they are safely quarantining and can get tested.

What is the League’s contact tracing process if there is a case of COVID-19 in the program?

- SFDPH and SFLL COVID-19 liaison will discuss who may have been exposed.
- SFDPH interviews the person with COVID-19, or their family in the case of a child, to find out who they might have exposed to COVID-19.
- SFLL liaison contacts people at the program who may have been exposed, as directed by SFDPH, to tell them that a Contact Tracer from SFDPH will be calling them soon. This way, nobody is surprised or suspicious when they get a call shortly thereafter.
- SFLL liaison gives the names, phone numbers and other contact information of people who may have been exposed to the SFDPH Contact Tracing Team.
- The SFDPH Contact Tracing Team calls the people who may have been exposed (i.e. staff, children, or their parents). The team helps people understand what to expect and what to do next. They refer people for testing for COVID-19 and to resources to help them quarantine.

How does Contact Tracing protect the identity of the person who tests positive for COVID-19?

- Contact Tracing must protect confidentiality of the person with COVID-19. This is required by the Health Information Portability and Accountability Act (HIPAA).
- SFLL is required to know the identity of the person with COVID-19 in order to take action to protect everyone else.



- Neither SFPDPH or SFLL will reveal the identity or personal details of the person with COVID-19 to any other staff or families who are contacted. The families will be told that their child was exposed to someone with COVID-19, but no name will be given.

As a site administrator, what is SFLL's responsibility?

- Work with SFPDPH to identify close contacts. SFPDPH will ask site administration to submit a list of names and contact information for all close contacts.
- Once close contacts are identified in partnership with SFPDPH, send all close contacts the "Close Contacts Advisory" and "Isolation and Quarantine Packet".
- For cohorts, all staff and children in the same cohort as the person with COVID-19 are considered close contacts.
- Close contact also includes people who live with, take care of, or are taken care of by the person with COVID 19. This includes siblings, other family members, and caregivers.

Who will need to quarantine in the event of a positive COVID-19 case?

- Everyone who has been in close contact with the person with COVID-19 must quarantine for 14 days after their last exposure.
- All close contacts should also get tested. The SFPDPH Contact Tracing Team will connect close contacts to testing. However, getting a COVID-19 test during the quarantine period does not shorten the 14-day quarantine. This is because a person can have a negative test in the early stages of their infection.
- SFPDPH will do a risk assessment, including interviews of the infected person and possibly others. Together with the site administration, SFPDPH will determine who is a close contact and who needs to quarantine.
- Note: the person with COVID-19 infection will also need to stay at home and away from others for at least 10 days after their symptoms started (or if they have no symptoms, at least 10 days from the date their positive test was collected).

What does it mean for a child (12 years old and younger) to quarantine?

- Children under quarantine should stay home. They are not allowed to leave the home except for medical care. They can be in private outdoor spaces in their home that are not shared with other households (i.e. private backyards). They cannot go to parks, playground, or other public spaces. They cannot attend schools, childcare, or other programs for children and youth. They cannot have playdates with other children at their home or interact with people outside their immediate household, such as babysitters.

Who is considered at general exposure risk?

- Being a person at general exposure risk is not the same as being a close contact of someone who is infected. People who are at general exposure risk were present at the site on the same day, but not identified by SFPDPH as close contacts. These people have a much lower risk of getting infected than the close contacts.
- These people should still be told that someone at the school, childcare or program had confirmed COVID-19, but that they were not identified as a close contact.
- They should monitor for COVID-19 symptoms, but do not need to quarantine or get tested if they do not have symptoms.



ADDITIONAL RESOURCES

- SFDPH Schools and Childcare Hub for COVID-19 consultation and guidance: (628) 217-7499 or email Schools-childcaresites@sfdph.org
- COVID-19 guidance for the public, including schools and employers: www.sfdcp.org/covid19
- Frequently Asked Questions (FAQ): COVID 19 Contact Tracing at Schools, Childcares, and Programs for Children and Youth: www.sfdph.org/dph/files/ig/COVID-19-FAQ-Contact-Tracing-Schools-Childcare-Youth-Programs.pdf
- COVID-19 Health Checks/If Your Child has Symptoms Instructions for parents on health screenings and return to school guidelines if their child has COVID-19 symptoms: sfdcp.org/covidschoolschildcare
- What to do when someone has suspected or confirmed COVID-19: Quick Guide for Schools, Childcares, and Programs for Children and Youth: <https://sfdcp.org/CovidSchoolsChildcare>
- What to do if Someone at the Workplace Tested Positive for COVID-19: www.sfdcp.org/covid19 under [Businesses and Employers](#).
- Leaving Isolation or Returning to Work for Those Who Have Confirmed or Suspected COVID-19: www.sfdcp.org/covid19/rtw
- Youth Sports Questions and Answers updated 3/19/2021: www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Youth-Sports-FAQ.aspx