



Appleton Little League, Inc.
P.O. Box 234, Appleton, WI 54912
Tel 920.944.8081 Fax 267.395.6204

www.AppletonLittleLeague.org
Info@AppletonLittleLeague.org

Appleton American and Appleton National Little Leagues are chartered with Little League Baseball, Inc., since 1958

ALL is a non-profit 501(c)3 organization, for 4- to 12-year-old baseball and softball players in the Appleton, Wisconsin area



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2021 Appleton Little League COVID-19 Mitigation Plan

Social Distancing:

- All players, coaches, volunteers, independent contractors, and spectators should practice social distancing of at least six feet wherever possible from individuals not residing within their household, especially in common areas
- Avoid close contact with people who are sick
- Stay home as much as possible

Self-monitoring and Quarantine:

- All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each Little League activity. Anyone with symptoms of fever, cough, or worsening respiratory symptoms or any known exposure to a person with COVID-19 should not attend any Appleton Little League activity until cleared by a medical professional.
- Any individual experiencing ONE of the following main COVID-19 symptoms (cough, shortness of breath/trouble breathing, new loss of taste or smell) or TWO or more of the minor symptoms (fever $\geq 100.4^{\circ}$ or chills, sore throat, congestion/runny nose, body aches, nausea/vomiting, fatigue, headache or diarrhea) should be kept at home and Appleton Little League should be notified. The player will need to remain home for 10 days or show proof of a negative COVID-19 test (PCR test only).
- If a family member is ill, the player may participate unless the family member tests positive for COVID-19. The player then needs to quarantine and have proof of a negative COVID-19 test before being allowed to participate.
- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory conditions should only attend Appleton Little League activities with permission from a medical professional.

On-Field Guidance:

Healthy Practices:

- All players and coaches should practice good general health habits, including maintenance of adequate hydration; consumption of a varied, vitamin-rich diet with sufficient vegetables and fruits; and get enough sleep

No Handshakes/Personal Contact Celebrations:

- Players and coaches should take measures to prevent all but the essential contact necessary to play or practice, including refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.

Drinks and Snacks:

- Players, coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name.
- Individuals should take their own drink containers home daily for cleaning/sanitation or use single-use bottles
- There should be no use of shared or team beverages
- Teams should not share any snacks or food. Players should bring individual, pre-packaged food, if needed.





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Personal Protective Equipment (PPE):

- Coaches, volunteers, umpires, etc., should wear PPE whenever applicable/possible, such as cloth face coverings
- Players should wear cloth face coverings when in close contact areas and in places where recommended social distancing is challenging or not feasible, such as in dugouts
- Players are not required to wear a cloth face covering while on the field during game play
- Players will be permitted to wear a cloth face covering on the field during game play based on any directive of a medical provider or individual determination of the player/parent/guardian/caretaker

Dugouts:

- Coaches and players should follow social distancing recommendations in the dugout or on the bleachers so that they are at least six feet apart and must be placed behind a fence
- If social distancing is not possible in the dugout, players and coaches should wear a cloth face covering

Player Equipment:

- No personal player bat bags/equipment bags should be allowed in the dugout. Player equipment should be spaced accordingly outside the dugout to prevent direct contact.
- Players should have their own individual batter's helmet, glove, bat, and catcher's equipment
- When feasible, measures should be enacted to avoid or minimize equipment sharing
- Some critical equipment may not be able to be obtained by every individual
- When necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned first and then disinfected with an EPA- approved disinfectant against COVID-19 and allowed sufficient time to dry before used by a new player. Increased attention should be paid to detailed cleaning of all equipment directly contacting the head or face (catcher's mask, helmets).
- Players should not share towels, clothing, or other items that they may use to wipe their face or hands

Baseballs and Softballs:

- Baseballs and softballs should be rotated through on a regular basis, at least every two innings, to limit individual contact
- Umpires should limit their contact with the ball and catchers should retrieve foul and passed balls, if possible
- Balls used in infield/outfield warm-up should be isolated from a shared ball container
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball.

Spitting, Sunflower Seeds, Gum, etc.:

- Sunflower seeds, gum, etc., should not be allowed in dugouts or on the playing field
- All players and coaches should refrain from spitting at all times, including in dugout areas and the playing field

Limiting Spectator Attendance:

- All spectators should follow best social distancing practices: stay six feet away from individuals outside their household, wear a cloth face covering, and avoid direct hand/other contact with players/coaches during play
- Spectators should bring their own seating or portable chairs when possible
- A spectator with any of the following conditions should not attend a practice or game until evaluated by a medical provider and given clearance to do so:
 - Active COVID-19 infection or fever and/or cough
 - Known direct contact with an individual testing positive for COVID-19
 - Those at higher risk for severe disease should consult their medical provider before attending games and ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing