



2022 Safety Plan

Cheryl Rivero

Safety officer

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2022 Safety Plan

Dear Managers, Coaches, and Parents,

Welcome to the 2022 Season of Fletcher Hills Little League Baseball.

As always, FHLL is committed to providing children with the safest playing experience possible. In an effort to assist the managers and coaches, the 2018 Board of Directors has put forth a mandate of safety rules to be followed as outlined in this manual. Strict compliance with these rules is expected.

Safety first is not something to give lip service to or take lightly. It is of paramount importance and should be evident in all our actions. As managers and coaches we are the example. Please read this manual carefully from cover to cover as it will familiarize you with the safety fundamentals we expect each of you to follow. As a Board of Directors representing this fine organization, this safety manual is proof that FHLL is dedicated to safety, **First, Last and Always**.

This season each team should appoint a Team Safety Officer (TSO). The TSO will work alongside the managers and coaches to insure the safety guidelines are met at each game and practice. The TSO could be the Team Mom or manager.

If you received this manual, it means you have taken the first step towards safety. The next is completing the mandatory safety class, attending a coaching clinic and obtain an on line concussion training certification which are **required** prior to the start of the season.

In Closing, remember that safety starts with you. As a volunteer of FHLL always practice common sense. Never discount what a child tells you and report all accidents or safety infractions when they occur.

Have Fun, be fair and above all.....**BE SAFE.**

Cheryl Rivero



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Safety Officer

Policy Statement

Fletcher Hills 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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1. League Safety Officer: **Cheryl Rivero** is on file with Little League Headquarters.
2. Fletcher Hills Little League (FHLL) will distribute a paper copy of this Safety Manual to all managers/coaches, league volunteers and the District Administrator.
3. **Emergency Phone Number: 911**

Fletcher Hills Field:

2330 Center Pl, El Cajon, CA 92020

El Cajon Police: 619-579-3311

Northmont Field:

9405 Gregory Street, La Mesa CA 91942

La Mesa Police: 619-667-1400

Important League Board Member Contacts:

Safety Officer:	Cheryl Rivero	619-339-4987
Umpire in Chief:	Mike Ausman	619-993-3122
Concessions:	Jennifer Coniglio	619-733-4117
League President:	EJ Ochoa	619-818-1879

****This list will be posted in the concession area and dugout area****



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4. FHLL will use the Official Little League Volunteer Application form to screen all of our volunteers.

- Managers, coaches, board members and any others, volunteers or hired workers, who provide regular services to the league and or have repetitive access to or contact with players or teams must fill out a volunteer application form and provide a government issued photo identification card for ID verification.
- The safety officer will run a background check on all persons with access to players or teams.

5. Fundamentals Training: Feb 5th, 2021

- At least one manager/coach from each team must attend the training.
- Every manager/coach will attend this training at least once every 3 years.
- Training will be at the Fletcher Hills field, 2330 Center Pl, El Cajon, CA 92020.

6. First Aid Training:

- FHLL will require at least one manager/coach from each team.
- Every manager/ coach must attend this training once every 3 years.
- FHLL Safety Officer will conduct the training on or before February 5th, 2021. The training date and



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location will be posted on the FHLL league website and emailed to all coaches and managers.

7. Field Inspection

- Coaches will be required to walk/ inspect the fields prior to practices and games.
- Umpires will also be required to walk the fields for hazards before each game.

8. FHLL has completed and updated our 2022 Facility Survey on-line.

9. Concession Stand Safety

- Menu shall be posted & approved by the Safety Officer and the League President
- Our Concession Safety Procedures will be posted in multiple locations in all concession stands.
- A copy of the FHLL Concession Stand Safety Procedures is attached to this safety plan.
- The Concessions manager will be trained in safe food handling/prep and procedures.

10. Equipment Inspection

- The League Safety Officer will inspect all equipment in the pre-season.
- Managers/coaches will inspect equipment prior to each game.



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- Umpires will also be required to inspect equipment prior to each game.

11. Accident Reporting

- The League will use the provided incident tracking form from the LL website and will provide completed accident forms to the FHLL Safety Officer within 24 hours of the incident. A copy of the accident Reporting form is attached to this safety plan.
- **WHAT TO REPORT:**
 - An accident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and or first aid must be reported to the FHLL Safety Officer. This includes even passive treatments such as evaluation and diagnosis of the extent of injury.
- **HOW TO REPORT:**
 - Reporting incidents can come in a variety of forms. Most typically, they are telephone conversations. At a minimum, the following must be provided;
 - The name and phone number of the individual involved.
 - The date, time and location of the incident.
 - A detailed description of the incident.
 - The preliminary estimation of the extent of any injuries.



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- The name and phone number of the person reporting the incident.
- Team Safety Officer's Responsibilities
 - The Team Safety Officer (TSO) will fill out the FHLL Accident investigation form and submit it to the FHLL Safety Officer within 24 hours of the incident. If the team does not have a safety officer then the team manager will be responsible for filling out the form and turning it in to the FHLL Safety Officer. (FHLL Accident Investigation forms can be found in the appendix)
- FHLL Safety Officer Responsibilities
 - Accidents occurring outside the team (i.e. Spectator injuries, concession stand injuries and third party injuries) shall be handled directly by the FHLL Safety Officer.
 - Within 24 hours of receiving the FHLL Accident Investigation Form, The FHLL Safety Officer will contact the injured party or the party's parents and:
 - Verify the information received
 - Obtain any other information deemed necessary
 - Check on the status of the injured party
 - In the event that the injured party required other medical treatment (i.e., emergency



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room visit, doctor visit.) Will advise the parent or guardian of Fletcher Hills Little League's insurance coverage and the provision for submitting any claims.

- If the extent of the injuries is more than minor in nature, the FHLL Safety Officer shall periodically call the injured party to:
 - Check on the status of injuries.
 - Check if any other assistance is necessary in areas such as submission of insurance forms, etc. Until such time as the incident is considered "closed" (i.e., no further claims are expected and or the individual is participating in the league again).
- Insurance Policies
 - Little League accident insurance covers only those activities approved or sanctioned by Little League Baseball Inc.
 - FHLL Majors, Minor Leagues and Tee Ball participants shall not participate as a Little League Majors, Minor Leagues and Tee Ball team in games with other teams of other programs or in tournaments except those authorized by Little League Baseball Inc.
 - FHLL Insurance Policy is designed to supplement a parent's existing family policy.



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- FHLL Majors, Minors, Caps, Rookies and Tee Ball participants may participate in other programs during the Little League regular season and tournaments.

12. First Aid Kits

- First-aid kits and ice packs will be maintained in the equipment storage area of each field at both the Fletcher Hills and Northmont locations. Additional ice packs will be stored in the concession stands at both fields as well.
- Small first-aid kits will be made available for checkout through the division coordinator
 - Small first-aid kits are to be checked by the manager, coach, or team safety officer and will be present during all off-site interleague and tournament play.

13. FHLL will require ALL TEAMS to enforce all Little League rules including:

- a. Proper Equipment for catchers.
- b. No on-deck batters.
- c. Coaches will not warm up pitchers.
- d. Bases will disengage on all fields.

14. League Player Registration Data or Player Roster Data and Coach and Manager Data.



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- League Player Registration Data or Player Roster Data and Coach and Manager Data must be submitted via the Little League Data Center at www.LittleLeague.org.



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Safety Checklist and Tips

- Safety First, Last and Always
- Check playing field for hazards
- Make sure players are wearing the proper equipment
- Ensure equipment is in good shape
- Maintain control of the situation and your team
- Maintain discipline
- Be organized
- Know player's limits and do not exceed them
- Make it FUN!!!!



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Fletcher Hills Little League Safety Code

The Fletcher Hills Little League Board of Directors has mandated the following Safety Code. All managers and coaches will read this Safety Code and also read it to the players on their team.

- Responsibility for safety procedures belong to every adult member of Fletcher Hills Little League.
- Each player, manager, coach, umpire and TSO shall use proper reasoning and care to prevent injury to themselves and to others.
- Only league approved managers and or coaches are allowed to practice teams.
- Only league approved manager and or coaches are allowed to supervise batting cages.
- Managers, designated coaches, and umpires will have training in First Aid.
- No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
- Play area will be inspected before games and practices for holes, damage, stones, glass and any other foreign objects.
- Team equipment should be stored within the team dugout or behind screens, and not be within the area defined by umpires as "in play."



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- Only managers, coaches and umpires who have filled out and turned in the volunteer application, passed a background check and provided a copy of their required concussion training are permitted on the playing field or in the dugout during games and practices.
- 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 coaches.
- Foul balls hit out of the playing area will be returned to the snack bar and not thrown over the fence during a game.
- During practice and games, all players should be alert and watching the hitter on each and every pitch. Managers and coaches throwing BP should scan the field before each pitch is delivered to ensure the safety of your players.
- During warm-ups, players should be spaced appropriately so that none are endangered by wild throws or missed catches.
- All pre-game warm-ups should be confined within the playing field and not within areas frequented by, and thus endangering spectators (i.e., playing catch, pepper, warm-up swings).
- All bats must be little league approved with the appropriate and current labels or stickers
- Equipment should be inspected regularly for the condition of and proper fit.



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- Hitters must wear Little League approved protective helmets bearing the NOCSAE seal during batting practice and games.
- Head-first slides are not permitted, except when a runner is returning to a base.
- During sliding practice, bases should not be strapped down or anchored in any way.
- At no time should horse play be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide safety glasses for their children.
- On deck batters are not permitted.
- Managers will only use the official Little League balls supplied by FHLL.
- Once a ball has become discolored it will be discarded.
- All male players will wear athletic supporters or cups during games. Catchers must wear a cup. Managers should encourage the use of cups during practices as well.
- Male catchers must wear metal, fiber or plastic cup type and a long model chest protector.
- Female catchers must wear long or short model chest protectors.
- All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet. All must meet Little League specifications and standards.



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- All catchers must wear a mask “dangling” type throat protector and a catcher’s helmet during practice, pitcher warm-ups, and games. NOTE: Skullcaps are not permitted.
- Catchers must wear a catcher’s mitt (not a first baseman’s glove or fielder’s glove) of any shape, size, or weight consistent with protecting the hand.
- Catchers may not catch in practices or games without wearing full catcher’s gear and an athletic cup as described above.
- The juniors division has the option to wear metal cleats or non-metal cleats, metal cleats are NOT allowed in all other divisions. Only shoes with molded cleats are permissible.
- 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.
- No food or drink, at any time, is allowed in the dugouts. Exception: bottle water, Gatorade and water from coolers/drinking fountain.
- Managers will NEVER leave an unattended child at a practice or game.
- No children are permitted in the concession stands. Teen workers (14 to 17 years old) approved by the Board of Directors are allowed to work with an adult.
- Make arrangements to have a cellular phone available when a game or practice is at a facility that does not have public phones.



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- Speed limit is 5 MPH in roadways and parking lots.
- No tobacco products, alcohol or drugs are allowed on FHLL premises at any time.
- No medication will be taken at any FHLL facility unless administered directly by the child's parent. This includes aspirin and Tylenol.
- No playing in the parking lot at any time.
- No swinging bats or throwing balls at any time within the walkways and common areas of the complex.
- No throwing rocks.
- No climbing fences.
- No swinging on dugout roofs.
- No pets are permitted on the premises at any time. This includes dogs, cats and horses etc.
- Observe all posted signs
- Players and spectators should be alert at all times for foul balls and errant throws.
- All gates to the fields must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured immediately.
- Bicycle helmets must be worn at all times when riding bicycles if under 18 years of age.
- Use crosswalks when crossing roadways. ALWAYS be alert for traffic.

Coaching/Managing Responsibilities



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Make sure that telephone access is available at all activities, including practices. It is suggested that a cell phone always be on hand. It does no good if it's in the car.

Do not expect more from players than what they are capable of. Teach the FUNDAMENTALS of the game to the players:

- Catching fly balls
- Proper sliding
- Proper fielding and ground balls
- Simple, fluid, basic pitching mechanics Be open to ideas, suggestions, or help

Enforce that PREVENTION is the key to keeping accidents/injuries to a minimum.

ALWAYS HAVE THE FIRST AID KIT AND SAFETY MANUAL ON HAND. Use common sense.

During Pre-game and Practices Managers will:

- Have a copies of all player medical release forms present and available in the case of an injury that requires treatment when a parent is not immediately available.
- Make sure that players are healthy, rested and alert.



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- Make sure that players returning from an injury have a medical release form signed by their doctor.
- Make sure players are wearing the proper uniform and catchers are wearing a cup. Make sure all equipment is in good working order and is safe.
- Walk the field and agree with the opposing manager on the safety of the field. In the event that the two managers cannot agree the president or a designated representative shall make the determination.

During a game Managers will:

- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is hitting. No equipment shall be left on the field, either in fair or foul territory.
- Keep players alert
- Maintain discipline at all times
- 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 protective equipment.
- Observe the "no on-deck rule" for hitters and keep all players behind the screens at all times.
- NO HANDS ON A BAT WHILE IN THE DUGOUT...PERIOD.



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- Keep players off the fences
- Encourage players to drink often so they do not dehydrate
- Ensure that injured/ill players do not play
- Attend to children that become injured during a game or practice.
- Do not lose focus by engaging in conversations with parents or spectators.
- Encourage everyone to think SAFETY FIRST.

Post-game managers will:

- Make sure players cool down (light jog, perhaps stretch while discussing the game).
- Do not leave the field until every player has been picked up by a known family member or designated person.



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FHLL Code of Conduct

The Fletcher Hills Little League Board of Directors has mandated the following Code of Conduct. All Managers and Coaches will read the Code of Conduct and sign in the space provided, acknowledging that he/she understands and agrees to comply with the Code of Conduct. Please sign and return to the Safety Officer prior to your first practice/meeting.

Fletcher Hills Little League Code of Conduct:

No Board Member, Manager, Coach, Player or Spectator shall:

- At any time, lay a hand upon, push shove, strike or threaten to strike an official.
- Be guilty of heaping personal, verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment.
- Be guilty of an objectionable demonstration of dissent at an official's decision by the throwing of gloves, helmets, hats, bats, balls, or any other forceful unsportsmanlike action.
- Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.
- Be guilty of a physical attack upon any board member, manager, coach, player, or spectator.



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- Be guilty of the use of profanity, obscene or vulgar language, in any manner at any time.
- Appear on the playing field, stands, or anywhere on the FHLL complex while in an intoxicated state at any time. Intoxicated will be defined as an odor or behavior issue.
- Be guilty of gambling upon any play or outcome of any game with anyone at any time.
- Smoke or use tobacco products anywhere on the FHLL complex. This includes the parking lot.
- Be guilty of discussing publicly with spectators in a derogatory or abusive manner any play, decision or a personal opinion on any player during the game
- Speak disrespectfully to any manager, coach, umpire or representative of the league.
- Be guilty of tampering or manipulating any league rosters, schedules, draft positions or selections, Official score books, rankings, financial records or procedures.
- Challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including removal from the game.

The Board of Directors will review all infractions of the FHLL Code of Conduct. Depending on the seriousness or frequency, The Board may assess disciplinary action up to and including expulsion from the league.



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Conditioning and Stretching

Conditioning is an intricate part of accident prevention. Extensive studies on the effect of conditioning, commonly known as “warm-up” has demonstrated that:

1. The stretching and contracting of muscles just before an athletic activity improves general control of movements, coordination and alertness.
2. Such drills also help develop the strength and stamina needed by the average child to compete with minimum accident exposure.
3. The purpose of stretching is to increase flexibility within the various muscle groups and prevent tearing from overexertion. Stretching should never be done forcefully, but rather in a gradual manner to encourage looseness and flexibility.

Stretching Tips:

1. Have the players take a light jog prior to stretching as a team.
2. Stretch the entire body, neck, back, arms, shoulders, upper legs and lower legs.
3. Hold each stretch for 10 seconds, rest and do it a second time for 10 seconds.



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4. Do not allow the players to “bounce” while performing a stretch as this can cause tearing of the muscle.
5. Above all, supervise the stretching to ensure the players are actually stretching.

*** Stretching is vital. Do not allow the players to show up to the field and immediately begin throwing, running around, swinging bats, etc. Teach good habits now. ***

Calisthenics:

After stretching the entire body, teach the players several warm-up calisthenics. There are many:

- Light jog from a base stealing position. Do this several times building up speed to a sprint on the last one. (also an excellent time to teach base stealing fundamentals)
- High knees
- Bounding
- Back-pedal

Hydration:

Good nutrition is important for children. Sometimes, the most important nutrient children need is water *** especially when they are physically active. We usually think about dehydration in the summer months when hat temperatures shorten the time it takes for children to



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become overheated. But keeping children well hydrated is just as important in the winter months. Additional clothing worn during the cooler weather makes it difficult for sweat to evaporate, so the body does not cool quickly.

It does not matter if it's January or July, thirst is not an indicator of fluid needs. Therefore, children must be encouraged to drink fluids even when they don't feel thirsty.

Managers and coaches should schedule drink breaks every 15 to 30 minutes during practices and should encourage players to drink water between every inning.



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Safety Manual and First Aid Kits:

Each team will be issued a Safety Manual at the beginning of the season. The manager or the team will acknowledge receipt both by signing in the space provided below.

Chemical ice packs of physical therapy quality will be available at all times in the score booths and equipment rooms.

The Umpire Chief will be issued 10 copies of the Safety Manual.

Both concessions stands will have a First Aid kit and Safety Manual in plain sight at all times.

The Safety Manual will include maps to hospitals and other emergency services, the Fletcher Hills Code of Conduct, and Do's and Don'ts of treating injured players. This information will also be posted in the display cases outside the score booths.

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



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I have received my Safety Manual and information regarding the location of First Aid Kits. I will have them both present at all practices, batting cage practices, games (season games and post season games) and any other event where team members could become injured or hurt.

Managers Signature

Division

Date

Team Name

PHYSICAL DISTANCING-SAFETY PLAN



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Little League Name: **FLETCHER HILLS LITTLE LEAGUE**

Mailing Address: **2330 Center Dr. El Cajon, CA 92020**

The following plan has been established in an effort to resume Little League Baseball activities while protecting and supporting our Board Members, Volunteers, Players and Spectators health. Practice social distancing, limit large gatherings, and minimize risks of COVID-19. This guidance has been approved by the local league's board of directors and will be submitted to the local authorities for final approval. No activities will begin until the State of California and County of San Diego have given their approval to begin youth sports activities.

These activities will take place on the following fields:

Fletcher Hills Field:

2330 Center Pl, El Cajon, CA 92020

Northmont Field:

9405 Gregory Street, La Mesa CA 91942

An approved copy of this document can be found in the local league's Safety Plan.

SAN DIEGO COUNTY PHYSICAL DISTANCING & SAFETY PLAN

- All measures of the San Diego County's Social Distancing and Sanitation Protocol must be in place.
- A copy of this plan will be provided to all Board members, volunteers, parents/guardians and youth participants. A copy of this plan must be posted at each facility entrance.
- All parents/guardians and youth participants will be required to sign a commitment to abide by the plan requirements prior to being allowed to participate or enter a facility.
- Sport Organizations will acknowledge and support decisions to not participate among youth, parents and adult leaders who are uncomfortable participating for any reason.

HEALTH PROTOCOL FOR ALL BOARD MEMBERS AND VOLUNTEERS

- Screen all Volunteers before entering any facility or field:
Send home and volunteer who has any of the following new or worsening signs or symptoms of possible COVID-19: Cough-Shortness of breath or difficulty breathing- Chills- Repeated shaking with chills-Muscle pain- Headache- Sore throat- Loss of taste or smell- Diarrhea- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit- Known close contact with a person who is lab confirmed to have COVID-19.
- Do not allow Volunteers with new or worsening signs or symptoms listed above to return until:
In the case of an individual who was diagnosed with COVID-19, all three of the following criteria



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are met: at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed since symptoms first appeared; or in the case of an volunteer who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until they have completed the same three-step criteria listed above; or if the individual has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

HEALTH PROTOCOLS FOR FACILITIES

- Frequently clean & disinfect any regularly touched surfaces, such as equipment. Doorknobs, tables, chairs, and restrooms per CDC guidelines.
- Frequently disinfect any items that come into contact with participants per CDC guidelines.
- Make hand sanitizer, disinfecting wipes, soap and water readily available. Place readily visible signage to remind everyone of best hygiene practices. (Attached)
- Restrooms" The facility will post hand washing flyers from the CDC on doors in bathrooms that include symptoms of COVID-19

HEALTH PROTOCOLS FOR PLAYERS AND COACHES

- Parents should ideally drop off kids and pick them up from practice. If parents choose to stay and observe the practice they may do so from pre-designated areas. Parents must keep proper distancing from athletes and other parents.
- The facility should develop a plan for drop off and pick up that adheres to social distancing guidelines.
- All practices should focus on individual fitness and skills training when feasible.
- Instruct participants that all sports recognition protocols involving physical contact such as high-fives, hugs, etc. are not allowed. All Leagues should encourage the use of non-contact recognition during practice and drills that meet social distancing guidelines of 6 feet or more.
- Require all participants to wash or sanitize their hands before entering the facility.
- Players should handle their own equipment.
- All equipment should be pre-sanitized before and after each use.
- Participants should not enter a field until the previous group has left.
- All snack bars, vending areas, self-serve water shall remain closed.
- No seating will be available. Bleachers should be closed off.
- All volunteers should be instructed to maintain at least 6 feet distance from other volunteers whenever possible.
- Sanitize all sports equipment for practice and drills for each team after they are collected and returned to circulation. The minimum amount of equipment should be used.
- Each facility will require hand washing or hand sanitizing before and after participation.
- Trash Cans should be touchless. Remove lids if present.
- Participants will be required to dispose of their own trash into garbage cans



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- Participants will be required to wash their hands immediately after drills or practices are completed
- Volunteers will monitor participant compliance of this safety plan while they are in the facility.
- Physical distancing will be enforced by volunteers.
- All coaches must wear a mask. Players are not required to wear one.

LEAGUE SAFETY PROTOCOL

I. TEAM ROSTERS & ADULT PARTICIPATION FOR GAMES

PLAYERS

Team roster should not exceed 12 players per team on any given game or practice day

- 12 players maximum per team is permitted on one playing field at one time

Tee ball, All Minor Divisions and Challenger Divisions

- 8-12 players maximum per team on any given game or practice day is permitted.
- 12 players maximum per team on any given game or practice day is permitted for the Challenger Division

All Players

- Players will be assigned personal spots in their team dugout (or on designated bleacher area) such that they remain 6 feet apart
- Players shall put their equipment bag outside the dugout. Personal bat, helmet and other game use equipment should be kept under their designated seat until the equipment needs to be used
- Players shall stay in their assigned personal spot when in the dugout while waiting for their turn to bat or sitting on the bench when their team is on defense
- 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
- Player should not wear medical gloves on the field during game play
- Players, especially at the younger divisions, 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 of play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian/caretaker
- Players shall only use their own game equipment—no sharing of equipment (exception of shared equipment is the game ball). If a team bat is being used, the bench coach will wipe it down with a sanitizing wipe after each player's use.

MANAGERS/COACHES

ALL Teams

Three league-approved adult volunteers are permitted to be involved with each team per each game

- 1 Team Manager per team
 - Manages batting order and defensive line-ups



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- Required to wear face covering when players are in dugout and/or when unable to practice 6 feet of social distancing
- 2 Dugout Coaches per team
 - Assists manager with communicating batting order and defensive line-ups
 - 1 coach may act as a base coach during team's offensive play
 - 1 coach remains in dugout with players
 - Retrieves and wipes down bats with sanitizing wipe after each player's at bat
 - Enforces social distancing of players while in designated dugout
 - Enforces players wearing face covering while in designated dugout
 - Required to wear face covering when players are in dugout and/or when unable to practice 6 feet of social distancing
- A parent volunteer may be used to help the dugout coach to monitor the players seated in the bleachers
 - Assists manager with communicating batting order for players in the bleacher area
 - Enforces social distancing of players while in designated bleacher area
 - Enforces players wearing face covering while in designated bleacher area
 - Required to wear face covering when players are in the bleacher area and/or when unable to practice 6 feet of social distancing

Tee ball, All Minor Division and Challengers

Due to the age, developmental level, and physical abilities of the players within these divisions (Tee ball, Minors, Challenger), additional approved adult volunteers are permitted, but not required, during defensive play

- There will be a maximum of 4 approved volunteers (1 Team Manager, 2 Dugout Coaches, 1 Adult Volunteer)
- For Challenger Division, there may be special circumstances requiring additional one-on-one assistance to players
- Board of Director approval will be required to include additional volunteers during games and practices (as needed to play)
- All approved volunteers assisting with the non-competitive divisions must wear a face covering while they assist and interact with the players

OTHER ADULT ROLES

- **Umpire**
 - Set up 6 feet behind catcher and batter or behind the pitching mound
 - For "Majors" and below it is recommended that umpires call balls and strikes from behind the pitcher's mound
 - Required to wear face covering at all times while on the field of play
 - Must discuss each umpire's responsibility in their pre-game meeting
 - Equipment Inspection
 - Players should place their equipment in a well- spaced out manner for inspection. Umpires should avoid direct contact with equipment where possible but, when required, use hand sanitizer that contains at least 60% alcohol after the inspection of each individual piece of equipment
- **Scorekeeper**
 - One designated scorekeeper for each game—no exceptions
 - Scorekeeper to sit in score booth—only one person in the score booth
 - The scorekeeper will also keep the pitch count
 - A family group member may be used as a pitch counter
 - Required to wear face covering when unable to practice 6 feet of social distancing during interaction with others



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- Pencils and other scorekeeper supplies will be supplied by the league only when requested. If league supplies are used, they should be sanitized after each person's use. Scorekeeper is encouraged to bring their own pencils, erasers, pens
- **Board Member on Duty** (Minimum of one board member per game time slot)
 - Board Member on Duty will manage the entire operation of the field(s) on game days
 - Board Member on Duty will be assisted by a Safety Coordinator when there are multiple games scheduled during the same time slot
 - Board Member on Duty will wear a face covering when they are unable to practice 6 feet of social distancing during interaction with others
 - Player & Spectator Management
 - Traffic control to limit congregation of groups
 - Remind spectators of social distancing guidelines—6 feet apart; encourage face coverings when unable to adhere to social distancing guidelines
 - During game, remind players, coaches and umpires about social distancing plan and protocol with equipment

- **Safety Coordinator** (Assistant to Board Member on Duty on game days)
 - The league Safety Coordinator will be one adult designated to assist the Board Member on Duty during game days when there are multiple games scheduled during the same time slot
 - The Safety Coordinator will remain on-site at all times when multiple games are being played
 - Safety Coordinator will educate and enforce social distancing among players and spectators
 - Safety Coordinator will communicate with all participants of the game and all spectators in a friendly, yet firm, manner that all social distancing protocol must be adhered to during their time at the field
 - Safety Coordinator will wear a face covering when they are unable to practice 6 feet of social distancing during interaction with others

II. EQUIPMENT PROTOCOL

PLAYER EQUIPMENT

- Players are not to use bat racks or helmet racks
- Bats, helmets, gloves are not to be shared between players
 - If a player is using a "team" bat, that bat will be kept in the bat rack and will be cleaned with a sanitizing wipe after each use.
- Catchers must have their own equipment
 - League can provide gear for each game that is used by only one player per day
 - Borrowed league's catcher's gear is to be wiped down with sanitizing wipe prior to reuse (24 hours must pass before reuse)
- Players to keep their own equipment in their own bag
- Bats are retrieved by player if out at first



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- Bats are retrieved by dugout coach if player reaches base safely—dugout coach to wipe down bat with sanitizing wipe and set on side of dugout for player to retrieve upon reentering dugout and place in their own equipment bag
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball
- Baseballs should be rotated through on a regular basis, at least every two innings, to limit individual contact
- Balls used in infield/ outfield warm-up should be isolated from a shared ball container
- Umpires should limit their contact with the ball, and catchers should retrieve foul ball and passed balls where possible

UMPIRE EQUIPMENT

- Umpires are encouraged to use their own umpire gear
- League can provide umpire gear to include a protective face covering, chest protector, shin guards and umpire indicator—each set of gear is to be used by only one umpire per day
 - Gear must be wiped down with sanitizing wipe prior to reuse of gear (24 hours must pass before reuse)

III. PREGAME & POSTGAME—PLAYERS & SPECTATORS

PLAYER ARRIVAL TO GAME SITE & WARM-UPS

- Players to arrive to the game site no earlier than 40 minutes before practices /game time for warm-ups
- Players are not to congregate within a group prior to taking the field to warm up
- Home team to warm up on left field
 - Visitor team to warm up on right field
 - Each team to follow social distancing guidelines during warm-ups
 - Stretching—separate in a space to allow 6 feet apart
 - Running—run as a team spaced 6 feet apart
 - Throwing—ensure throwing distance is at least 6 feet apart
 - Defense warm-up—when taking grounders, players awaiting their turn should be spaced from the other players at least 6 feet apart
 - Pitcher/catcher warm-ups in bullpen only; coach is to maintain a distance of 6 feet from players during instruction; coach to wear face covering at all times while in the bullpen



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STARTING THE GAME

- For the Pledge of Allegiance and/or Little League Pledge—players will line up along their dugout side baseline, spread out down the baseline, at least 6 feet apart, to recite both pledges
 - Managers and coaches will line up behind their players, closer to the dugout; managers/coaches to remain 6 feet from each other and minimum of 6 feet from their players
 - Umpire to stand at home plate during pledges at a minimum distance of 6 feet from a player or adult
- For the plate meeting, managers from both teams will meet the umpire at the plate—all parties are required to wear a face covering during the plate meeting

DURING THE GAME

- Players are encouraged to use hand sanitizer as frequently as possible during the game
 - Players should have a personal bottle of sanitizer kept in their equipment bag
- No group gatherings at home plate following a home run
- No high fives or handshakes following a play or game
- Dugout coach to wipe down player's bats after use
- Players are to bring their own water/Gatorade for use during their game—no team water jugs or ice chests are permitted; players are not to share their drinks or snacks with anyone
- Sunflower seeds are not allowed at any time

CONCLUSION OF THE GAME

- There will be no "good game" high-five line
- Players will line up along their dugout side baseline, spread out down the baseline, at least 6 feet apart, and tip their caps to the opposing team so show sportsmanship
- Manager/Coach to say a few words to their team while their players are lined up on baseline to acknowledge good play and sportsmanship, thank the umpires and the volunteers
- Congregation of teams/players is not allowed at the game site—there is to be no after-game team meeting at the game site
- Players and families will be asked to leave the game site within 20 minutes of the game concluding

SPECTATORS AT THE GAME SITE (Spectators are defined as parents, caregivers, siblings, family, fans)

- Spectators should try to limit their time at the field prior to game time when possible, based on child's age and needs
- Spectators are not to congregate in a group outside of their stay-at-home family group
- Spectators will not be allowed to stand behind the home plate area within 6 feet of the backstop. Caution tape will be used to mark off the restricted area.
- Bleachers will be closed to all spectators; bleachers will only be used as an extra area for players, managers, and coaches who are participating in a game. Caution tape will be used to close off this area to spectators and will be used to mark off a path from the bleachers to the dugout/field entrance
- All spectators will sit outside the field fence at least 6 feet away from the dugout/field entrance. Chairs, blankets, etc., may be set up by spectators
- There should be no more than 10 people sitting together in a "family group;" the "family group" is only to include their stay-at-home family
- There should be at least 10 feet between each "family group" along the fence line
- Spectators should bring their own seating or portable chairs when possible
- Leagues are encouraged to utilize streaming opportunities to provide virtual spectating



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IV. SNACK BARS—FOOD & BEVERAGE

FOOD & BEVERAGES AVAILABLE FOR PURCHASE AT LEAGUE SNACK BARS

- Food or concession sales should be allowed at facilities.
- Team players should not share any snacks or food and drink
- Hand sanitizer will be available at the snack bar ordering window
- Sunflower seeds, gum, etc., should not be allowed in dugouts, playing field and spectator area

V. FIELD MAINTENANCE ON GAME DAYS

Field maintenance equipment to include, but not be limited to, rakes, field drags, shovels, paint/chalk sprayers, and hoses. Field maintenance equipment will only be handled by a maximum of two league members per team who will be designated as the “field crew”

- Field crew to be the only person(s) to use the field maintenance equipment
- Field crew to wear gloves during all field maintenance—including set up and tear down
- Field maintenance equipment to be wiped down after each use
- Paint/chalk sprayer push handle to be wiped down with sanitizing wipes after use

VI. FIELD FACILITIES & SURROUNDINGS

FIELD FACILITIES

- All restrooms will be serviced and wiped down every hour and will be stocked with soap for hand washing
 - Access to public restrooms should be limited if possible
 - Prior to and after any league activity, restrooms should be thoroughly cleaned and disinfected
- Trash cans will be touchless; lids will remain open when field site is open to players/spectators
- Snack bars will be wiped down at the beginning and end of the day, as well as at the beginning of each shift change

FIELD SURROUNDINGS

- Informational signage will be posted throughout the field(s) regarding infection control, social distancing and the use of face coverings and gloves
- No visitors who are unrelated to a player or sales representatives or outside distributors will be allowed at the field
- Drinking fountains will be removed or covered

VII. TEAM PRACTICE PROTOCOL

TEAM PRACTICE AT FIELDS

- Team practice protocol shall align with all game day guidelines and protocol
 - No sharing of equipment
 - Proper social distance spacing during warm-up, practice drills and batting
 - Hand sanitizer to be used by players before and after use of any equipment and transition of offense and defense drills



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- Players to wear a face covering if they are unable to practice standard social distancing
- Enforcing social distancing, use of face coverings and sanitizing equipment shall be the sole responsibility of each team manager, team coach(es) and/or other approved adult league volunteer that is organizing a team practice
- Player's participation in team practice is at the sole discretion of the player's parent/caregiver; there will be no repercussion on game day for any player who does not attend a team practice

VIII. ONGOING MONITORING PROTOCOLS

PERSONAL PREVENTION ACTIONS

- All league members and visitors to the fields will be reminded of their responsibility to adhere to personal prevention actions including:
 - Stay home when sick or having symptoms of becoming sick (i.e., symptoms of respiratory illness, fever, or cough)
 - Wash hands frequently with soap and water for at least 20 seconds
 - Cover coughs and sneezes with a tissue, dispose of the tissue and wash hands immediately after. If tissue is not available, cough or sneeze in elbow
 - Do not touch eyes, mouth, or nose with unwashed hands
 - Avoid contact with people who are sick or who are exhibiting symptoms of being sick
 - Avoid sharing items
 - Always maintain the recommended minimum of 6 feet separation from others
 - Wear a face covering when unable to practice 6 feet of social distancing
 - Sanitize frequently touched objects and surfaces

PROTECTING THE FIELD ENVIRONMENT

- All league members and visitors will be reminded of the importance of social distancing while at the fields as well as in all other environments
- A minimum of 6 feet of social distancing should be maintained at all times
- Face coverings should be worn to increase protection when unable to socially distance
- Continued efforts to sanitize facilities, equipment, and areas and items of common touch points will be made

ENSURING COOPERATION

- Board Members and league officials will maintain ongoing communication with all members of the league to include all players/managers/coaches/spectators at the field to limit any violation of the safety protocols
 - All players/managers/coaches/spectators will be reminded that any violation of the social distancing and safety protocols will jeopardize the continued operation and opening of Little League games
 - Any player/manager/coach/spectator who refuses to adhere to the protocols after one warning will be asked to leave the field site immediately

IX. LEAGUE GUIDELINES APPROVAL

These guidelines were established to allow our children the opportunity to play sports. These guidelines reflect the recommendations and views of the community and health care providers. Youth sports and local businesses are required to follow COVID-19 safety and preventive guidelines to remain open and active.

The following persons may be contacted regarding this protocol:



2022 Safety Plan

Name	Position	Email	Signature/Date Approved
EJ Ochoa	League President	president@fletcherhillslittleleague.com	1/14/22
Cheryl Rivero	League Safety Officer	safety@fletcherhillslittleleague.com	1/14/22
Victoria Hooker	League Player Agent	playeragent@fletcherhillslittleleague.com	1/14/22
Kimberly Mowrey	District Administrator	jkrzmowrey@cox.net	

X. PARENT/GUARDIAN ACKNOWLEDGMENT

I understand and agree that these guidelines are necessary for my child(ren) to play Little League and that refusal to follow these guidelines may prevent Little League from remaining open for play and that I may be asked to leave the game site if I do not abide by these guidelines.

Player Name: _____ Division: _____

Player Name: _____ Division: _____

Player Name: _____ Division: _____

Player Name: _____ Division: _____

Player Name: _____ Division: _____

Parent/Guardian Signature: _____ Dated: _____