



Novato South Little League
2021 Little League COVID-19 Plan

2021
NSLL COVID-19
PROTOCOLS

(Revised 3/22/21)



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The California Department of Public Health along with the Marin County Public Health Department have established guidelines for the safe reopening of youth sports in Marin County. Further, Marin County Public Health has shared best practices that include mandated steps to prevent the spread of the COVID-19 coronavirus. Those steps include protocols on social distancing, handwashing, face covering, surface cleaning and disinfecting, and other precautionary practices.

The following guidelines have been created for the Novato South Little League 2021 spring baseball season. We will continue to monitor and implement the local, state, and federal recommendations as they are announced and make changes as necessary. We will stay in close communication and update you on any changes we are making to our protocols. We take pride in our organization and how it operates and would like to highlight the policies we have in place to help our athletes and coaches stay healthy and safe.

PRACTICE & GAMES OVERVIEW:

Our spring season will commence on 2/27/2021 and go through June 2021. Only 4 coaches are permitted per team throughout the season for practice and games for a total of a 16 person cohort (w/12 kids). Only rostered players can practice. No extra coaches, players, siblings or rotational players can practice or play games with a team that they are not rostered to play for.

We are counting on our families to abide by all of the recommended CDPH and Marin HHS cohort guidance, social-distancing protocols including watching with immediate household members only, maintaining physical distance, and wearing masks. This is needed for the safety of our coaches, athletes, the reputation of our organization and the health and wellness of our entire team. Any athlete/family that is found in violation of this policy may be removed from our program immediately.

Covid-19 Prevention Steps for Novato South Little league:

PRE-ARRIVAL HOME HEALTH SCREEN

We require that each parent or guardian conduct an at home health screen to ensure their player is eligible to practice. If you player is showing any of the following symptoms, please do not bring your athlete to practice

- coughing, sneezing, have a fever, stomach-ache, body aches, sore throat, chest congestion, diarrhea, vomiting, or any other illness.

Additionally, please do not bring your athlete to practice if a family member or someone they've been in close contact with is ill with any of the above symptoms



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ARRIVAL:

All coaches will be screened prior to each practice in accordance with the CDC guidelines. Any coach displaying any signs of illness or a fever over 99.6 will not be permitted.

Each child will be dropped off individually at the field entrance, and parents should avoid carpooling to such facilities. Activities will be conducted outdoors, where the risk of contracting COVID-19 is much lower.

It is required that athletes wear a mask as they arrive and for the full practice and games when on sidelines and encouraged, but not required, when actively participating. Parents and guardians should refrain from socializing with other families during drop off and pick up. If a parent or guardian or immediate family member/common household would like to remain at practice or games, we require that they wear a mask and socially distance from others not within their households.

The athletes will then place their gear bag by a cone/bucket. The cones/buckets will be set up by coaches in advance of arrival and will be a minimum of 6 feet apart.

GEAR:

Every athlete must bring their gear, including a helmet, glove, baseball bat, their own name-labeled water bottle(s), and their own hand sanitizer. If assistance is required in attaining of these items, please contact a league official. We ask that our athletes keep their electronic devices put away the entire time they are present at practice for health and focus reasons. Athletes must keep their gear in their bucket / coned area unless they are utilizing it.

NO CLOSE CONTACT:

We will be using buckets, cones, and reminders to implement physical distancing to avoid contact. Athletes will not be permitted to hold hands, high five, or touch each other in any way. We will require that players remain at least 6ft apart while at practice.

MASKS:

We will require that all players, coaches and umpire wear masks during the entire duration of games and practices.

SNEEZES AND COUGHS:



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We are encouraging athletes to cough and sneeze into their shirt or arms, not in their hands. If your athlete has any symptoms of illness or allergies, we are asking them to stay home.

HYGIENE & HAND SANITIZER:

We require the athletes to bring their own hand sanitizer. We have backup hand sanitizer and sanitizing wipes at each practice and game. Athletes will be reminded to use it frequently.

RESTROOMS: All athletes are encouraged to use the restroom before arriving at practice or games. If use of a restroom at the field or facility is required, they will be given a sanitizing wipe to open the door and will be reminded to not touch anything. When they finish using the restroom, they will need to use hand sanitizer to clean their hands.

WATER FOUNTAINS:

Water fountains should not be used. Please make sure your athlete brings their own name-labeled container(s) of water.

DISMISSAL:

All athletes will pack up their own gear and walk directly to their parked cars. All athletes and parents should continue to abide by social distancing and face covering guidelines after practice and games.

TEAM EQUIPMENT:

Any shared league provided catcher's equipment will be sanitized and cleaned after each use.

FOOD:

We strongly encourage kids to eat prior to practice and games. Any snack consumption needs to be done while at their bucket or cone and socially distanced. Any foods that suggest the need to spit such as sunflower seeds and gum are prohibited.

REMINDERS: Drop Off & Pick Up your athlete(s) on time



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- Do not bring unnecessary items from home.
- Do not break any formal quarantine/government restrictions.
- Do teach your athlete how to properly wash their hands and encourage them to cough and sneeze into their arm not in their hand and to not touch other players or their coach.
- Do alert us if your athlete does have COVID-19 and has been to practice within the last 14 days so we can contact their peers.

NOTIFICATION OF COVID-19 POSITIVE CASE:

- County of Marin Public Health is notified of all positive COVID-19 cases
- If a coach or player is diagnosed with COVID-19, Marin County Public Health will provide assistance in the assessment of potential exposure and recommend testing, quarantine, or isolation instructions

RETURNING TO SPORT AFTER INFECTION:

- Children and teens with symptoms of COVID-19 should not attend practices or competition. They should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms.
- Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. Those who are asymptomatic or have mild symptoms should not exercise until cleared by a physician. See the [American Academy of Pediatrics Interim Guidance on Return to Sports](#) for additional guidance for more serious infections.