

ALASKA STATE LITTLE LEAGUE COVID-19 MITIGATION PLAN
FOR INDOOR and OUTDOOR
FOR ALL BASEBALL & SOFTBALL

This mitigation plan is being written to resume the 2020 Alaska Little League baseball and softball season to help protect the league players, coaches, and volunteers during the COVID-19 pandemic assuming that the statewide or local government stay-at-home is lifted. The plan is focused on minimizing risk of transmission while still allowing for competition.

- I. DURATION: This mitigation plan is in effect until rescinded or modified per changes of the Alaska State Reopening Phases mandates and local government mandates or changes in best practices. On May 23, 2020 this mitigation plan was updated to reflect the removal of 50 or less people per gathering for social distancing per Alaska Reopening Phase III / IV.

II. IMPLEMENTATION:

a. Enforcement:

- i. The League will post their mitigation plan onto their website along with at the field.
- ii. At the entrance onto the fields they will have hang a sign stating:
“Anyone entering this field agrees not to participate in any activities if they:
 - 1. Are exhibiting the current CDC recognized symptoms consistent with COVID-19.
 - 2. Have knowingly been in contact with a suspected or positive case of COVID-19 within the past 14 days,
 - 3. Are within 72 hours of exhibiting significant COVID-19 symptoms or a fever,
 - 4. When recovering from a case of COVID-19, are less than 14 days from onset or less than 72 hours since the end of significant symptoms or fever, and
 - 5. Have not been in the state for 14 days symptom free as long as Health Mandate 10.1 - International and Interstate travel – Order for Self-Quarantine is in effect.

The league’s mitigation plan is behind this notice and can be found on our website (type league website address or how they can see the mitigation plan if inquiring about it).”

- iii. The League will use their player registration data/roster information to make up their contact numbers for notification for contact tracing of a confirmed exposure.
- iv. All League managers and coaches will encourage compliance with this mitigation plan during their practices and games.
- v. All managers and coaches will comply with the participating members during outdoor practices, games and the number of players & coaches inside the indoor facilities per the Facilities owner’s mitigation plan for that facility being used and current State Mandates.
- vi. During practices, one of the team’s coaching staff will educate and seek to enforce social distancing among players and administer screening questions to all team participants when they arrive. NOTE: Not necessary for spectators.

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1. During games there will be someone from the league or teams that will be designated as a safety coordinator. This person will ask the screening questions of players and game volunteers, i.e. managers, coaches, scorekeeper, pitch-counter, an umpire(s).
- vii. The team manager or one of the coaching staff will keep a player attendance tracking log (see example attached to this plan) to be used to notify anyone of a reported illness or COVID-19 is reported. Lineup cards will suffice.

b. Training:

- i. All managers and coaches will be trained on this mitigation plan by the League Coaching Coordinator, or Safety Officer or other Board member.
 1. All managers and coaches receiving the training will sign the training login sheet showing attendance of this training.
 2. Any manager or coach not attending the training will not be allowed to hold or attend any practices or games until they receive the training.
- ii. All league players at their 1st practice will be given instruction on this COVID-19 mitigation plan.
- iii. All league player's parents will be given instruction on this mitigation plan by their team manager.
 1. The parents will sign an acknowledgement sheet after their presentation on this COVID-19 mitigation plan and return the signed Health Status Agreement.
 2. Parents will sign the health assessment screening sheet attached to the player medical release form. Both of these signed forms will be given to their team manager.
- iv. The local league will keep the parent's acknowledgement sheet, signed health status agreement, and managers & coaches training attendance sheet in the season records.

c. Symptomatic Individuals:

- i. Any manager, coach, player, volunteer or parent who exhibits symptoms of illness or contracts COVID-19 (coronavirus) may not participate in any practices or games.
- ii. Any manager, coach, player, volunteer or parent must be medically cleared prior to being allowed to return to practices or games.
- iii. Any manager, coach, player, volunteer or parent is required to inform their local league if they do become sick within 7 days of participating in a practice or game so that other league members can be informed that a fellow league member became sick and they should monitor for symptoms and practice recommended social distancing measures.
 1. If a local Little League receives notification of a manager, coach, player, volunteer or parent has been identified as being COVID-19 positive by testing, they will make notification to their League members with a letter.
 2. NOTE: Local leagues are recommended to use the attached Local League COVID-19 Member Letter out to its members, post on their website, at the facilities used by the Local League.

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III. MITIGATION PLAN FOR INDOOR BATTING CAGE FACILITY:

a. Social Distancing:

- i. All teams during their indoor batting cage training session (example: 1 hour & 30 minutes of practice) must not have more than 10 people (three coaches and four players) inside the indoor batting facility at one time.
 - i. There will be 5 minutes between scheduled practices to allow teams to clean and sanitize the batting cage areas used at the end of each practice session.
- ii. When doing tee drills, the coaches must set up the tee stations so players are 6 feet distance between each other or the required distance specified by the current mandate.
- iii. While everyone is inside the indoor batting facility, they should maintain 6 feet distance between them.
- iv. Everyone in the indoor batting cage facility is encouraged to wear a mask
- v. Coaching staff will be required to wear masks and gloves. They will be the only ones picking up baseballs / softballs.

b. Hygiene:

- i. Handwashing signs will be posted on an announcement board and restroom(s) inside the batting cage facilities.
- ii. All team members including the coaches must wash their hands or use hand sanitizer when entering the indoor facility,
- iii. All team members are encouraged to bring their own disposable water bottle and no food is allowed inside the indoor batting cage facility.
- iv. At the end of the teams practice time Managers/Coaches will sanitize all doorknobs and restrooms with the bleach solution spray bottle or wipes they will be provided in the indoor batting cage facility.
- v. Each team will only use their team's baseballs or softballs issued to them by the league. The coaching staff will be the only ones picking up the balls used for indoor hitting.
- vi. All players should wear their own batting gloves and use their own bat. If the player does not have batting gloves or their own bat, the bat must be cleaned with wipes or spraying a recommended cleaning or disinfectant on the bat prior to someone else using the bat.
- vii. Each team player will use their own batting helmet while hitting in the indoor facility. They will not share their helmet with another team member.
 - i. If a player does not have their own batting helmet the local league will provide them with their own for the season or they will be given one of the teams batting helmets issued to the team for use during the season.

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- viii. Any equipment used (balls, bats, helmets, tees, etc.) must be disinfected after each use with the bleach solution spray bottle or wipes provided in the indoor batting facility.

c. Cleaning and Disinfecting:

- i. Weekly the indoor batting cage facility will be shut down for cleaning and disinfecting per CDC protocols with a bleach solution (1/3 cup per gallon of water or 4 teaspoons of bleach per quart of water) or sanitizing wipes. Alcohol solutions with at least 70% alcohol may also be used.
- ii. When a local league is notified of a coach, player, volunteer or parent identified as being COVID-19 positive by testing, the indoor batting cage facility will be closed for 72 hours. Then the CDC protocols of cleaning and disinfected will be done throughout the facility.
- iii. All restrooms will be cleaned per the facilities' mitigation plan.

IV. MITIGATION PLAN FOR OUTDOOR PRACTICES:

a. Social Distancing:

- i. Non-household managers, players, and volunteer(s) shall not travel in the same vehicle together to practice.
- ii. All teams during their practices shall not exceed number of people at their practice field per state mandate or the maximum number set by their local government.
- iii. Practices should be limited to the managers/coaches and players.
- iv. League administrators should schedule sufficient time between practices to facilitate the complete evacuation of individuals from a previous practice before the next group enters.
- v. Where possible, individuals should enter your complex from one side and exit on the opposite side of the complex.
- vi. All drills must have the players maintain a minimum of 6 feet distance between them.
 - i. This may require to have the players broken down in smaller groups to do drills and use different areas on the field.

b. Hygiene:

- i. Handwashing signs will be posted in the restrooms at the fields.
- ii. All team members including the coaches must wash their hands or use hand sanitizer when arriving at practice,
- iii. All team members must bring their own water bottle or sports drink and no food is allowed.
- iv. No sharing of batting helmets or softball fielder face masks.
- v. If any bats are shared by team members, the bat handles should be wiped down between uses.

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- vi. The manager or coaches will clean and disinfect their equipment after each practice with a bleach solution (1/3 cup per gallon of water or 4 teaspoons of bleach per quart of water). Sanitizing wipes or alcohol solutions with at least 70% alcohol may also be used and allowed to air dry.

V. LITTLE LEAGUE GAME MITIGATION PLAN

a. Facility, Fan and Administrative Guidance

i. Clean and disinfect Share Equipment and Surfaces:

- a. Clean AND disinfect frequently touched surfaces daily and in between all facility uses, including practices and games. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, facility equipment, dugouts, toilets, faucets, and sinks.
- b. If surfaces are visibly soiled or dirty, they should be cleaned with a detergent or soap and water prior to disinfection.

ii. Spread out Scheduling of Games:

- a. All games shall not exceed number of people at facility per state mandate or the maximum number set by their local government.
- b. League administrators should schedule sufficient time between games to facilitate the complete evacuation of individuals from a previous game from the premises before the next group enters.
- c. Players/families/spectators are instructed not to show up to fields more than 40 minutes before game time.
- d. Where possible, individuals should enter from one side of the complex through and exit through the other side then the entry into the complex.
- e. Arrivals to the complex can be scheduled to help ensure a large number of individuals are not arriving at the same time.
- f. If there is a game prior, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
- g. On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes.

iii. Limiting Spectator Attendance:

- a. All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; wear a cloth face covering; avoid direct hand or other contact with players/managers/coaches during play.
- b. Local Leagues may choose to minimize the exposure risk to spectators by limiting attendance to only essential volunteers and limited family members.
- c. Spectators should bring their own seating or portable chairs when possible.

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- d. Leagues are encouraged to utilize streaming opportunities to provide virtual spectating.
 - e. 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:
 - i. Active COVID-19 infection
 - ii. Known direct contact with an individual testing positive for COVID-19
 - iii. Fever
 - iv. Cough
 - f. Those at higher risk for severe disease should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing. Such groups include:
 - i. Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease.
 - ii. Those currently residing in a nursing home or long-term care facility
 - iii. Those over 65
- iv. Public Restrooms:
- a. Access to public restrooms should be limited if possible.
 - b. A “one-in-one-out” policy, where only one individual is permitted within the restroom at one time, should be implemented to ensure adequate distancing in the confined restroom space.
 - c. Prior to and after any league activity, restrooms should be thoroughly cleaned and disinfected per the facilities mitigation plan.
- v. Concession Stands:
- a. No food or concession sales should be allowed at facilities.

b. General On-Field Guidance

- i. No Handshakes/Personal Contact Celebrations:
 - a. Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. Local leagues should have teams line up outside the dugout and tipping caps to the opposing team as a sign of good sportsmanship after a game.
 - b. Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game, ideally within 15 minutes.

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ii. Drinks and Snacks:

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

iii. Personal Protective Equipment:

- a. All managers/coaches, volunteers, umpires, etc., should wear PPE whenever applicable and possible, such as cloth face coverings and protective medical gloves.
- b. 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.
- c. Players should not wear protective medical gloves on the field during game play.
- d. Players, especially at younger divisions, are not required to wear a cloth face covering while on the field during game play.

NOTE: Players will be permitted to wear a cloth face covering on the field during game play, if physically able to do so, based on any directive of a medical provider or individual determination of the player/parent/guardian.

- e. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

iv. Dugouts:

- a. Managers/coaches and players should be assigned spots in the dugout or on the bleachers so that they are at least six feet apart and must be placed behind a fence.
- b. Players are to stay at their assigned spots when on the bench or while waiting their turn to bat.
- c. Players and managers/coaches should wear a cloth face covering while in the dugout.

v. Player Equipment:

- a. 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.
- b. Players should have their own individual batter's helmet, glove, bat, and catcher's equipment.

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- c. Some critical equipment may not be able to be obtained by every individual. When it is 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 and face (catcher's mask, helmets).
 - d. Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent/guardian/caretaker, where applicable.
 - e. Individuals disinfecting equipment are encouraged to use gloves while using disinfectants and follow the manufacturer's directions for use. All disinfectants should be stored properly, in a safe area, out of reach of children.
- vi. Baseballs and Softballs:
- a. Baseballs and softballs should be rotated through on a regular basis, at least every two innings, to limit individual contact.
 - b. Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
 - c. Balls used in infield/outfield warm-up should be isolated from a shared ball container.
 - d. Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball.
- vii. Spitting, Sunflower Seeds, Gum etc.:
- a. Sunflower seeds, gum, etc., should not be allowed in dugouts or on the playing field.
 - b. All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.

c. Game Operations and Umpires Guidance

- i. Pre-Game Plate Meeting:
 - a. If possible, plate meetings should be eliminated.
 - b. Social distancing of six feet between individuals should be implemented during all pre-game plate meetings between teams and umpires.
 - c. Plate meetings should only consist of one manager or coach from each team, and game umpires.
 - d. All participants should wear a cloth face covering.
 - e. No players should ever be a part of plate meetings.
- ii. Equipment Inspections:
 - a. Players should place their individual equipment in a well-spaced out manner for inspection. Umpires should avoid direct contact with

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equipment where possible but, when required, use hand sanitizer that contains at least 60 percent alcohol after the inspection of each individual piece of equipment.

iii. Limit League/Game Volunteers:

- a. For each game, there should only be the required team managers/coaches, umpires, and one (1) league administrator (i.e. Safety Officer, player agent, etc.) in attendance.
- b. Scorekeeping should be done by team coaches or team parent/guardian via GameChanger if possible. Proper social distancing should be practiced.
- c. Score boxes should not be utilized unless there is ample room for social distancing to occur within them.

iv. Umpire Placement

- a. Umpires are permitted to be placed behind the pitcher's mound/circle to call balls and strikes. Umpires are encouraged to keep a safe distance from players as much as possible and wear protective gloves.
- b. If physically able, umpires are encouraged to wear cloth face coverings while umpiring.

v. Field Preparation and Maintenance:

- a. It is recommended that any shared field preparation equipment be sprayed or wiped with cleaner and disinfectant before and after each use.

d. TEE BALL and COACH-PITCH/MACHINE PITCH

- i. Team numbers should be reduced, to help limit the number of individuals at practices and games.
- ii. Volunteers/Parents are encouraged to be from the same household as players, as much as possible. Coaches should wear cloth face coverings whenever possible.
- iii. The focus on these divisions should be on fun and player development.

e. LITTLE LEAGUE SANDLOT GAMES:

- i. While activities should be player-led; the adult volunteers overseeing Little League Sandlot event should provide a thorough overview of appropriate mitigation efforts within this plan and are responsible for ensuring these guidelines are followed.



ALASKA LITTLE LEAGUE
AFFILIATE LEAGUES
PLAYER and PARENT OR LEGAL GUARDIAN'S
HEALTH STATUS AGREEMENT
(Release of Liability and Assumption of Risk Agreement)



I, _____ the parent or legal guardian of _____
(print your name) (print players name)

in consideration of being allowed to participate in any way in the District and Local Little League program, related events, and activities, I the undersigned, and acknowledge; there are risks to my child of exposure to directly or indirectly arising out of, contributed to, by, or resulting from an outbreak of any and all communicable disease, and certify as follows:

1. I/We have been encouraged to conduct self-screening and quarantine before any participation in any District and Local Little League event. This includes taking our temperature prior to leaving our location and must stay home if the reading is 100.4-degree Fahrenheit or higher in accordance with CDC guidelines.
2. I/We have not been exhibiting the CDC recognized symptoms consistent with COVID-19 in the last 14-days. Like a cough, shortness of breath or difficulty breathing, fever, chills muscle pain, sore throat, or new loss of taste & smell. This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.
3. I/We have not knowingly been in contact with a suspected or positive case of COVID-19 within the past 14 days,
4. I/We will not participate if within 72 hours of exhibiting significant COVID-19 symptoms or a fever,
5. I/We will not participate if recovering from a case of COVID-19, are less than 14 days from onset or less than 72 hours since the end of significant symptoms or fever,
6. I/We have not travel outside the United States within the last 14 days,
7. I/We have not traveled outside of the State of Alaska within the last 14 days,
8. I/We have not tested positive for COVID-19,
9. If I/We have tested positive for COVID-19, I/we have fully recovered and have been released to return to work/play as normal by my medical doctor.

RELEASE FROM LIABILITY:

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, and on my behalf, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE District and Local Little League, its officers, officials, affiliates, agents and/or employees, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event programs and activities of the District and Local Little League, from any and all claims, demands, losses, and liability arising out of or related to any ILLNESS, INJURY, DISABILITY OR DEATH I may suffer, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I agree to notify my Local Little League immediately if my child becomes ill for any reason and / or we have tested positive for COVID-19. I have read this Release of Liability and Assumption of Risk Agreement, fully understand its terms outlined, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Mr./Mrs./Ms. _____
Authorized Parent / Guardian Signature Date



Local League Name
Local
League
Address



Dear ((INSERT LEAGUE NAME)) Member,

The safety and well-being of all of our participants is always our paramount concern, and now, more than ever.

We were recently notified that an individual associated with our league has been diagnosed with COVID-19 (coronavirus). To respect the safety and privacy of that individual, we will not be sharing any personal details on that individual.

Unfortunately, prior to the individual's diagnosis, that individual participated in the following league activities:

((INSERT GAME/PRACTICE/LEAGUE ACTIVITY DETAILS INCLUDING DATES; PLEASE DO NOT SHARE PERSONAL INFORMATION OF THE INDIVIDUAL UNLESS YOU HAVE CONSENT TO DO SO))

For anyone who participated or attended any of these events, we strongly urge you to follow the recommendations of Alaska State Health Department, <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/Sick.aspx> and the recommendations of the CDC, which can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.

We are thinking of this individual battling the coronavirus, as well as everyone in our ((INSERT LEAGUE NAME)) family at this difficult time.

Thank you for your understanding, patience, and compassion as we navigate this difficult situation.

Sincerely,

((INSERT LEAGUE PRESIDENT AND/OR BOARD NAMES))

Player / Parent Acknowledgement Signature Sheet

By signing below the parent or legal guardian is acknowledging they received training on the mitigation plan, and signed & returned their Daughter's / Son's Health Status Agreement.

Team: _____

[illegible]

Practice and Games

P= Practice

Team:

Player's Name	Date	Date	Date	Date	Date	Date	Date		
example Some Homer	P-5/18/2020	G-5/23/2020						Parent's Name	Contact Number
	P-5/19/2020	G-6/1/2020							
	G-5/21/2020								