

Richmond Little League
COVID-19 Return to Play Policies and Best Practices
(Updated September 13th, 2021)

**As details of CDC, state and local phasing guidelines are published and revised,
these guidelines are subject to modification.**

General Rules and Requirements

- 1) Richmond Little League (RLL) requires that players, coaches, umpires, volunteers and spectators at RLL events (collectively, RLL Community) adhere to all guidelines set forth by the Commonwealth of Virginia and the City of Richmond. If an RLL team is participating in an event in a locality outside of the City of Richmond, RLL requires the RLL Community involved adhere to that locality's guidelines. RLL expects the RLL Community to stay informed of all changes to state and local guidelines.
- 2) Individuals should self screen for fever or COVID symptoms prior to participating in RLL activities. An RLL Community member experiencing any of the following symptoms may not attend or participate in an RLL activity. It is recommended individuals experiencing any of the following covid symptoms should get tested before returning (note: this list of symptoms may be updated according to CDC guidance):
 - a. Fever or chills
 - b. Cough
 - c. Shortness of breath or difficulty breathing
 - d. Fatigue
 - e. Muscle or body aches
 - f. Headache
 - g. New loss of taste or smell
 - h. Sore throat
 - i. Congestion or runny nose
 - j. Nausea or vomiting
 - k. Diarrhea

RLL Board members and managers have the discretion and authority to address an instance in which an RLL Community member is not in compliance with this requirement.

- 3) If an unvaccinated player, volunteer, coach or umpire has an exposure to an individual that has tested positive for Covid-19 in the last 14 days they should quarantine and are prohibited from participating in RLL activities. Return to play timing for unvaccinated individuals is based on the following scenarios:
 - a. If they choose not to take a Covid test, they may return after 14 days if they have no Covid-19 symptoms (see 2 above).
 - b. If they choose to obtain a PCR-based Covid test (test should occur at least 5 days post exposure) they may return after 7 days if the PCR test was negative, they have had no

- fever within 24 hours and are not experiencing any Covid symptoms (see 2 above).
- c. If you have had COVID in the previous 3 months, have recovered and remain without symptoms that individual may return to play.
- 4) If a fully vaccinated player, volunteer, coach or umpire has an exposure to an individual that has tested positive for Covid-19 in the last 14 days and they are prohibited from participating in RLL activities. Return to play timing for vaccinated individuals is based on the following scenarios:
 - a. They may return after 7 days if they have not had a fever for 24 hours and are not experiencing any Covid-19 symptoms (see 2 above).
 - b. If they choose to obtain a PCR-based test 3-5 days after the exposure and the test is negative, and they have no symptoms of Covid they may return once the negative test result is obtained.
 - 5) If you test positive for an active COVID-19 infection please contact the RLL safety officer: jaykuemmerle@gmail.com
 - 6) Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should not attend RLL events without written permission from a medical professional.
 - 7) RLL expects the RLL Community to practice appropriate physical distancing at RLL events based on the most recent guidance from the CDC, state and local authorities.
 - 8) RLL encourages every family to provide their own hand sanitizer and disinfectant wipes/cleaner. RLL will also have hand sanitizer and disinfectant for use. Players, coaches and umpires will be encouraged to regularly clean hands and team equipment.
 - 9) With respect to food and drink,
 - a. Players may not bring food into the dugout including seeds and chewing gum. Team snacks are also not permitted.
 - b. Given the time of year, the RLL Community is strongly encouraged to bring their own drinks. Please label your player's drinks with his/her name. Use of public water fountains is strongly discouraged (and they may be inoperable).
 - 10) Event start times will be staggered when possible and spaced to reduce the number of teams warming up at one time and to cut back on congestion. Teams should vacate the field promptly at the end of each game or practice.

Players

- 1) In the field of play, players should maintain appropriate physical distancing where feasible; however, contact and close proximity between players that occurs during the normal course of a game is allowed. Prior to a game, players should run, stretch, throw, etc. at least 6 feet apart where feasible.
- 2) In the dugouts and extended dugout areas, players will also maintain appropriate physical

distancing based on the most recent guidance from the CDC, state and local authorities (6 feet). Set up will look different at different RLL venues. Where necessary, dugouts will be extended to bleachers and adjacent areas to allow for proper spacing. All players should bring their own chairs. In the tee ball, machine pitch and girls' softball coach pitch divisions, one parent may sit with his or her player to promote and maintain physical distancing amongst the players.

- 3) Players may wear face coverings. Players should always have a face covering with them for situations where they can't social distance.
- 4) Players should avoid touching their eyes, nose and face.
- 5) Players may not high/low five, hug, or fist/elbow/chest bump.
- 6) Team huddles are not permitted (team meetings are permitted with appropriate distancing).
- 7) Players may not share towels.
- 8) Sharing of equipment among players is discouraged. When wearable equipment must be shared, all surfaces will be cleaned by coaches with disinfectant spray or wipes between uses. Batting helmets & Catcher's masks can only be shared by players during the game if it has been disinfected. RLL encourages parents/caregivers to disinfect all their player's equipment after each use.
- 9) At the conclusion of games, players will line up on their respective base lines and tip caps, wave, bow, etc. to demonstrate sportsmanship.

Coaches, Umpires, and other Volunteers

- 1) Coaches, umpires and other volunteers will limit, to the greatest extent practicable, physical contact with players and with one another.
- 2) Coaches, umpires and other volunteers may wear face coverings but are not required to wear face coverings. All of these individuals should have a face covering with them for situations where they can't social distance, e.g. in the event of a player injury.
- 3) Dugouts will be limited to essential personnel only (exception: Rule 2 under Players).
- 4) Balls and strikes can be called from behind the plate or pitching mound. When coaches call balls & strikes for softball or baseball it will be from behind the mound.
- 5) Coaches will monitor players for COVID-19 symptoms.
- 6) Coaches will oversee physical distancing and enforce all player procedures.
- 7) The scoring table at Byrd Park will be closed until further notice by the RLL Board.
- 8) Coaches and other volunteers will disinfect high touch equipment.

Spectators

- 1) Bleachers at all RLL fields will be off limits to spectators until further notice by the RLL Board.
- 2) Spectators should social distance (based on current guidelines) in league designated areas per each field. Spectators must avoid the backstop areas and player seating areas with the

exception of one parent being allowed to help promote and maintain physical distancing in the younger divisions (tee ball, machine pitch, softball coach pitch divisions).

League Notification and Action Plan for a Positive Covid-19 Testing

The City of Richmond Parks and Recreation Department has provided RLL guidance on recommended steps to deal with a positive Covid-19 test in our League. Under that guidance, RLL has developed the following action plan.

- 1) Require RLL Members to notify the RLL Safety Office if any player, volunteer, umpire, coach or any “same household” family member of any of those RLL participants tests positive. jaykuemmerle@gmail.com
- 2) If a player, volunteer, umpire, or coach test positive, that player, volunteer, umpire or coach should isolate and may only resume activities after following CDC guidance. Based on current guidance, individuals who were symptomatic may return 10 days after symptoms first appeared if the symptoms are improving and they have had no fever for 24 hours (without the use of fever reducing medications). Asymptomatic individuals may return 10 days after receiving a positive test.
- 3) If a player, volunteer, coach on a team, or umpire officiating a game, does test positive, the affected team or teams will have all activities, practices and games, “paused” and the league will notify Richmond City Parks & Recreation, who is our liaison on matters related to Covid-19 cases. The team(s) will remain on “pause” until Richmond City Contact tracing is complete.
- 4) Richmond City Parks will help inform Richmond Little League of appropriate action plans and next steps including decisions to allow for the safe and appropriate return to practice/play for affected the team(s).
- 5) Richmond Little League will concurrently notify families on the affected team(s) and families in the relevant division with non-confidential information of the incident. The league may follow-up with a league wide communication as well as necessary.

This is a list of restrictions and “can’t dos”. We need your help to comply with them because we’re all in it together. We also need your help to ensure we give our players the same RLL experience that all of us have grown to know and love over the years. We welcome any suggestions you have.