



## **Upper Loudoun Little League (ULLL)**

2020 Return to Play Plan (v1.1)

15 June 2020



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## Introduction

Upper Loudoun Little League (established in 1961) has strived for nearly 60 years to provide children ages 4 to 12 yrs old living in western Loudoun County the opportunity to learn and play baseball in a safe environment – with a focus on good sportsmanship, honesty, loyalty, courage and respect for authority.

Due to the extraordinary situation resulting from the coronavirus (known as COVID-19), Upper Loudoun Little League has been working to develop a “return to play” plan for the upcoming Summer 2020 and Fall 2020 seasons. This plan is based on both the guidance and mandatory guidelines provided by Little League International, Commonwealth of Virginia and Loudoun County guidance as to how events (such as practices and games) must be conducted due to the impacts of COVID-19 on our community.

As such, this document is designed to aid ULLL parents, managers, coaches, umpires and all other volunteers in providing the youth in our community with the opportunity to play baseball this summer and fall.

This document is broken down into seven (7) sections:

- a) 2020 Summer and Fall Season Overview
- b) Player and Volunteer Registration Process
- c) 2020 Summer and Fall Assessments and Team Draft Process
- d) 2020 Summer and Fall Practice & Game Guidelines
- e) 2020 Summer and Fall Local Rule Updates
- f) Safety and COVID-19 Action Plan and Reporting
- g) Communications / Website Information

Please note that as guidance changes on how to conduct baseball related activities in a safe manner, this document will be updated accordingly. We want to thank all of those who have aided the ULLL Board in developing, reading, evaluating, and editing this document. If you have any questions about this document, please reach out to our ULLL Information Officer ([information@ulll.org](mailto:information@ulll.org)) and they will direct your questions accordingly.



## 2020 Summer and Fall Seasons Overview

As Upper Loudoun Little League strives to provide children ages 4 to 12 yrs old living in western Loudoun County with the opportunity to learn and play baseball in a safe environment, the ULLL Board voted to offer a 2020 Summer Season and 2020 Fall Developmental Season. Below are the general details of both seasons.

### 2020 Summer Season Overview

As the Commonwealth of Virginia continues to follow the “Forward Virginia” recovery plan (<https://www.virginia.gov/coronavirus/forwardvirginia/>), the ULLL “Return to Play Plan” was composed as Loudoun County entered “Forward Virginia – Phase 2” in mid-June. As a result, the ULLL Board voted to offer a 2020 Summer Season designed to provide players the opportunity to play baseball starting on / about 1 July through on / about 15 August. This six-week season will allow players with 2020 Little League Baseball ages 8 to 12 (and Baseball 7 yr olds that were drafted to “Rookies” division teams for the Spring 2020 season) to practice with teammates and play scrimmages and/or games throughout the summer. Here’s an overview of the 2020 ULLL Summer Season:

- Managers will be selected and they will work with the ULLL to compose teams. These teams will be composed of 10-12 players. Managers will be provided field allocations throughout the summer season period.
- ULLL will offer divisions at the following levels for the summer season:
  - Summer Rookies (Baseball Ages 8-9, and eligible 7 yr olds)
  - Summer AA Minors (Baseball Ages 8-10)
  - Summer AAA Minors (Baseball Ages 9-12)
  - Summer Majors (Baseball Ages 9-12)

Note: In the event that summer numbers are low, we will combine the Summer AA and Summer AAA Minors divisions into a Summer Minors Division.

- Player drafts will be performed across all ULLL Areas (or, in other words, we will be drafting teams across both the American League and National League), though we will insist that managers work to compose teams from their areas as best they can.
- Since Loudoun County is currently in “Phase 2”, we (ULLL) have received information from PRCS that teams will be permitted to play games / scrimmages throughout the summer. As such, ULLL will formulate a summer scrimmage / game schedule to allow teams to play games against other teams in their division.



- Each player will be provided with two dry wick jerseys (a white jersey and a green jersey) and a team hat – to enable teams to have scrimmages throughout the summer. Player numbers and jersey sizes will be selected by the league based on the registration information provided.
- Practice / Game Guidelines and Local Rules for this Summer Season have been updated to enable teams to meet the guidelines put forth by Little League International, Commonwealth of Virginia and Loudoun County due to the risk of COVID-19 exposure. Please read the rest of this document to better understand these updates.

Finally, note that registration for the 2020 Summer Season will be opened on Tuesday, 16 June and close on Saturday, 27 June at 11:59 PM to ensure that teams can begin the season in earnest on / about Wednesday, 1 July.

### **2020 Fall Developmental Season Overview**

ULLL is planning to hold its 2020 Fall Developmental Season as planned starting in mid-August 2020. Information on the Fall Developmental Season can be found on the ULLL's new website at: <http://www.ulll.org/program-info/fall-developmental-season/> That being said, due to the risks posed by COVID-19, ULLL plans to make some modifications to the Fall Developmental Season:

- First, ULLL will allow Spring 2020 Baseball Age 12s (those born after 1 Sept 2007 to 31 August 2008) to participate in the ULLL's 2020 Fall Season.
- Assessments will not be held this year for all players participating in the Kid Pitch divisions. Instead, ULLL will only hold assessments for rising Baseball 7 yr olds, rising Baseball 8 yr olds, and players that did not attend Spring Assessments that are interested in participating in the ULLL's Kid Pitch Divisions. These assessments will be handled on an appointment basis and are currently planned for Thursday/Friday, 6-7 August between 5-8 PM. To participate in Fall assessments, the parent/guardian of the player must send a request in writing to the ULLL's Player Agent ([playeragent@ulll.org](mailto:playeragent@ulll.org)) and the player's assessment time will be scheduled on the first Thursday/Friday of August 2020. Baseball 7 yr olds wishing to be considered for the ULLL's Fall Rookies Division must attend the assessment.



- ULLL will offer divisions at the following levels for the 2020 Fall Developmental Season:
  - Fall T-Ball (Baseball Ages 4-6)
  - Fall Coach Pitch (Baseball Ages 6-8, and eligible 5 yr olds)
  - Fall Rookies (Baseball Ages 8-9, and eligible 7 yr olds)
  - Fall Minors (Baseball Ages 8-11)
  - Fall Majors (Baseball Ages 10-12)
- Player drafts will be performed across all ULLL Areas (or, in other words, we will be drafting teams across both the American League and National League), though we will insist that managers work to compose teams from their areas as best they can.
- As of the writing of this document, since Loudoun County is currently in “Phase 2”, we (ULLL) are working to determine if games / scrimmages will be allowed throughout the fall season. We believe that games will be allowed at this time and we are currently planning to have games throughout the fall.
- Players will be provided with a T-Shirt and team hat. Player numbers and jersey sizes will be selected by the league based on the registration information provided.
- Practice / Game Guidelines and Local Rules for this Fall Season have been updated to enable teams to meet the guidelines put forth by Little League International, Commonwealth of Virginia and Loudoun County due to the risk of COVID-19 exposure. Please read the rest of this document to better understand these updates.

Finally, note that registration for the 2020 Fall Season will be opened on / about Sunday, 21 June and close on Thursday, 6 August at 11:59 PM to ensure that teams can begin the season in earnest on / about Saturday, 15 August.



## Player and Volunteer Registration Process

For both the 2020 Summer Practice and 2020 Fall Developmental Seasons, players and volunteers will need to register to participate.

For player registration, parents / guardians should visit the ULLL's new website and click on the "Registration" menu. This will direct you to a page where you can register your players. The link to this page is: <http://www.ulll.org/registration/>

Additionally, ***all*** ULLL volunteers will be required to re-register on the ULLL's website. The link to this page is: <http://www.ulll.org/registration/>

As part of the registration process, the parents / guardians of all players and any participating volunteer must read, agree to, and sign the ULLL's "COVID-19 Assumption of Risk / Waiver of Liability / Indemnification Agreement" prior to participating in ULLL-related activities this Summer and Fall Seasons.

Parents / guardians and/or Volunteers unwilling to abide by the ULLL's requirements to address the guidance and mandatory guidelines provided by Little League International, Commonwealth of Virginia and Loudoun County guidance as to how events (such as practices and games) must be conducted due to the impacts of COVID-19 on our community will not be allowed to participate in ULLL-related activities.



## **2020 Summer and Fall Assessments and Team Draft Process**

In order to permit players to resume play sooner, we are modifying this year's Assessment process for the 2020 Summer and Fall Seasons. As part of the 2020 Spring Assessments, ULLL received a lot of feedback from coaches and league assessors to compile data that will be used to aid managers in selecting teams this Summer and Fall. Below we are including information on how the team drafting process will work to aid both managers and parents in better understanding the process.

One point: Players that have been drafted to any particular division cannot be drafted to a "lower" division without the written and expressed consent of parents and approval of ULLL Board Members. For example, if a player was drafted to the Spring AA Division, they can be drafted to teams in the Summer AA / AAA / Majors or Fall Minors / Majors Divisions. They cannot be drafted to the Summer Rookies nor Fall Rookies divisions. If you have questions about the team drafting process, please reach out to the ULLL's Player Agent ([playeragent@ulll.org](mailto:playeragent@ulll.org)) for more information.

### **2020 Revised Summer Season Assessment and Team Formulation Process**

For the Summer team drafting process, ULLL will assemble information for managers to aid them in their selection process coming directly from the 2020 Spring Assessment process. For players that did not assess, ULLL will work with managers and coaches to formulate a proxy assessment based on the information provided during the registration process and previous seasons (if it exists) to draft players to a team.

### **2020 Fall Developmental Season Assessment and Team Formulation Process**

For the Fall Developmental seasons, ULLL will only hold assessments for rising Baseball 7 yr olds, rising Baseball 8 yr olds, and players that did not attend Spring Assessments that are interested in participating in the ULLL's Kid Pitch Divisions. These assessments will be handled on an appointment basis and are currently planned for Thursday/Friday, 6-7 August between 5-8 PM. To participate in Fall assessments, the parent/guardian of the player must send a request in writing to the ULLL's Player Agent ([playeragent@ulll.org](mailto:playeragent@ulll.org)) and the player's assessment time will be scheduled on the first Thursday/Friday of August 2020. Baseball 7 yr olds wishing to be considered for the ULLL's Fall Rookies Division must attend the assessment.

After this assessment, ULLL will assemble information for managers to aid them in their selection process coming directly from the 2020 Spring Assessment process and 2020 Summer season to draft players to a team.





## 2020 Summer and Fall Practice and Game Guidelines

As Upper Loudoun Little League returns players and volunteers back to the field, ULLL must adhere to the guidelines set forth by Little League International, the Commonwealth of Virginia and Loudoun County regarding public gatherings, organized youth sports, and sporting events for a safe to return to Little League activities.

The ULLL encourages all volunteers and the parents/guardians of players review Little League's Season Resumption Guide (<http://www.LittleLeague.org/SeasonResumption>) and the Little League Coronavirus Frequently Asked Questions to better understand the guidance provided that permits a return to baseball activities.

To address safety concerns surrounding ULLL activities at this time, ULLL has set forth the following guidelines that must be adhered to in order to enable play for the 2020 Summer and 2020 Fall seasons. Please note that these guidelines have been provided from Little League International, the Commonwealth of Virginia and Loudoun County Parks, Recreation and Community Services (PRCS) to enable baseball activities at this time. Also note that as guidelines are updated and change, ULLL will update this document and the associated guidelines.

All guidelines are provided to aid parents and coaches to understand their responsibilities before, during and after all ULLL activities. If you have any questions, please contact ULLL's Information Officer ([information@ulll.org](mailto:information@ulll.org)) and ULLL Player Agent ([playeragent@ulll.org](mailto:playeragent@ulll.org)).

### 2020 Summer and Fall Season General Guidelines

- *All participants in ULLL activities must stay home if you are sick!*<sup>1</sup>
- All players will be responsible for bringing their own equipment to practices and games. This equipment (at minimum) is as follows:
  - Approved USA Bat (<https://www.usabaseball.com/bats>)
  - Baseball Glove
  - Approved Baseball Helmet (<https://www.littleleague.org/university/articles/playing-equipment-inspection-batting-helmets-and-catchers-gear/>)

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<sup>1</sup> SOURCED FROM "LOUDOUN COUNTY PRCS'S PLAY IT SMART GUIDELINES"



## 2020 Summer and Fall Season General Guidelines (continued)

- Each team **must** have volunteers that have completed ULLL’s Volunteer process, which includes:
  - Completing the ULLL Volunteer Application (See <http://www.ulll.org/registration>)
  - Completed JDP Background Check

Individuals that have not completed this process are not allowed on the field nor to assist with any team activities. Failure to comply with this guideline could result in removal of the individual’s player in ULLL activities for the season.

- Each team will designate the following five (5) volunteers for the season:
  - One (1) Team Manager
  - Three (3) Team Assistant Coaches
  - One (1) Team COVID Coordinator\* (defined below)

All teams will need to define the individuals filling these roles and the individuals **must** begin the ULLL Volunteer Process prior to their participation in ULLL Team Practices and Games. Note: The rationale behind three (3) assistant coaches is to ensure that there are enough volunteers assisting the team during both practice and game situations.

- Each team must have a Team COVID Coordinator. The Team COVID Coordinator’s responsibility is to ensure that all COVID related guidelines are being adhered to throughout the season for that team. This individual will not have any responsibilities that are specifically baseball related – instead, their role is to assist the team’s manager with tracking items such as temperature checks, health and safety of the team’s players and coaches, keeping track of baseballs that are being used in play, and all items listed below in these guidelines.

This Team COVID Coordinator will explicitly be responsible for ensure that they team is operating within the ULLL’s guidance – thus ensuring that the team is meeting the guidelines set out by Little League International, Commonwealth of Virginia and Loudoun County guidance as to how events (such as practices and games) must be conducted due to the impacts of COVID-19 on our community.

- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should only attend Little League activities with permission from a medical professional.<sup>2</sup>

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<sup>2</sup> SOURCED/ADAPTED FROM “BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC”



## 2020 Summer and Fall Practice / Game Guidelines

First, all parents/guardians and volunteers are required to adhere the guidelines listed before arriving to a team practices/games, before practices/games, during practices/games, after practices/games, and at home after leaving the field from practices/games.

### Before arriving to a Team Practice / Game

- Parents/Guardians/Team Volunteers – Before leaving your home, all players and volunteers participating in the team’s event must confirm that they have measured their body temperature to ensure that no fever is present nor the symptoms listed below prior to participating or attending each team activity.<sup>3</sup> Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend any Little League activity until cleared by a medical professional. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations. The following must be answered (in accordance with PRCS Requirements)<sup>4</sup>:

In the past 24 hours have you or anyone in your house had<sup>4</sup>:

- A temperature of 100°F or above?
- New cough that cannot be attributed to another health condition?
- New shortness of breath that cannot be attributed to another health condition?
- New sore throat that cannot be attributed to another health condition?
- Gastrointestinal symptoms (diarrhea, nausea, vomiting) that cannot be attributed to another health condition?
- New nasal congestion or new runny nose?
- New loss of smell and or taste?
- New muscle aches?
- Any other sign of illness?
- Contact with someone in the previous 14 days with confirmed diagnosis of COVID-19 or someone who is ill with a respiratory illness?

If you answered “yes” to any of these questions you are not permitted to participate. You should not return until you or your family member is fever and symptom-free, without the use of medication for the fever or symptoms for three days.<sup>4</sup>

If you answer “no” to any of these questions, you must provide your team’s COVID Coordinator and Manager with a form that is signed and provides proof that you and/or your player can participate in ULLL Activities for the day.<sup>3</sup> This form must be provided to and collected by your manager / team COVID coordinator before each team activity.

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<sup>3</sup> SOURCED FROM “COMMONWEALTH OF VIRGINIA: SAFER AT HOME: PHASE TWO GUIDELINES FOR ALL BUSINESS SECTORS”

<sup>4</sup> SOURCED FROM “LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES”



## 2020 Summer and Fall Practice / Game Guidelines (continued)

### Before arriving to a Team Practice / Game (continued)

- Parents/Guardians/Team Volunteers must ensure that persons with symptoms should stay home until [CDC criteria for ending isolation](#) have been met. Persons with severe symptoms may need to be evaluated by a healthcare provider.<sup>5</sup>
  
- Team Managers and COVID Coordinators need to ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation.<sup>6</sup> To do so, Team managers and COVID Coordinators must take note that all players & volunteers participating in the team's event have completed & documented the required COVID Check according to Loudoun County and Virginia Requirements.
  
- Team Managers must notify any spectator with any of the following conditions not to attend a practice or game until evaluated by a medical provider and given clearance to do so:<sup>6</sup>
  - Active COVID-19 infection
  - Known direct contact with an individual testing positive for COVID-19
  - Fever or Cough
  - 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:
    - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease.
    - Those currently residing in a nursing home or long-term care facility
    - Those over 65
  
- Important note: Per Commonwealth of Virginia Phase 2 guidelines, for outdoor youth recreational sports, Spectators of ULLL games are defined as only the parents, guardians, and caretakers who are supervising children playing in the sports event, and other children in the parent's, guardian's or caretaker's care.<sup>5</sup> In Phase 2, all other spectators are not allowed at ULLL activities.

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<sup>5</sup> SOURCED FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME: PHASE TWO GUIDELINES FOR ALL BUSINESS SECTORS"

<sup>6</sup> SOURCED/ADAPTED FROM "BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC"



## 2020 Summer and Fall Practice / Game Guidelines (continued)

### **Before Team Practices / Games**

#### *Field Preparation and Maintenance:*

- Team Managers / Assistant Coaches / Team COVID Coordinator – Fields should be raked and lined prior to teams and spectators arriving at the complex and after they depart. Volunteers already participating in the game (managers/coaches, umpires, and league administrators) are to perform these tasks to limit individuals at the site. All home managers are responsible for prepping the fields.<sup>7</sup>
- Team Managers / Assistant Coaches / Team COVID Coordinator – Any shared field preparation equipment must be sprayed or wiped with cleaner and disinfectant before and after each use.<sup>8</sup>

#### *Player Equipment:*

- Team Managers / Assistant Coaches / Team COVID Coordinator – Personal player bat bags/equipment bags are not allowed in the dugout. Player equipment must be spaced accordingly outside the dugout to prevent direct contact.<sup>8</sup>
- Team Managers / Assistant Coaches / Team COVID Coordinator – Players should have their own individual batter's helmet, glove, and bat.<sup>8</sup>
- Team Managers / Assistant Coaches / Team COVID Coordinator – Managers and the Team COVID Coordinator should enact measures to avoid, or minimize, equipment sharing. All team Volunteers should ensure enacted measures are followed.<sup>8</sup>
- Team Managers / Assistant Coaches / Team COVID Coordinator – If no player has their own Catcher's Equipment, the Team Manager must designate one (1) player that will use the team's provided equipment for the day. If there are two complete sets of team provided equipment, then the Team Manager can designate two (2) players to use each set (respectively) for the day. Only the designated player will use the team provided Catcher's equipment. After the team's event, the Team Manager will be responsible to for ensuring that all surfaces of each piece of shared equipment are 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.<sup>8</sup>

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<sup>7</sup> SOURCED/ADAPTED FROM "BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC"



## 2020 Summer and Fall Practice / Game Guidelines (continued)

### Before Team Practices / Games (continued)

#### *Arrival to Practices:*

- Team Managers and Team COVID Coordinator must ensure players/families/spectators are instructed not to show up to field more than 10 minutes before practice time. Team warmups must be done under the supervision of the Team Manager or Designated Assistant Coach (in the absence of the Team Manager). No throwing or other baseball-related interactions – on or off the field – are permitted.<sup>8</sup>
- Team Managers and Team COVID Coordinator must ensure that all player equipment is spaced out 10 ft apart **outside** the team’s dugout in a way that each player knows where their equipment is. It is recommended that parents/volunteers bring a chair for their player to sit in that can serve as the location for the player’s respective equipment and seating outside the dugout. Otherwise, Team Managers / COVID Coordinator are responsible for designating seating while maintaining player social distancing.<sup>9, 10</sup>
- If Team Managers and Team COVID Coordinator elect to use the benches and bleachers for seating, they must disinfect player benches and bleachers before use. Bleachers are for player use only.<sup>10</sup>

#### *Arrival to Game/Player Warm-up/Spectators:*

- Team Managers must ensure players/families/spectators are instructed not to arrive to fields more than 40 minutes before game time.<sup>9</sup>
- Team Managers – If there is a game or practice prior to your event, managers must encourage families and spectators 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.<sup>9</sup>
- Spectator/Parent/Guardian Pre-Game Arrival – Parents are asked to bring their own chairs, social distance and sit down the foul lines outside the fence or beyond the fence in the outfield.<sup>9</sup> Parents/Spectators must remain away from the extended dugout area at the field. The extended dugout area and parent/spectator viewing area at each field will be communicated to team managers.

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<sup>8</sup> SOURCED/ADAPTED FROM “BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC”

<sup>9</sup> SOURCED FROM “LOUDOUN COUNTY PRCS’S PLAY IT SMART GUIDELINES”



## Upper Loudoun Little League

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■ For outdoor youth recreational sports, spectators may not be present with the following exceptions: parents, guardians, and caretakers who are supervising children playing in the sports event, and other children in the parent's, guardian's or caretaker's care.

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## 2020 Summer and Fall Practice / Game Guidelines (continued)

### **Before Team Practices / Games (continued)**

- Team Managers are to remind all spectators to follow best social distancing practices and avoid direct hand or other contact with players/managers/coaches during play.<sup>11</sup>

Team Managers / Team COVID Coordinator – Kid Pitch Levels Only – Pre-Game Routines will be performed as follows:<sup>10</sup>

*Player Pre-Game Arrival – Kid Pitch Levels Only* – Will arrive to the field no earlier than 40 mins before the game. Team Manager and the Team COVID Coordinator will designate areas / ensure that all player equipment is spaced out 10 ft apart **outside** the team’s dugout in a way that each player knows where their equipment is. It is recommended that parents/volunteers bring a chair for their player to sit in that can serve as the location for the player’s respective equipment and seating outside the dugout. Otherwise, Team Managers / COVID Coordinator are responsible for designating seating while maintaining player social distancing.

*Batting Cage Usage – Kid Pitch Levels Only* – Each team will have 15 mins to use the batting cage:

- The home team will have access to the batting cage from 40 mins before game time until 25 mins before game time. The home team must completely clear the batting cage area at the end of the 15 minute period and not interact with the away team, coaches or spectators.
- The away team will have access to the batting cage from 20 mins before game time to 5 mins before game time. The away team must completely clear the batting cage area at the end of the 15 minute period and not interact with the home team, coaches or spectators
- **Important Note for Practices and Games:** Teams, spectators, nor anyone at the field will NOT start to use the batting cage 40 mins before game time nor before a team’s practice. The batting cage will be unavailable for use if there is an on-going game/practice at the field. Teams are not to interact with other teams at the field. Likewise, batting cages cannot be used until other game/practice has finished and all player and spectators have left the facility.

*Infield Usage – Kid Pitch Level Only* – Each team will have 15 mins to use the field:

- The away team will have access to the field from 40 mins before game time to 25 mins before game time. The away team must completely clear the field area at the end of the 15 minute period and not interact with the home team or its coaches.
- The home team will have access to the field from 20 mins before game time until 5 mins before game time 5 mins. The home team must completely clear the field area at the end of the 15 minute period and not interact with the away team or its coaches.

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<sup>10</sup> SOURCED/ADAPTED FROM “BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC”





## 2020 Summer and Fall Practice / Game Guidelines (continued)

### Before Team Practices / Games (continued)

Team Managers / Team COVID Coordinator – Coach Pitch / T-Ball Levels Only – Pre-Game Routines will be performed as follows: <sup>11</sup>

*Pre-Game Arrival – Coach Pitch / T-Ball Levels Only* – Will arrive to the field no earlier than 20 mins before the game. The Team Manager and the Team COVID Coordinator will designate areas / ensure that all player equipment is spaced out 10 ft apart **outside** the team’s dugout in a way that each player knows where their equipment is. Team Managers / COVID Coordinator are responsible for designating seating while maintaining player social distancing.

*Pre-Game Field Usage – Coach Pitch / T-Ball Levels Only:*

- Teams will arrive no more than 20 mins before the game to their respective side (Home Team, 1<sup>st</sup> Base Side; Away Team, 3<sup>rd</sup> Base Side)
- Teams will arrive no more than 20 mins before the game to their respective side (Home Team, 1<sup>st</sup> Base Side)
- Teams will concurrently warm-up throwing in their half of the outfield (Home Team, Right Field ONLY; Away Team, Left Field ONLY) 15 mins before the game
- Use of the batting cages / nets is not permitted

*Equipment Inspection:*

- Managers are responsible to see that their players are placing their individual 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.<sup>12</sup>

*Pre-Game “Plate” Meetings (Kid Pitch Division Only):*

- The pre-game “plate” meeting will be conducted as soon as all teams have left the field before the game. The meeting will be conducted around the pitcher’s mound in order to ensure social distancing of six (6) feet between individuals is implemented during all pre-game “plate” meetings between teams and umpires.<sup>12</sup>
- Plate meetings should only consist of one manager or coach from each team, and game umpires.<sup>12</sup>
- No players should ever be a part of plate meetings. <sup>12</sup>

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<sup>11</sup> SOURCED/ADAPTED FROM “BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC”

<sup>12</sup> SOURCED FROM “LOUDOUN COUNTY PRCS’S PLAY IT SMART GUIDELINES”



## 2020 Summer and Fall Practice / Game Guidelines (continued)

### During Team Practices / Games

#### *Limit League/Game Volunteers (Phase 2 Guidelines):*

- During Phase 2, Team Managers and Team COVID Coordinators must enforce that the total number of attendees (including both participants and spectators) of any ULLL summer activity is limited to 50 persons. To comply with this requirement, ULLL will permit each team to have one (1) parent/guardian per athlete to attend practices/games during Phase 2 – this requirement includes any parent or coach/volunteer.<sup>13</sup>

#### *Drinks and Snacks:*

- Athletes, managers/coaches, and umpires should bring their own personal drinks to all team activities. Players must not share water bottles, team coolers, personal or team equipment. Drinks must be labeled with the person's name.<sup>14,15</sup>
- Team Managers / Assistant Coaches are responsible to ensure that there is no use of shared or team beverages.<sup>15</sup>
- Team Managers / Assistant Coaches are responsible to ensure that teams do not share any snacks or food.<sup>15</sup> No one is permitted to bring food or snacks to the fields.

#### *Spitting, Sunflower Seeds, Gum, etc.:*

- The use of chewing gum and sunflower seeds is prohibited at the field.<sup>16</sup>
- The act of spitting is prohibited.<sup>16</sup>
- Team Managers / Assistant Coaches are to ensure that all players and coaches are refraining from spitting at all times, including in dugout areas, on the playing field or anywhere around the field.<sup>15</sup>

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<sup>13</sup> SOURCED FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME: PHASE TWO GUIDELINES FOR ALL BUSINESS SECTORS"

<sup>14</sup> SOURCED/ADAPTED FROM "BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC"

<sup>15</sup> SOURCED FROM "LOUDOUN COUNTY PRCS'S PLAY IT SMART GUIDELINES"



## 2020 Summer and Fall Practice / Game Guidelines (continued)

### During Team Practices / Games (continued)

#### *Personal Protective Equipment (PPE) and Dugouts:*

The requirements provided by Little League, Commonwealth of Virginia and Loudoun County PRCS are as follows:

- Indoor and outdoor recreational sports may occur if ten feet of physical distance can be maintained by all instructors, participants, and spectators, with the exception of incidental contact or contact between members of the same household. This applies during instruction and practice and during competitive events. Competition that involves close contact with other athletes must be avoided.<sup>16</sup>
- All players must social distance and wear a face covering when in the player dugout area. It is recommended that coaches wear face coverings when social distancing cannot be maintained.<sup>17</sup>
- Team Managers and Assistant Coaches should ensure that players are not wearing protective medical gloves on the field during game play.<sup>18</sup>
- 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/caretaker.<sup>19</sup>
- Team Managers and Assistant Coaches need to assign coaches, players and themselves 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, and are responsible that all players are to stay at their assigned spots when on the bench or while waiting their turn to bat.<sup>19</sup>
- Teams must provide hand sanitizer with at least 60% alcohol to players before and after each practice, scrimmage and or game.<sup>18</sup>

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<sup>16</sup> SOURCED FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME: PHASE TWO GUIDELINES FOR ALL BUSINESS SECTORS"

<sup>17</sup> SOURCED FROM "LOUDOUN COUNTY PRCS'S PLAY IT SMART GUIDELINES"

<sup>18</sup> SOURCED/ADAPTED FROM "BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC"



## 2020 Summer and Fall Practice / Game Guidelines (continued)

### During Team Practices / Games (continued)

#### *Personal Protective Equipment (PPE) and Dugouts (continued):*

To meet these requirements, ULLL requires the following:

- Prior to a practice or game, Team Managers / Assistant Coaches / Team COVID Coordinator must ensure that players and all player equipment is spaced out 10 ft apart **outside** the team's dugout in a way that each player knows where their equipment is.
- Players and Coaches must bring their own hand sanitizer to events and apply it after every time they come off the field. In the event that a player is unable to bring their own hand sanitizer, their parent/guardian must contact the Team Manager and Team COVID Coordinator so that they can assist players in meeting this requirement.
- Before / during / after the game, Team Managers and Assistant Coaches / Team COVID Coordinator will do the following:
  - Players and Managers/Assistant Coaches will remain 10' apart while in the dugout areas and at all times unless it is during the game play situations on the field.
  - Players should be spaced out as they enter/exit the dugout area (stay 10' apart)
  - During the team's at bat: Two coaches (max) will remain on the field, one coach will remain in the actual dugout, one coach will remain in the extended dugout area – to aid players moving in and out of the dugout area.
  - For players coming up to bat, the on-deck batter will enter the dugout area immediately prior to the at-bat; the batter in the hole will remain just outside the dugout area with their equipment on-ready to go. All other players in the extended dugout area must remain in their designated locations.

By following the above, both players and coaches should be able to follow the social distancing guidelines -- both on and off the field.



## 2020 Summer and Fall Practice / Game Guidelines (continued)

### During Team Practices / Games (continued)

#### *Baseballs:*

- Teams should play defense with their own set of balls to limit contact to one team per set of balls. Spectators should not touch or retrieve balls that go out of play. Umpires should not handle game balls.<sup>19</sup>
- Foul balls landing outside the field of play should be retrieved by participating players and designated team coaches from the defensive team. Catchers should retrieve passed balls where possible.<sup>20</sup>
- Managers are responsible to make sure all balls used in infield/outfield warm-up remain isolated from a shared ball container.<sup>21</sup>
- To meet these requirements, each team will supply their own baseballs from the dugout while their team is in the field:
  - ULLL will provide each team with two buckets – One for “Clean” game baseballs and One for “Dirty” game baseballs
  - Foul balls or baseballs to be returned to play must be wiped down before they are thrown back into play.
  - Wiped down baseballs can be placed in the “Clean” bucket to be used in the game.
  - Baseballs that have not been cleaned should be placed in the “Dirty” bucket until they are cleaned.

#### *No Handshakes/Personal Contact Celebrations:*

- 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.<sup>21</sup>

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<sup>19</sup> SOURCED FROM “LOUDOUN COUNTY PRCS’S PLAY IT SMART GUIDELINES”

<sup>20</sup> SOURCED/ADAPTED FROM “BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC”



## 2020 Summer and Fall Practice / Game Guidelines (continued)

### After Team Practices / Games

*Clean and Disinfect Shared Equipment and Surfaces:*

- Team Managers / Assistant Coaches / Team COVID Coordinator are responsible for cleaning AND disinfecting frequently touched surfaces after every practice / game on their respective sides of the field and in equipment sheds.<sup>21,22,23</sup>

*Leaving the Facility:*

- All Participants shall be responsible for leaving with any item that they brought to the field. Since all water bottles are to be labeled with the names of those using them and no food is allowed at the field, it's expected that players and coaches clean up after themselves and remove the items that they bring. Please understand that any items left at the field are to be thrown away and considered trash. **No player-related items or trash** shall be left in the equipment sheds, dugout, team areas or concession stands after a game.<sup>23, 24</sup>
- Team Managers / Assistant Coaches / Team COVID Coordinators will be required to walk around their team area at the field to make sure that all trash and items brought to the field are removed before leaving the field, preventing another team from coming into contact with items their team has left.<sup>23, 24</sup>
- Team Managers / Assistant Coaches / Team COVID Coordinator are responsible to ensure all players and families vacate the field/facility within 20 minutes or as soon as is reasonably possible after the conclusion of their practice/game to minimize unnecessary contact with players, coaches, and spectators from the next practice/game.<sup>24</sup>
- Team Managers shall adhere to the game / practice times they are provided by ULLL. These times are provided to ensure managers, coaches, and players of teams are not interacting with one another when there are back to back games / practices.

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<sup>21</sup> SOURCED FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME: PHASE TWO GUIDELINES FOR ALL BUSINESS SECTORS"

<sup>22</sup> SOURCED FROM "LOUDOUN COUNTY PRCS'S PLAY IT SMART GUIDELINES"

<sup>23</sup> SOURCED/ADAPTED FROM "BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC"



## 2020 Summer and Fall Practice / Game Guidelines (continued)

### At Home After Practices / Games

- All shared items must be disinfected between each use to the extent practicable. <sup>24</sup>
- Team Managers and Team COVID Coordinator are to ensure each player's equipment (e.g. bags, helmets, bats, gloves, etc.) is cleaned and disinfected after each use by a parent / guardian / caretaker, where applicable. <sup>25</sup>
- 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 the reach of children. <sup>26</sup>
- Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles. <sup>26</sup>
- 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 use 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). <sup>26</sup>

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<sup>24</sup> SOURCED FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME: PHASE TWO GUIDELINES FOR ALL BUSINESS SECTORS"

<sup>25</sup> SOURCED/ADAPTED FROM "BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC"



## 2020 Summer and Fall Local Rule Updates

In order to conduct both the Summer and Fall Seasons with the guidelines above in mind, ULLL is making the following local rule adjustments. These Local Rule changes will be provided with the total list of Local rules for each division separately:

### **Kid Pitch Division Rule Changes (Summer / Fall)**

1. Teams will define their catchers before the game. Designated catchers can use team provided catchers gear or use their own catchers gear. In doing so, all of the catcher's gear will be provided to the player with their personal equipment before the game. Players are not to use any catchers gear that has been used by any other player during the game. Only one catcher per set of catcher's gear will be permitted during any game.
2. Coaches or the Active Catcher (in their full gear) will be able to warm up pitchers – both on the field or in the bullpen.
3. Continuous Batting Order will be used in all divisions.

### **Summary of Summer Divisions (includes Local Rules above):**

- Summer Majors            2020 Spring Majors Rules with a continuous batting order
- Summer AAA            2020 Spring AAA Rules
- Summer AA            2020 Spring AA Rules; 2<sup>nd</sup> base rule will be removed after 3<sup>rd</sup> game
- Summer Rookies        2020 Spring Rookies Rules
- If Summer Minors (combined AA/AAA) – 2020 Spring AAA Rules

### **Summary of Fall Divisions (includes Local Rules above):**

- Fall Majors            2019 Fall Majors Rules
- Fall Minors            2019 Fall Minors Rules
- Fall Rookies            2020 Spring Rookies Rules
- Fall Coach Pitch        Modified 2020 Spring Coach Pitch Rules (Updates coming)
- Fall T-Ball            Modified 2020 Spring T-Ball Rules (Updates coming)





## Safety and COVID-19 Action Plan and Reporting

In addition to the guidelines / requirements above and in order to permit players to resume play, ULLL must adhere to the guidelines set forth by the Little League, Commonwealth of Virginia and Loudoun County in terms of public gatherings, organized youth sports, and sporting events for a safe to return to baseball activities.

The following are a set of standards for maintaining safety and Addressing and Reporting COVID-19 Cases. As these standards change, we will update this document.

### *Field Prep and Post-Game Cleaning Activities*

- Team Managers / Assistant Coaches / Team COVID Coordinator are responsible for cleaning AND disinfecting frequently touched surfaces after every practice / game on their respective sides of the field and in equipment sheds.<sup>26,27,28</sup>
- Clean surfaces and objects using soap and water prior to disinfection. Always wear gloves appropriate for the chemicals being used for routine cleaning and disinfecting. Follow the directions on the disinfectant label for additional PPE needs. When you finish cleaning, remember to wash hands thoroughly with soap and water.<sup>29</sup>
- Disinfect frequently touched surfaces with appropriate cleaning or disinfectant products<sup>29</sup>
  - EPA approved disinfectants, when applied according to the manufacturer's label, are effective for use against COVID-19. Follow the instructions on the label for all cleaning and disinfection products for concentration, dilution, application method, contact time and any other special considerations when applying.<sup>29</sup>
  - When [EPA-approved disinfectants](#) are not available, alternative disinfectants can be used (for example, 1/3 cup of bleach added to 1 gallon of water, or 70% alcohol solutions). Do not mix bleach or other cleaning and disinfection products together--this can cause fumes that may be very dangerous to breathe in. Keep all disinfectants out of the reach of children.<sup>29</sup>

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<sup>26</sup> SOURCED FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME: PHASE TWO GUIDELINES FOR ALL BUSINESS SECTORS"

<sup>27</sup> SOURCED FROM "LOUDOUN COUNTY PRCS'S PLAY IT SMART GUIDELINES"

<sup>28</sup> SOURCED/ADAPTED FROM "BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC"



## **Safety and COVID-19 Action Plan and Reporting (continued)**

### *Field Prep and Post-Game Cleaning Activities (continued)*

- Always follow the directions on the label<sup>29</sup>
  - Follow the instructions on the label to ensure safe and effective use of the product. Many product labels recommend keeping the surface wet for a specific amount of time. The label will also list precautions such as wearing gloves and making sure you have good ventilation during use of the product. Keep all disinfectants out of the reach of children.<sup>30</sup>
- Information regarding where cleaning and disinfecting products are located at each facility will be relayed to all managers. Instructions on the proper use of all disinfecting products will be stored with all disinfecting and cleaning materials.<sup>30</sup>

### *Concession Stands:*

- No food or concession sales should be opened at ULLL facilities.<sup>30</sup>
- No food or snacks will be permitted at the fields during ULLL events.
- Only drinks will be allowed at ULLL events (games / practices).

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<sup>29</sup> SOURCED/ADAPTED FROM "BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC"



## **Safety and COVID-19 Action Plan and Reporting (continued)**

### *Post Information to Promote Everyday Preventive Actions*

- ULLL will work with Loudoun PRCS to display posters and signs throughout the park to frequently remind visitors to take steps to prevent the spread of COVID-19. These messages may include information about:<sup>30</sup>
  - Staying home if you are sick or do not feel well, & what to do if you're sick or feel ill
  - Using social distancing and maintaining at least six (6) feet between individuals in all areas of the park
  
- ULLL will work with Loudoun PRCS to post signage at the entrance, or highly visible area, of all facilities used that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.<sup>31</sup>
  
- ULLL will work with Loudoun PRCS to post signage to provide public health reminders regarding physical distancing, gatherings, options for high risk individuals, and staying home if sick:<sup>32</sup>
  - People 65 years and older
  - People who live in a nursing home or long-term care facility
  - People of all ages with underlying medical conditions, particularly if not well controlled, including:
    - People with chronic lung disease or moderate to severe asthma
    - People who have serious heart conditions
    - People who are immunocompromised
    - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
    - People with severe obesity (body mass index [BMI] of 40 or higher)
    - People with diabetes
    - People with chronic kidney disease undergoing dialysis
    - People with liver disease

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<sup>30</sup> SOURCED/ADAPTED FROM "BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC"

<sup>31</sup> SOURCED FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME: PHASE TWO GUIDELINES FOR ALL BUSINESS SECTORS"



## Safety and COVID-19 Action Plan and Reporting (continued)

### *Facility Occupancy Limits & Regulations*

- During Phase 2, Team Managers and Team COVID Coordinators must enforce that the total number of attendees (including both participants and spectators) of any ULLL summer activity is limited to 50 persons. To comply with this requirement, ULLL will permit each team to have one (1) parent/guardian per athlete to attend practices/games during Phase 2 – this requirement includes any parent or coach/volunteer.<sup>32</sup>
- If there is a game or practice prior to a team’s event, team managers must encourage families and spectators 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.<sup>33</sup>
- Parents are asked to bring their own chairs, social distance and sit down the foul lines outside the fence or beyond the fence in the outfield.<sup>34</sup> Parents/Spectators must remain away from the extended dugout area at the field. The extended dugout area and parent/spectator viewing area at each field will be communicated to team managers.
- Team Managers are to remind all spectators to follow best social distancing practices and avoid direct hand or other contact with players/managers/coaches during play.<sup>34</sup>
- Spectator with any of the following conditions will be notified not to attend a practice or game until evaluated by a medical provider and given clearance to do so:<sup>34</sup>
  - Active COVID-19 infection
  - Known direct contact with an individual testing positive for COVID-19
  - Fever or Cough
  - 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:
    - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease.
    - Those currently residing in a nursing home or long-term care facility
    - Those over 65

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<sup>32</sup> SOURCED FROM “COMMONWEALTH OF VIRGINIA: SAFER AT HOME: PHASE TWO GUIDELINES FOR ALL BUSINESS SECTORS”

<sup>33</sup> SOURCED/ADAPTED FROM “BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC”

<sup>34</sup> SOURCED FROM “LOUDOUN COUNTY PRCS’S PLAY IT SMART GUIDELINES”



## Safety and COVID-19 Action Plan and Reporting (continued)

### *Addressing/Reporting COVID-19 Cases*

- In the event a player, volunteer or spectator shows symptoms of COVID-19 during a practice or game, the affected party should leave / be removed from the grounds immediately and the event should be suspended with all in attendance being sent home.
  - The affected party should only be transported by a parent or guardian to their home or to a healthcare facility.<sup>35</sup>
  - If no parent or guardian is present the team manager is required to stay with the child observing social distancing procedures until a parent or guardian can arrive or the child needs to be transported by ambulance.
  - In the event an ambulance is needed, try to call first to alert them that the person may have COVID-19 as well as contact the guardian if a minor.<sup>36</sup>
  
- All managers need to check in weekly with players to see if they have been exposed or diagnosed with COVID-19
  - If a player has been exposed the manager needs to immediately reach out to the ULLL COVID-19 POCs ([safety@ulll.org](mailto:safety@ulll.org)) and the ULLL Information Officer ([information@ulll.org](mailto:information@ulll.org))
  
- In the event of a COVID-19 possible exposure during league activities, the league will:
  - Notify Loudoun County Health Human Services
    - 703-777-0234 (M-F)
    - 703-771-5829 after hours
  - Notify Loudoun Parks, Recreation, and Community Services POC
  - Conduct a review of the situation by a subset of the ULLL Board of Directors
  - Take appropriate action to notify all league families potentially affected

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<sup>35</sup> SOURCED FROM "COMMONWEALTH OF VIRGINIA: SAFER AT HOME: PHASE TWO GUIDELINES FOR ALL BUSINESS SECTORS"



## Communications / Website Information

Please note that as guidance changes on how to conduct baseball related activities in a safe manner, this document will be updated accordingly.

This document, which describes the ULLL's 2020 "Return to Play" plan, will be posted on the ULLL Website and emailed to our league's families before the start of the 2020 Summer Season.

If you have any questions / comments / concerns about this document, please reach out to the ULLL Information Officer ([information@ulll.org](mailto:information@ulll.org)) and they will direct your questions accordingly.