



Upper Loudoun Little League (ULLL)

2021 Return to Play Plan (v2.2)

May 2021



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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 worked to develop a “return to play” plan for the Summer 2020 (ULLL Return to Play Plan v1.3) and Fall 2020 (ULLL Return to Play Plan v1.4) seasons. This updated plan for the Spring 2021 season (v2.0 through v2.2) 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 fall.

This (v2.1) updated document (revised to only include information for the Spring 2021 season) is broken down into seven (7) sections:

- a) 2021 Spring Season Overview
- b) Player and Volunteer Registration Process
- c) 2021 Spring Assessments and Team Draft Process
- d) 2021 Spring Practice & Game Guidelines
- e) 2021 Spring 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 Safety Officer (safety@ulll.org) and/or ULLL Information Officer (information@ulll.org) and they will direct your questions accordingly.



2021 Spring Season 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 2021 Spring Season, planned to start in mid-March 2021. Information on the Spring Season can be found on the ULLL's new website at: <http://www.ulll.org/program-info/spring-season/>

That being said, due to the risks posed by COVID-19, ULLL plans to make some modifications to the Spring Season:

- First, Spring Assessments will be held outside this year for players participating in the Kid Pitch divisions.
- Spring Assessments will be run by the ULLL Board Members and Volunteers.
- Managers will be selected and they will work with the ULLL to compose teams. These teams will be composed of 11 players. Managers will be provided field allocations throughout the spring season period.
- ULLL will offer divisions at the following levels for the 2021 Spring Season:
 - T-Ball (Baseball Ages 4-6)
 - Coach Pitch (Baseball Ages 6-8, and eligible 5 yr olds)
 - Rookies (Baseball Ages 8-9, and eligible 7 yr olds)
 - AA Minors (Baseball Ages 8-11)
 - AAA Minors (Baseball Ages 9-12, where 12 yr olds "Opt Out" of the Majors Division)
 - Majors (Baseball Ages 9-12)
- Player drafts will be performed as follows:
 - Majors will be done by league (AL, NL)
 - AAA Minors will likely be done by Area, though could be done by league
 - AA Minors / Rookies / CP / T-Ball will be drafted by area
- As of the update of the document (v2.1, March 2021), the ULLL is holding the Spring 2021 season.
- Each player will be provided jerseys and a team hat. Player numbers and jersey sizes will be selected by the manager-based information provided.
- Practice / Game Guidelines and Local Rules for this Spring Season have been updated to enable teams to meet the anticipated 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.



Player and Volunteer Registration Process

Players and volunteers needed to register to participate in the 2021 Spring Season.

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 for 2021 will be required to register on the ULLL's website. The link to this page is: <http://www.ulll.org/volunteer-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 for the Spring Season.

Parents / guardians and/or Volunteers unwilling to abide by the ULLL's requirements will not be allowed to participate in ULLL-related activities. These requirements are designed 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.



2021 Spring Assessments and Team Draft Process

At this time, the ULLL is planning to modify this year's Assessment process for the 2021 Spring Season to aid managers in selecting teams this Spring. Currently, the ULLL is planning to perform the assessments for some players in order to aid managers in selecting teams. At this time, the ULLL is planning to have two sets of assessments:

- The first set of assessments are being planned for the weekend of 27-28 February at Haske Field for players interested in playing in the ULLL's AAA and Majors Divisions
- The second set of assessments are being planned for the weekend of 6-7 March at Haske Field for players interested in playing in the ULLL's Rookies and AA Divisions.

These assessments will have stations (Pitching, Fielding, Hitting) and have ULLL Board Members and Volunteers running the stations and assessing the players. After these assessments, ULLL will assemble all of the information for managers (including teams players participated on in previous ULLL seasons) to aid them in their selection process for the 2021 Spring season to draft players.

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 Fall Minors Division, they can be drafted to teams in the Spring AA / AAA / Majors Divisions. Note: Since the Fall Majors division is similar to the Spring AAA Division, players that participated in the Fall Majors division **may not** be drafted to the Spring Majors division unless they've participated in the Spring Majors division in the past. If you have questions about the team drafting process, please reach out to the ULLL's Player Agent (playeragent@ulll.org) for more information.



2021 Spring Practice and Game Guidelines

As Upper Loudoun Little League plans to return 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 2021 Spring season. Please note that these guidelines are based on the information ULLL was provided from Little League International, the Commonwealth of Virginia and Loudoun County Parks, Recreation and Community Services (PRCS) to enable baseball activities in 2020. The ULLL is planning its 2021 Spring Season based on the guidelines used in the Fall 2020 Developmental Season. 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), the ULLL COVID-19 POC (safety@ulll.org), and ULLL Player Agent (playeragent@ulll.org).

2021 Spring Season General Guidelines

- *All participants in ULLL activities must stay home if you are sick!*¹
- 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/>)

¹ SOURCED FROM "LOUDOUN COUNTY PRCS'S PLAY IT SMART GUIDELINES"



2021 Spring 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.²

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



2021 Spring 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.³ 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)⁴:

In the past 24 hours have you or anyone in your house had⁴:

- 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.⁴

If you answer “no” to any of these questions, you must complete the COVID form in your team’s Team Snap site so that your team’s COVID Coordinator and Manager has proof that you and/or your player can participate in ULLL Activities for the day.³ This form must be completed before each team activity.

³ SOURCED FROM “COMMONWEALTH OF VIRGINIA: EXECUTIVE ORDER 72”

⁴ SOURCED FROM “LOUDOUN COUNTY PRCS: PLAY IT SMART GUIDELINES”



2021 Spring 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.⁵

- 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.⁶ 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:⁶
 - 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 latest guidelines (released in March 2021), 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.⁵ Currently, all other spectators are not allowed at ULLL activities. Note: Per updated Loudoun County PRCS guidelines, at all school/park sites, Parents/Spectators are currently are required to wear masks.

⁵ SOURCED FROM "COMMONWEALTH OF VIRGINIA: EXECUTIVE ORDER 72"

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



2021 Spring 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.⁷

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.⁷
- **Team Managers / Assistant Coaches / Team COVID Coordinator** – Players should have their own individual batter's helmet, glove, and bat.⁷
- **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.⁷
- **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.⁷

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



2021 Spring 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.⁸
- 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.^{8,9}
- 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.⁹

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. 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.⁹
- 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.⁹ 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. Per updated PRCS guidelines, at all school/park sites, Parents/Spectators are currently are required to wear masks.
- 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.

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

⁹ SOURCED FROM “LOUDOUN COUNTY PRCS’S PLAY IT SMART GUIDELINES”



2021 Spring 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.¹⁰

Team Managers / Team COVID Coordinator – Player Pre-Game Arrival: Teams will arrive to the field no earlier than 60 mins before the game and follow ULLL’s 2021 Spring Pre- and Post-Game Expectations (Updated) for pre- and post-game field usage. 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.

- **Important Note for Practices and Games:** Teams, spectators, nor anyone at the field will NOT start to use the batting cage 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.

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.¹⁰

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.¹⁰
- Plate meetings should only consist of one manager or coach from each team, and game umpires.¹⁰
- No players should ever be a part of plate meetings.¹⁰

¹⁰ SOURCED FROM “LOUDOUN COUNTY PRCS’S PLAY IT SMART GUIDELINES”



2021 Spring Practice / Game Guidelines (continued)

During Team Practices / Games

Limit League/Game Volunteers (Phase 3 Guidelines):

- At this time, Team Managers and Team COVID Coordinators must enforce that the total number of attendees (including both participants and spectators) of any ULLL fall activity is limited to 250 persons. To comply with this requirement, ULLL will permit each team to have at most ten (10) spectators per athlete to attend games at this time – this requirement includes any parent or coach/volunteer. Note: ULLL will permit at most two (2) spectators per athlete to attend team practices. Again, spectators 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. Per updated PRCS guidelines, at all school/park sites, Parents/Spectators are currently are required to wear masks.¹¹

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.^{12,13}
- Team Managers / Assistant Coaches are responsible to ensure that there is no use of shared or team beverages.¹³
- Team Managers / Assistant Coaches are responsible to ensure that teams do not share any snacks or food.¹³ 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.¹³
- The act of spitting is prohibited.¹³
- 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.¹³

¹¹ SOURCED FROM “COMMONWEALTH OF VIRGINIA: EXECUTIVE ORDER 72”

¹² SOURCED/ADAPTED FROM “BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC”

¹³ SOURCED FROM “LOUDOUN COUNTY PRCS’S PLAY IT SMART GUIDELINES”



2021 Spring 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.¹⁴
- All players must social distance and wear a face covering when in the player dugout area. Coaches, Umpires and other Volunteers must wear face coverings when social distancing cannot be maintained or when they are within ten feet of another individual.¹⁵
- Team Managers and Assistant Coaches should ensure that players are not wearing protective medical gloves on the field during game play.¹⁶
- 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.¹⁶
- 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 ten 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.¹⁵
- Teams must provide hand sanitizer with at least 60% alcohol to players before and after each practice, scrimmage and or game.¹⁶
- Per updated PRCS guidelines, at all school/park sites, Parents/Spectators/Guardians are currently are required to wear masks.

¹⁴ SOURCED FROM "COMMONWEALTH OF VIRGINIA: EXECUTIVE ORDER 72"

¹⁵ SOURCED FROM "LOUDOUN COUNTY PRCS'S PLAY IT SMART GUIDELINES"

¹⁶ SOURCED/ADAPTED FROM "BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC"



2021 Spring 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 will remain 10' apart while in the dugout areas and at all times unless it is during the game play situations on the field – otherwise they must wear face coverings since social distancing cannot be maintained.
 - Managers, Assistant Coaches, Umpires, and other Volunteers must wear face coverings when social distancing cannot be maintained or when they are within ten feet of another individual.
 - 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.



2021 Spring Practice / Game Guidelines (continued)

After Team Practices / Games

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.¹⁷

Leaving the Facility:

- 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.¹⁸
- 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.^{17,18}
- 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.^{17,18}
- 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.
- 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.

¹⁷ SOURCED/ADAPTED FROM "BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC"

¹⁸ SOURCED FROM "LOUDOUN COUNTY PRCS'S PLAY IT SMART GUIDELINES"



2021 Spring Practice / Game Guidelines (continued)

At Home After Practices / Games

- 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.¹⁹
- 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.¹⁹
- Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.¹⁹
- 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).¹⁹

¹⁹ SOURCED/ADAPTED FROM "BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC"



2021 Spring Local Rule Updates

In order to conduct the Spring Season 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 (Spring)

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.

Summary of Spring 2021 Divisions (includes Local Rules above – see ULLL.org website):

- Majors Modified 2019 Spring Majors Rules
- AAA Minors 2020 Summer AAA Minors Rules
- AA Minors 2020 Summer AA Minors Rules
- Rookies 2020 Fall Rookies Rules
- Coach Pitch 2020 Fall Coach Pitch Rules
- T-Ball 2020 Fall T-Ball Rules



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.^{20,21}
- 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.²¹
- Disinfect frequently touched surfaces with appropriate cleaning or disinfectant products²⁹
 - 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.²¹
 - 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.²¹

²⁰ SOURCED FROM "LOUDOUN COUNTY PRCS'S PLAY IT SMART GUIDELINES"

²¹ 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 label²²
 - 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.²²
- 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.²²

Concession Stands:

- No food or concession sales should be opened at ULLL facilities.²²
- No food or snacks will be permitted at the fields during ULLL events.
- Only drinks will be allowed at ULLL events (games / practices).

²² 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:²³
 - 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.²⁴

- 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:²⁴
 - 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

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

²⁴ SOURCED FROM "COMMONWEALTH OF VIRGINIA: EXECUTIVE ORDER 72"



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

Facility Occupancy Limits & Regulations

- At this time, Team Managers and Team COVID Coordinators must enforce that the total number of attendees (including both participants and spectators) of any ULLL fall activity is limited to 250 persons. To comply with this requirement, ULLL will permit each team to have at most ten (10) spectators per athlete to attend games at this time – this requirement includes any parent or coach/volunteer. Note: ULLL will permit at most two (2) spectators per athlete to attend team practices. Again, spectators 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.²⁵

- 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.²⁶

- 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.²⁷ 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.²⁷

- 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:²⁷
 - 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

²⁵ SOURCED FROM “COMMONWEALTH OF VIRGINIA: EXECUTIVE ORDER 72”

²⁶ SOURCED/ADAPTED FROM “BEST PRACTICES ON ORGANIZING, PLAYING, AND WATCHING LITTLE LEAGUE BASEBALL AND SOFTBALL DURING THE CORONAVIRUS PANDEMIC”

²⁷ 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. ²⁸
 - 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.

- 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) and the ULLL Information Officer (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

²⁸ SOURCED FROM "COMMONWEALTH OF VIRGINIA: EXECUTIVE ORDER 72"



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.

Previous versions of this document, which describes the ULLL's 2020 "Return to Play" plan, was posted on the ULLL Website and emailed to our league's families before the start of the 2020 Summer and Fall Seasons respectfully. The updated version of this document – the ULLL's 2021 "Return to Play" plan (v2.1) for the Spring 2021 season – was sent to all parents in March 2021 as a reminder of the ULLL's COVID-related planning and rules for the Spring 2021 season.

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