



Robbinsville Rampage Travel Softball

Robbinsville Rampage COVID-19 Mitigation Plan for Season Resumption

November 6, 2020

PURPOSE

Robbinsville Rampage consistently references all CDC, Federal, State, County and Township guidelines, along with guidance from Little League International, in creating a COVID-19 mitigation plan to maintain a safe environment while enjoying Little League activities. This document will outline newly adopted policies relating to COVID-19 enabling the resumption of the 2020 season. The Team Manager will be the Point-of Contact for all COVID-19 related concerns.

GENERAL GUIDANCE

Wash Your Hands Often:

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Leagues are encouraged to provide handwashing stations and/or hand sanitizer, if possible.
- Avoid touching your eyes, nose, and mouth.
- Players are highly encouraged to bring their own hand sanitizer for personal use. Hand sanitizer should be placed in areas prone to gathering high traffic.

Cover Your Mouth and Nose with a Cloth Face Covering When Around Others:

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face covering when they have to go out in public, for example in public areas around your Little League fields and parks.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face covering is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker, as it is important for these facemasks are available for those professionals needing that personal protective equipment.
- Continue to keep six feet between yourself and others. The cloth face covering is not a substitute for social distancing.
- All coaches and volunteers are encouraged to wear cloth facial coverings while participating in any Little League practices or games.

Cover Coughs and Sneezes:

- Throw used tissues in the trash immediately.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60 percent alcohol.

Social Distancing:

- All players, coaches, volunteers, independent contractors, and spectators should practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas. For situations when players are engaging in the sports activity, see On-Field Guidance below for more information.
- Avoid close contact with people who are sick.
- Stay home as much as possible.

Self-monitoring and quarantine:

- All players, coaches and volunteers will measure their body temperature to ensure that no fever is present prior to participating in each activity.
- In addition, all players, coaches and volunteers must answer a health questionnaire prior to each practice or game.
- 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 (CDC: [Resource: If You Are Sick or Caring for Someone | PDF Download](#)).
- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory conditions should only attend activities with permission from a medical professional.

ON-FIELD GUIDANCE

Healthy Practices:

1. All players and coaches should practice good general health habits, including maintenance of adequate hydration, consumption of a varied, vitamin-rich diet with sufficient vegetables and fruits, and getting adequate sleep.

No Handshakes/Personal Contact Celebrations:

- Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This includes refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. Little League International suggests lining up outside the dugout and tipping caps to the opposing team as a sign of good sportsmanship after a game.
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game, ideally within 15 minutes.

Drinks and Snacks:

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

Personal Protective Equipment (PPE):

- All managers/coaches, volunteers, umpires, etc., should wear PPE whenever applicable and possible, such as cloth face coverings.
- Players should wear cloth face coverings during downtime and not on the field of play, when in close contact areas and in places where recommended social distancing is challenging or not feasible. Players should not wear protective medical gloves on the field during game play.
- 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.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Dugouts:

- Dugouts will remain off limits for players while the COVID-19 mitigation plan is in effect at Tantum Park until RLL re-opens them again. We will follow all facility specific rules when traveling to away games.
- Player families should be assigned spots so that they are at least 10 feet apart between families and must be placed behind each of the fence lines.
- While waiting for their turn to bat, players will remain with their family until next at bat. Players are to stay at their assigned spots while waiting their turn to bat.
- Managers/coaches should wear a cloth face covering while in the dugout.

Player Equipment:

- No personal player bat bags/equipment bags should be allowed in the dugout. Player equipment should be spaced accordingly outside the dugout to prevent direct contact.
- Players should have their own individual batter's helmet, glove, bat, and catcher's equipment.
- Measures shall be enacted to avoid, or minimize, equipment sharing when feasible
- 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 being used by a new player. Increased attention should be paid to detailed cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent/guardian/caretaker, where applicable.
- Individuals disinfecting equipment are encouraged to use gloves while using disinfectants and follow the manufacturer's directions for use. All disinfectants should be stored properly, in a safe area, out of reach of children.

Baseballs and Softballs:

- Baseballs and softballs should be rotated through on a regular basis, at least every half inning, to limit individual contact. Baseballs and softballs should be disinfected prior to going back into use again.

- Each team will use their own set of baseballs and softballs to limit contact between teams.
- Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
- Balls used in infield/outfield warm-up should be isolated from a shared ball container.
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball.

Spitting, Sunflower Seeds, Gum, etc.:

- Sunflower seeds, gum, chewing tobacco, etc., are not permitted.
- All players and coaches are to refrain from spitting at all times.

GAME OPERATIONS AND UMPIRE GUIDANCE

Pre-Game Plate Meetings:

- If possible, plate meetings should be eliminated.
- Social distancing of six feet between individuals should be implemented during all pre-game plate meetings between teams and umpires.
- Plate meetings should only consist of one manager or coach from each team, and game umpires.
- All participants should wear a cloth face covering.
- No players should ever be a part of plate meetings.

Equipment Inspection:

- Players should place 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 percent alcohol after the inspection of each individual piece of equipment.

Limit Game Volunteers:

- For each game, there should only be the required team managers/coaches, umpires in attendance.
- Practices should be limited to the managers/coaches and players.
- Scorekeeping should be done by team coaches or team parent/guardian. Proper social distancing should be practiced.
- Press boxes should not be utilized unless there is ample room for social distancing to occur within them.

Field Preparation and Maintenance:

- Fields should be raked, and lined by a limited number of parents/coaches prior to teams and spectators arriving at the complex and after they depart. Trash collection will follow facility specific rules.
- It is recommended that any shared field preparation equipment be sprayed or wiped with cleaner and disinfectant before and after each use.

Umpire Placement:

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

FACILITY, FAN AND ADMINISTRATIVE GUIDANCE

CDC Resources:

- [Reopening Guidance for Cleaning and Disinfecting Public Spaces](#)
- [Guidance for Cleaning and Disinfecting \(PDF Download\)](#)
- [Guidance for Administrators in Parks and Recreation Facilities](#)
- [Visiting Parks and Recreation Facilities](#)

Clean and Disinfect Shared Equipment and Surfaces:

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

Spread Out Scheduling of Practices and Games:

- Administrators will schedule sufficient time between practices and games to facilitate the complete evacuation of individuals from a previous practice or game from the premises before the next group enters.
- Players/families/spectators are instructed not to show up to fields more than 40 minutes before game time.
- Where possible, individuals should enter the complex through one point of entry and exit through another.
- Arrivals to the complex can be scheduled to help ensure a large number of individuals are not arriving at the same time.
- If there is a game or practice prior to your event, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
- On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes.
- Ensure that practices and games follow all local and state directives regarding the number of people allowed to gather in one place.

Limiting Spectator Attendance:

- All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; wear a cloth face covering; avoid direct hand or other contact with players/managers/coaches during play.
- Spectators should spread out along the fence lines at least 10' apart to maintain social distancing between family groups. All bleachers will be off limits for public use at Tantum Park until RLL opens them again.

- There will be no spectators seated or standing in the area between each of the dugouts and behind the backstop.
- The host team or facility owner reserves the right to limit attendance to help monitor social distancing.
- Spectators should bring their own seating or portable chairs when possible.
- A spectator with any of the following conditions should not attend a practice or game until evaluated by a medical provider and given clearance to do so:
 - Active COVID-19 infection
 - Known direct contact with an individual testing positive for COVID-19
 - Fever
 - 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, immunocompromised, chronic kidney disease, and chronic lung disease.
 - Those currently residing in a nursing home or long-term care facility
 - Those over 65

Public Restrooms:

- Access to public restrooms should be limited to avoid overcrowding.
- A "one-in-one-out" policy, where only one individual is permitted within the restroom at one time, should be observed to ensure adequate distancing in the confined restroom space.
- Restrooms should be disinfected on a regular basis. Facility specific rules will apply for disinfecting
- Public water fountains or refillable water stations should not be used, and should be turned off to discourage use, if possible.

Concession Stand:

- Concession stands should meet requirements for outdoor dining outlined in NJ Executive Order Number 150 (2020) and NJ Department of Health Executive Directive Number 20-014.

- Families are encouraged to bring their own food/beverages.

Post Information to Promote Everyday Preventive Actions:

- 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:
 - Staying home if you are sick or do not feel well, and what to do if you're sick or feel ill.
 - Using social distancing and maintaining at least six feet between individuals in all areas of the park.
 - The [CDC has downloadable resources available](#) to post at public places; and leagues are encouraged to utilize additional resources from their state or local authorities.

INDOOR BATTING CAGES COVID-19 USE & CLEANING PROTOCOLS

Operating Restrictions and Protocols:

- As of 10/13/2020, NJ Executive Order 187 has limited occupancy of any indoor premises for practices to 25% of the stated maximum capacity. **The RLL indoor cages will be limited to 18 players a time while COVID-19 restrictions are in place.**
- **Non-participating persons (parents, guardians, etc.) will be not allowed in the indoor cages while practices are being held. They will be expected to remain outside of the building at all times.**
- In addition to capacity restrictions, social distancing protocols should be maintained for participants.
- A temperature screening and health questionnaire will be conducted for all players & coaches upon entrance to the facility.
- All coaches are required to wear face coverings within the indoor portion of the premises, except where doing so would inhibit that individual's health.
- Athletes should wear cloth or disposable face coverings when not engaging in vigorous activity, such as when sitting on the bench, when interacting with an athletic trainer, etc. Face coverings are not required when persons are engaged in high intensity aerobic

or anaerobic activities. Face coverings should not be worn when doing so may endanger the individual's health. When face coverings are not worn, efforts should be made to maintain at least 6 feet from others.

- If a coach or trainer refuses to wear a face covering for non-medical reasons, they will be refused entry to the indoor cage.
- Hand sanitizer shall be utilized before, during and after practices. Travel organizations must supply their own hand sanitizer for their players and coaches.
- Player equipment bags must be placed a minimum of 6' apart
- No food will be permitted in the building
- Doors should be kept open where possible to improve ventilation and air circulation.
- There will be a 15-minute break between scheduled practices to allow for disinfecting and time for the exiting group to clear out before the next group arrives.
- Assigned time slots are only allowed to be in the cage during their assigned practice time. Teams cannot arrive early or leave late.
- Coaches will maintain a log of all participants that attended each practice held in the cages for contact tracing purposes.
- Anyone using the restroom shall use the provided spray bottle to disinfect the area prior to exiting. Coaches will be responsible for making sure the bathroom is disinfected after each use and at the end of the practice session.
- Applicable signage will be displayed in and around the facility
- All travel organizations cannot use any of the equipment in the cage designated for Little League use, they must bring their own.

Cleaning Protocols:

- Upon completing a practice, coaches shall disinfect all frequently touched surfaces and objects in the facility. This includes:
 - Doorknobs
 - Light switches
 - Handles (includes Job Boxes & gates)
 - Bathroom area (faucet, sink & toilet)
 - Locks
 - Benches
 - L-screens (if applicable)

- Utilize the spray bottle of [Spartan Chemical's TB-Cide Quat](#) to disinfect all areas listed above
 - The user must wear the provided safety eyewear and gloves when disinfecting
 - After disinfecting, wipe down each surface rea with a paper towel
- A cleaning log must be maintained for each practice session.

CDC Cleaning Guidance:

- <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

Tools/PPE Required:

- [TB-Cide Quat](#) provided by Spartan Chemical
- Safety eyewear provided by Spartan Chemical
- Protective gloves provided by Spartan Chemical
- Paper towels
- Hand sanitizer

Scheduling:

- Practice sessions will be limited to 60 minutes following a 15-minute window for cleaning.
- Weekday time slots will be:
 - 5:30pm-6:30pm
 - 6:45pm-7:45
 - 8:00pm-9:00pm
 - 9:15pm-10:15pm
- Weekend time slots will be:
 - 8:00am-9:00am
 - 9:15am-10:15am,
 - 10:30am-11:30am
 - 11:45am-12:45pm
 - 1:00pm-2:00pm
 - 2:15pm-3:15pm
 - 3:30pm-4:30pm
 - 4:45pm-5:45pm
 - 6:00pm-7:00pm
 - 7:15pm-8:15pm
 - 8:30pm-9:30pm
 - 9:45pm-10:45pm

GUIDELINES FOR HANDLING A COVID-19 POSITIVE CASE

If a player or coach tests positive for COVID-19 or comes in direct contact with an outside person who tests positive for COVID-19, the league will take the following steps:

- The activities for the team affected by a positive COVID-19 case will be suspended immediately
- The League will contact the West Windsor/Robbinsville Heath Department for guidance and follow all of their recommendations
- All families and coaches of the affected team and their on-field opponents will be notified immediately.
- Anyone who came in close contact with a COVID-19 positive individual will be required to quarantine for 14 days and cannot participate in any RLL activities during that time.
 - The CDC defines close contact as interactions within 6 feet for more than 15 minutes
- Cleaning protocols will be followed as per CDC guidelines, State & local guidelines and any guidance received from the West Windsor/Robbinsville Heath Department.