



CLL Return-To-Practice Guidelines

Centralia Little League will be starting team practices soon. We are expecting limited practices in Phase 2, full team practices in Phase 3, and most games to be in Phase 4. New or additional requirements may be implemented in the future to accommodate games. Please take recommendations and guidance seriously as it pertains to the safety of our players and volunteers. Please follow all state and local guidance, even if it's not listed below.

Clean Health Practices:

- If you are sick, have a cough, or have a temperature over 100.4°, please stay home.
- If you have been in contact with anyone with COVID19, please stay home. Coaches please check prior to practice/games.
- If any player, coach, or volunteer has COVID19, a doctor's release note must be provided prior to resuming participation.
- All teams must have hand sanitizer and wipes (alcohol/antibacterial) to conduct a practice. If you do not have some, please contact us and some will be provided. Our goal is to also provide each field with hand sanitizer for general use.
- Please keep a six-foot distance
- Facemasks and gloves outdoors are optional, please bring your own. Our league can provide facemask or gloves upon request for volunteers.

Bathrooms:

- Our bathrooms in buildings (clubhouse and cages) will be closed until further notice.
- Portable bathrooms will be provided, many of these bathrooms will be equipped with built in hand washing stations. Coaches please lock and unlock before and after each practice. These MUST remain locked at all times not in use by CLL.

Team Guidelines:

- Each team/coach will have a sheet on guidelines for team safety
- No equipment sharing, such as bats, helmets, gloves, and catchers gear.
 - We are asking all coaches to return team helmets. If a player does not have their own, we will check out a helmet on an individual basis. Team bats must be wiped down in-between uses.
- Keep gear spread out along fence line and not in dugouts
- Maintain Social distancing
- No sharing food/beverages (seeds). NO Spitting. Sunflower Seeds are currently prohibited.
- No handshakes or HI-fives
- Each player, coach, and volunteer has an option to wear a mask or not while outdoors
- Each coach will sanitize the commonly touched areas including locks, handles or latches at the entrance to fields after their practices. Coaches must also remove garbage from the field prior to others using it.
- All coaches and players should wash hands/sanitize before the start of practice

Field Rules

1. Phase 2 – Practices shall be limited to a coach and four players in small groups, separated in different parts of the field.
2. Phase 3 - No more than 50 people can be at one field location during a practice, game, or any hosted event.
3. Signs will be placed around each field to promote social distancing.

Additional Information:

Many of the above guidelines comes from the Washington State COVID19 Phase 2 and 3 Sporting Activities Guidance, available here:

https://www.governor.wa.gov/sites/default/files/COVID19%20Phase%20and%20Sporting%20Activities%20Guidance.pdf?utm_medium=email&utm_source=govdelivery

CDC Recommendations for Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>