

West Madison Little League

MANDATORY REQUIREMENTS FOR INITIAL PRACTICES (6.3.20)

Any coach not committed to these measures to keep players safe will not be allowed to coach. Failure to adhere to these requirements will be a serious violation of the WMLL Code of Conduct and will result in action by the WMLL Board. Updates to these requirements should be expected based on updated recommendations/requirements, lived experiences, etc.

Please contact your league coordinator or the appropriate vice president with any questions

Stay home if you are sick or have underlying medical conditions

- No one may attend practice if they have symptoms of fever, cough, worsening respiratory symptoms, or a known exposure to a person with COVID-19 until they have been cleared by a medical professional.
 - *Suggestion: It is recommended that parent's/guardian's take their player's temperature before arriving at practice.*
- No one may attend practice if they are at risk for severe illness or have serious underlying medical or respiratory condition without permission from a medical professional.

Proper spacing

- No more than eight players are allowed per practice.

Suggestions:

- *Split up into two practice sessions to make it easier to follow all requirements. Change the makeup of the two practice groups from time to time so the players recognize they are all on one team.*
- *Keep practices moving and maybe a bit shorter.*
- *Have team meetings online with the entire team to create a bond & easily keep everyone separated.*

- Ten feet or more of “distancing” is required at all times (excluding individuals from the same household) – including when walking to & from the practice field.

- Drills that are likely to put players or coaches within ten feet of one another are not allowed.

Suggestions:

- *Have players stretch out/warm-up/play catch prior to arriving at field.*
- *Don't have drills requiring players to stand in lines and do not work on things like holding runners, stealing, making tags, etc.*
- *Map out a plan for players movement throughout practice to ensure they maintain safe distances from each other. Make sure they are aware of where and when they need to move and the route they should each take to get to that destination.*

- Catchers may not be used when a coach or player is in the batter's box area.

- Suggestion: *Work on catcher drills that can be done without equipment or allow players with individual catcher's gear to catch pitchers in a bullpen situation.*

- Each coach & player should keep all individual equipment (including water bottles) together and at least ten feet away from the individual equipment of others.

- Handshakes, high fives, fist bumps, elbow bumps, chest bumps, and all other celebrations by pairs or groups are not allowed.

- To aid in future contact tracing, coaches or a designated volunteer must keep a log of any individual that breaks the standard social distancing rules at practice by being closer than six feet.

- Suggestion: *Have a parent/coach in charge of watching practice specifically looking out for any possible contact. Players will have difficulty maintaining social distancing and it will be helpful to have an adult in*

charge of that aspect of practice.

Face coverings/masks

- All coaches and any adults helping with practice must wear a cloth face covering or facemask. Players may wear face covering/masks at the discretion of their parents or guardians.
 - Face covering/masks are meant to protect other people in case you are infected. You could spread COVID-19 to others even if you do not feel sick.
 - When wearing a cloth face covering or facemask, you must still keep ten feet between yourself and others. The cloth face covering is not a substitute for social distancing.

Handwashing

- Every coach and player should bring their own hand sanitizer containing at least 60% alcohol for personal use. Members of the same household may share hand sanitizer.
- Players and coaches should avoid touching your eyes, nose, and mouth.
- Coaches must implement mandatory handwashing/hand-sanitizing breaks during practice. When using sanitizer, cover all surfaces of your hands and rub them together until they feel dry.

Equipment

- Players are required to have their own individual batting helmet and glove. Batting helmets must have a facemask in Rookie Lg BB & SB, Minor Lg BB & SB and Major Lg SB.
 - If needed, WMLL will arrange to provide a loaner helmet to players for the summer season
 - While optional, if a player elects to use batting gloves, body protective gear, a softball face mask or a storage bag, they are required to have their own. Players may also use their own catcher's gear.
 - Members of the same household may share equipment.
- Any shared bats must be properly sanitized between users.
- Shared catcher's gear is not allowed at practice.
- Suggestion: Clean and disinfect equipment after each use or set aside for at least 72 hours.

Food, drink & spitting

- Each player must have their own water bottle or beverage container with their name marked on it. Sharing is not permitted.
- Food and snacks of all kinds are not permitted - including sunflower seeds and gum.
- Spitting is not allowed.

Parents/guardians

- In the case of an injury, the injured player's parent/guardian, if available, should attend to the injury. All players and coaches should maintain social distancing except for the minimum number of adults with masks necessary to assist the injured player.

Suggestions:

- Parents should remain at practice at an appropriate distance from one another & the team unless they are helping with practice.
- Coaches may benefit from additional adult support at practices – to assist with drills, monitor/enforce distancing, disinfect bats, etc. As a coach, don't hesitate to ask parents for help. As a parent, don't hesitate to offer to help.