

# Palo Alto Little League 2021 – COVID-19 Health & Safety Requirements

Last modified 8/10/2021

As we navigate the Coronavirus pandemic, Palo Alto Little League will continue to adhere to public health guidelines for organized youth sports and public gatherings as set forth by the [State of California](#) and [Santa Clara County](#).

Vaccinations are strongly recommended for all league volunteers (coaches, umpires, etc.) and all eligible players (i.e., age 12+).

As of this date, face coverings are not required for outdoor activities regardless of vaccination status. However, face coverings are recommended for all participants, regardless of vaccination status, while in crowded outdoor settings or during activities that involve sustained close contact (e.g., in dugouts). In addition, irrespective of mandates, any individual who prefers to wear a face covering while attending a Palo Alto Little League event is permitted and encouraged to do so.

An individual with any COVID-19 symptoms (as outlined below) cannot attend a Little League activity until evaluated by a medical provider and given clearance to do so. A player who is exposed to COVID-19 must follow current [public health quarantine requirements](#) for students.

A team manager, acting manager, or league official has discretion to remove from activity, separate, and request parent/guardian pick up for any player showing any of the symptoms listed below or who, despite reminders, is not following the current health and safety guidelines.

## Additional Requirements

- An individual with any of the following symptoms/conditions cannot attend a Little League activity until evaluated by a medical provider and given clearance to do so:
  1. Active COVID-19 infection
  2. Known contact with an individual testing positive for COVID-19 within the past 14 days
  3. Any of the following within the previous 3 days:
    - Fever or feeling feverish (such as chills, sweating)
    - Cough
    - Shortness of breath or difficulty breathing
    - Fatigue
    - Muscle or body aches
    - Headache

- New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- Any individual, including players, with higher risk for severe illness or with a serious underlying medical or respiratory condition, or any individual living with a high-risk individual, should only attend Little League activities with permission from a medical professional and should ensure the strictest adherence to safety guidelines, such as those regarding face coverings, distancing, and hand washing. Such groups include:
  - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, an immunocompromised status, chronic kidney disease, and others [discussed here](#)
  - Those currently residing in a nursing home or long-term care facility
  - Those over 65 years old
- Parents must keep TeamSnap's "Availability" feature accurate and up-to-date for their player(s) for all scheduled events. This allows the league to facilitate contact tracing in the event of potential exposure. A designated team manager or coach will confirm player attendance using TeamSnap after each event.
- Players must have their own personal equipment: batting helmet, glove, batting gloves, etc.; this type of personal equipment may not be shared.
- It may not be practical for some pieces of necessary equipment (e.g., bats, catcher's gear) to be obtained by every individual. When it is necessary to share equipment that does **not** come into contact with the head or face (e.g., bats), participants must use hand sanitizer that contains at least 60 percent alcohol before and after each use. For equipment that **does** come into contact with the head or face (e.g., catcher's helmets), all surfaces of the equipment must be cleaned first and then disinfected with an EPA-approved disinfectant against coronaviruses and allowed sufficient time to dry before being used by another player.
- To minimize sharing of items and reduce possible transmission, we strongly encourage all players to bring their own hand sanitizer with at least 60 percent alcohol. However, managers will maintain a supply of hand sanitizer and request that players and coaches sanitize their hands at various appropriate times during practices (e.g., during water breaks).
- Players and coaches shall take measures to prevent all but the essential contact necessary to participate in practice and play. This includes refraining from and prohibiting handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.

- No shared or team beverages, snacks, or food of any kind are allowed. Players, managers/coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name. Players should bring individual, pre-packaged food, if needed.
- At the conclusion of games, Little League Baseball suggests players line up outside the dugout and tipping caps to the opposing team as a sign of good sportsmanship.

## References

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://covid19.ca.gov/>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Face-Coverings-QA.aspx>

<https://covid19.sccgov.org/home>

<https://covid19.sccgov.org/order-health-officer-08-02-2021-requiring-all-to-use-face-covering-indoors>