



Arizona District 7 Return to Play Guidelines (Post COVID-19)

Recommended Best Practices for the Field-of-Play:

1. Follow all local and state guidelines for facilities and events.
2. The managers meeting at home plate will not be required and will be avoided.
3. Where possible, limiting lineup exchanges, in order to reduce person-to-person contact.
4. Teams must spread players out; expand the dugout area when room permits and only if player safety will not be compromised.
5. Parents are encouraged to supply their players with antibacterial wipes and hand sanitizer. The league will furnish each Manager with wipes and team sanitizer.
6. Practices:
 - a. Alternate dugouts (6PM uses Home, 730 uses Visitor)
 - b. Players must stay in vehicle until 5 minutes prior to practice start.
 - c. Only players and coaches are allowed in dugouts and on field.
 - d. Players must leave ON TIME when practice is over. No “hanging out”.
 - e. Coaches will ensure all players keep a proper distance from each other.
7. Teams must clean their dugout of all trash and other items after each practice/game and wipe down (clean) hard surfaces such as benches, etc.
8. Upon arriving at a dugout for the first time, teams are to disinfect hard surface areas (benches, etc.).
9. Consumption of food, gum and sunflower seeds on the field and in the dugout is prohibited.
10. Player Equipment:
 - a. Player equipment should be spaced accordingly outside the dugout to prevent direct contact from other players.
 - b. Players should be encouraged to have their own individual batter’s helmet, glove, bat, and catcher’s equipment.
 - c. Avoid, or minimize, equipment sharing when feasible.
 - d. 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 wiped down prior to use.



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- e. Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent/guardian/caretaker.
 - f. 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.
11. The catcher and umpire shall position themselves during a player's at-bat to allow for social distancing. Tee-ball and Coach Pitch will eliminate the catcher position.
12. Drinks / Snacks:
- a. Athletes, managers/coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name.
 - b. Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.
 - c. There should be no use of shared or team beverages.
 - d. Players should bring individual, pre- packaged food, if needed.
13. Sunflower seeds, gum, etc.
- a. Sunflower seeds, gum, etc., are not be allowed in dugouts or on the playing field.
 - b. All players and coaches are always required to refrain from spitting, including in dugout areas and on the playing field.
14. Team/player handshakes and team/player high fives are eliminated. Alternatively, player / coaches should tip their caps to the opposing team.
15. No group (team) huddles. Pre-game warmups MUST be done away from any field that has active players.
16. Baseballs:
- a. Each team will use their own baseballs. Only defensive players will have contact with the ball during their time on the field.
 - b. Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible. Alternately, foul balls will be wipe down if returned by a spectator.
 - c. Balls used in infield/outfield warm-up should be isolated from a shared ball container.
 - d. Coaches should clean the balls after each practice/game using a sanitary wipe.
17. Dugout Conduct:
- a. Managers/coaches and players should be assigned spots in the dugout and must be placed behind a fence.
 - b. Players are to stay at their assigned spots when on the bench and while waiting their turn to bat.
 - c. Dugout must be completely clean at end of practice/game and common contact surfaces wiped down.



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18. All staff and spectators are encouraged to continue social distancing on and off the field during an event. Practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas.
19. 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 10 minutes.
20. All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each Little League activity. 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.
21. 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.
22. Public Restrooms:
 - a. A “one-in-one-out” policy, where only one individual is permitted within the restroom at one time, is implemented to ensure adequate distancing in the confined restroom space.
23. Concession Stands:
 - a. Food / concession sales will not be available.
 - b. Families are encouraged to bring their own food/beverages.
24. IT IS EVERYONES RESPONSIBILITY TO MAKE SURE THESE GUIDELINES ARE FOLLOWED. REGARDLESS OF YOUR PERSONAL BELIEFS REGARDING THE SPREAD OF COVID-19, IT IS OUR RESPONSIBILITY TO LIMIT CONTACT AS MUCH AS POSSIBLE AND MAINTAIN A SAFE AREA OF PLAY FOR ALL INVOLVED. INDIVIDUALS THAT ARE UNABLE TO AGREE TO AND FOLLOW THESE GUIDELINES SHOULD REQUEST A REFUND FROM THE PROGRAM. INDIVIDUALS NOT FOLLOWING THESE GUIDELINES MAY BE ASKED TO LEAVE THE FACILITY.