

**LAND PARK SOFTBALL- LITTLE LEAGUE**  
**3053 FREEPORT BLVD, #318,**  
**SACRAMENTO, CA 95818**



## **COVID-19 PHYSICAL DISTANCING & SAFETY PLAN**

### **YOUTH SPORT CONDITIONING**

**This plan is created in adherence to all current Sacramento County and State of California guidelines and is subject to change to remain in adherence with those guidelines. This plan is created by the Land Park Softball Little League Board of Directors and will be implemented by the Board Members and their President, Ken Johnson.**

1. The focus of youth conditioning will be on individual fitness and skills training for the cohort of youth baseball groups in a socially distant environment when feasible. Each cohort will be reminded that hugs, high-fives, etc. are not allowed, and only tipping of caps or clapping will be used.
2. Payment for LPS YC will be contactless.
3. Participants will handle and care for their own equipment. Coaches will not be allowed to handle it.
4. Practice or drill times will be monitored to regulate the number of youth participants at the facility at one time to ensure social distancing between cohort groups. Participants with a cohort sport group may not arrive at the facility until the previous group has completely left.
5. No food items will be offered during LPS YC. Any personal food brought by a player or coach will not be shared and any trash will be taken home with that person.
6. LPS YC cohorts and coaches will not be allowed to intermingle or move between groups.
7. All coaches will be instructed to maintain six feet of distance from participants and from others whenever feasible.
8. Sport equipment must be designated and marked for each cohort youth sports group. This equipment must not be allowed to be used by any other cohort youth sports group. The minimum equipment necessary will be used for practices and drills.
10. All youth players and coaches will have their temperature checked before Land Park Softball Youth Conditioning ("LPS YC") at time of parent drop-off, where a coach will inquire about any symptoms such as cough, fever, runny nose, diarrhea.
11. Any player or coach with a temperature over 100.4 degrees F will be asked to leave. Any player or coach sent home with a fever will not be able to return until they have not had a fever or any other COVID-19 symptoms for 36 hours, or can show proof of a negative COVID-19 test within the last 24 hours.
12. All LPS YC cohorts will consist of 10 or fewer players. Rosters for each cohort will be kept by the coach, with rosters for all cohorts being kept by the Coaching Coordinator, Drew Wheatly, and President Ken Johnson
13. Parents will be asked to drop their player off while remaining in the car and stay in their car at the time of pickup.

14. All players and coaches will properly wear face coverings, unless parent/guardian able to provide doctor reason for their child not being able to comply with mask use.

15. Players will be asked to space their bags, containing their own hydration source, and equipment 6 feet apart down 1st and 3rd base lines.

16. After placing their equipment, the players will be given hand sanitizer prior to practice beginning. Players will also be given hand sanitizer after each water break. There will be no shared water bottles or jugs; all players must provide their own water/hydration. Spitting will be prohibited and there will be no gum or sunflower seeds allowed.

17. All youth conditioning sessions will focus on developing skills where the cohorts of players will be broken into small groups of 6 or less, they will be shown how to maintain social distancing while participating in these small group sessions and will continue to mask during this time. When there is a teaching moment, all players will be spaced out in a large circle to again maintain social distancing.

18. No equipment will be shared, with the exception of a baseball.

19. When players are not actively involved in a drill, they will be socially distanced with face coverings. Players know that they are allowed to extend beyond the borders of the dugouts to be able to maintain social distancing.

20. A disinfectant sprayer is used to spray down the balls after practice w a 1:3 bleach/water mixture.

21. Any individual who is diagnosed with COVID-19 cannot participate in Youth Conditioning until all three of the following criteria are met:

I. Any player or coach who is diagnosed with COVID-19 cannot return until At least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever reducing medications)

II. The individual has improvement in symptoms (e.g., cough, shortness of breath, etc.) and

III. At least 10 days have passed since symptoms first appeared.

In the case of a player or coach who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until they have completed the same three step criteria listed above; if the individual has symptoms that could be COVID-19 and wants to return before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

22. All players and their parent/guardian will be provided with the above rules and expectations that must be signed and returned prior to their participation in any youth conditioning.