

# NOON OPTIMIST Little League



Rev. 6/9/2020

## Overview

This document is intended as a summary of COVID-safe practices (CSP) as adopted by Noon Optimist Little League (NOLL) for the resumption of the 2020 spring season. It is intended to augment CSP as published by the Centers for Disease Control and Prevention (CDC), the New Mexico Department of Health (NMDOH), and Little League International (LLI). All guidelines contained herein are subject to and may be superseded by the aforementioned governing bodies. Expanding knowledge of COVID-19 transmission may result in significant changes to this guidance.

If there are any questions, please contact the NOLL Safety Officer, Ian Brumana, at [safety@nollroswell.org](mailto:safety@nollroswell.org)

## Symptoms & Screening

- All league officials and volunteers must emphasize the need for anyone showing signs or symptoms of illness to stay home.
- Any volunteer or player who has a temperature greater than 100.3 °F is strictly forbidden from participation in any NOLL activity.
- Any volunteer or player who has tested positive for COVID-19 or been in close contact with a positive case should refrain from all NOLL activities until cleared to return by a physician.

## Volunteer Guidelines

- All managers and coaches must attend a safety meeting prior to conducting any NOLL activity.
- NOLL requires that coaches, players, and volunteers adhere to all State (NM) and Federal restrictions.
- Volunteers should be tested with a negative result prior to interacting with players. Tests are free and may be scheduled by first registering at <https://cvtestreg.nmhealth.org/> and then calling 575-624-6050 to create an appointment. Test turnaround time is currently averaging about five days.
- All volunteers and guardians must sign the NOLL Return to Play waiver prior to participation in any practice or NOLL-sanctioned event. Managers will be responsible for collecting and returning all completed waivers for their team to the appropriate league officials.

## Sanitation, PPE, & Equipment

- Volunteers and players should wash their hands often with soap and water for at least 20 seconds. If soap and water are not readily available, hand sanitizer containing at least 60% alcohol should be used.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- All volunteers and players older than two years old are encouraged to wear a cloth facemask when not in active play.
- Players must use their own equipment. Sharing of gloves, helmets, catchers gear, etc. is prohibited.

- One (1) quart of hand sanitizer will be provided by NOLL to each team for use in sanitizing hands prior to participation in a practice or game. Players and volunteers are encouraged to bring their own hand sanitizer.
- One (1) tub of sanitizing wipes will be provided by NOLL to each team for use in sanitizing equipment prior to use in any practice or game.

## Food & Drinks

- Sunflower seeds, chewing gum, and spitting are strictly prohibited.
- Athletes, managers/coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name. The sharing of drinks is prohibited.
- Teams should not share any snacks or food. Players should bring individual, pre-packaged food, if needed.
- Community or team ice chests are prohibited.

## Phase 1: Physical Activity Guidelines

- Players who are not in active play must adhere to the NMDOH social distancing guidelines.
- Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- Facemasks are not required during physical activity.
- Face shields made from plastic, glass, or other breakable material are specifically prohibited during baseball-related activities.
- Players should not wear protective medical gloves on the field during practice or games.
- Coach/player ratio must adhere to State and Local guidelines (see NM Youth Programs). Initially, this will involve a "pods" system with a 5:1 player to coach ratio.
- It should be assumed that athletes have deconditioned during the stay-at-home orders. Initial practices should be limited in both time and intensity with an emphasis on drills and fundamentals.
- All LLI guidelines should be adhered to with an initial emphasis on limiting throwing for deconditioned athletes.
- Indoor practices are discouraged and should be avoided.
- Managers and Coaches must be especially cognizant of heat exhaustion in players. Cool down periods and/or water breaks should regularly be provided and encouraged for all players and volunteers.
- Until state restrictions are lifted, scrimmages are prohibited.

## State and Local Guidelines

- LLI Return to Play:  
(<https://www.littleleague.org/player-safety/coronavirus-update/season-resumption-guide/play/>)
- NMDOH Youth Programs FAQ:  
(<https://cv.nmhealth.org/wp-content/uploads/2020/05/Youth-program-FAQ-v.51.pdf>)
- CDC handwashing guidelines: <https://www.cdc.gov/handwashing/when-how-handwashing.htm>