



Folsom American Little League

Return to Play Spring Season 2021 Guidelines and Covid Modifications

The following guidelines have been compiled from resources and guidance from the U.S. Centers for Disease Control and Prevention (CDC), Little League International, and the California Interscholastic Federation (CIF).

- Game and practice limitations will adhere to local county guidelines.
- Players and coaches should take measures to prevent all but the essential contact necessary to practice and to play the game. This includes refraining from handshakes, high fives, fist bumps, group celebrations, etc. Handshakes after the game can be replaced with a social distance acknowledgement of the team's choosing.
- Players and coaches shall not share drinks or food. There should be no use of shared or team beverages. No sunflower seeds, gum, or spitting.
- Any shared field preparation equipment will be sanitized after each use.
- Players should only use their own equipment including helmet, bat, glove, and batting gloves. In the case that equipment sharing is necessary (for example catcher equipment) the equipment must be sanitized between the usage of multiple players.
- As much as possible, players and coaches should be assigned spots inside or near the dugout so that they are able to maintain current social distancing recommendations. Players are to stay at their assigned spots when on the bench or while waiting their turn play. Personal player equipment should be spaced similarly at their assigned spots.
- All coaches and umpires should wear face coverings whenever applicable and possible, and in accordance with current local county guidelines.
- Players shall wear face coverings in areas where recommended social distancing is challenging or not feasible, such as in dugouts. Players are not required to wear face coverings while on the field during game play. Players will be permitted to wear a face covering on the field during game play based on any directive of a medical provider or individual determination of the player/parent/guardian.
- Baseballs should be rotated through on a regular basis, at least every two innings, to limit individual contact. Coaches should keep a "dirty" ball bucket so they can be sanitized after the game. Balls landing outside the field of play should be retrieved by participating players, coaches, umpires, or a designated team volunteer. No spectators should retrieve the ball.
- Pregame "plate" meetings should only consist of one coach from each team and game umpires while implementing current social distancing recommendations. No line up card exchanges or handshakes. All participants should wear a face covering.
- When needed, players should place their individual equipment (bats) at a designated location for umpire inspection. Umpires should avoid direct contact with equipment when possible but, when required, use hand sanitizer after the inspection of each individual piece of equipment.



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- If physically able, umpires are encouraged to wear face coverings while umpiring. Umpires should observe current social distance recommendations when communicating with coaches, players, and other umpires as much as possible.
- All spectators should wear face coverings and follow current social distancing recommendations in relation to persons outside of their household. Spectators shall not be permitted inside the dugout or near the immediate dugout area being utilized by players. Spectators should bring their own portable chairs when possible. Number of spectators will be limited as needed to ensure proper maintenance of physical distancing.
- Prior to practices or games, players should be screened at home by parent/guardian for fever or other signs of illness. Players, coaches, umpires, or spectators who have fever or who are experiencing symptoms of illness should not be present at any practices or games as they will not be allowed to participate.
- Any coach, player, or umpire who recently testing positive for covid must notify Folsom American Little League (safety@fallbb.com) and will not be allowed to return to any league function until fulfillment of current CDC quarantine recommendations for covid positive persons. Failure to properly notify the league in a timely manner may result in permanent dismissal from all future league activities.
- Any coach, player, or umpire who is knowingly a “close contact” or directly exposed to an actively covid positive person will need medical clearance from a physician in order to return to league activities. A “close contact” or direct exposure is defined by the CDC website.

Folsom American Little League Contact Information Regarding Above Guidelines

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Folsom American Little League

Return to Play Fall Season 2021 Guidelines and Covid Modifications (Addendum to above)

- In accordance with local public health guidelines, the wearing of masks during baseball practices or games will be optional for players, coaches, umpires, and spectators. Also, social distancing will be recommended but not enforced. These changes will remain in effect for the duration of the fall 2021 season until such a time that local public health guidelines change indicating otherwise.