

West Madison Little League

MANDATORY REQUIREMENTS FOR FULL TEAM PRACTICES (6.19.20)

Full team practices may begin on Saturday, June 20.

Until then, all practices must adhere WMLL's initial practice plan requirements.

Any coach not committed to these measures to keep players safe will not be allowed to coach. Failure to adhere to these requirements will be a serious violation of the WMLL Code of Conduct and will result in action by the WMLL Board.

Please contact your league coordinator or the appropriate vice president with any questions

Stay home if you are sick or have underlying medical conditions

- No one may attend practice if they have symptoms of fever, cough, worsening respiratory symptoms, or a known exposure to a person with COVID-19 until they have been cleared by a medical professional.
- No one may attend practice if they are at risk for severe illness or have serious underlying medical or respiratory condition without permission from a medical professional.

Proper spacing

- **Teams may practice with their full roster of players.**
- **Six** feet or more of “distancing” is required at all times (excluding individuals from the same household) – including when walking to & from the practice field.
 - Drills that are likely to put players or coaches within **six** feet of one another are not allowed.
 - Catchers may not be used when a coach or player is in the batter's box area.
 - Each coach & player should keep all individual equipment (including water bottles) together and at least **six** feet away from the individual equipment of others.
 - Handshakes, high fives, fist bumps, elbow bumps, chest bumps, and all other celebrations by pairs or groups are not allowed.
- To aid in future contact tracing, coaches or a designated volunteer must keep a log of any individual that breaks the standard social distancing rules at practice by being closer than six feet.

Face coverings/masks

- All coaches and any adults helping with practice must wear a cloth face covering or facemask **when they are within ten feet of any player**. Players may wear face covering/masks at the discretion of their parents or guardians.
 - Face covering/masks are meant to protect other people in case you are infected. You could spread COVID-19 to others even if you do not feel sick.
 - When wearing a cloth face covering or facemask, you must still keep **six** feet between yourself and others. The face covering/mask is not a substitute for social distancing.

Handwashing

- Every coach and player should bring their own hand sanitizer containing at least 60% alcohol for personal use. Members of the same household may share hand sanitizer.
- Players and coaches should avoid touching your eyes, nose, and mouth.

- Coaches must implement mandatory handwashing/hand-sanitizing breaks during practice. When using sanitizer, cover all surfaces of your hands and rub them together until they feel dry.

Equipment

- Players are required to have their own individual batting helmet and glove. Batting helmets must have a facemask in Rookie Lg BB & SB, Minor Lg BB & SB and Major Lg SB.
 - If needed, WMLL will arrange to provide a loaner helmet to players for the summer season
 - While optional, if a player elects to use batting gloves, body protective gear, a softball face mask or a storage bag, they are required to have their own. Players may also use their own catcher's gear.
 - Members of the same household may share equipment.
- Any player using a shared bat must sanitize their hands before & after using the shared bat.
- Catcher's gear may not be shared between players within any practice. Before catcher's gear worn by one player in a practice may be used by another player in another practice, the gear must either be cleaned and disinfected or set aside for at least 72 hours.

Food, drink & spitting

- Each player must have their own water bottle or beverage container with their name marked on it. Sharing is not permitted.
- Food and snacks of all kinds are not permitted - including sunflower seeds and gum.
- Spitting is not allowed.

Parents/guardians

- In the case of an injury, the injured player's parent/guardian, if available, should attend to the injury. All players and coaches should maintain social distancing except for the minimum number of adults with masks necessary to assist the injured player.