



# Return to Play Plan

3.22.2021

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[Sammamish Little League](#)

3020 Issaquah-Pine Lake Road SE, PMB#346  
Sammamish, WA 98075

## Overview

The health and safety of all Sammamish Little League players, coaches, and families is our first priority. The information here is not intended to substitute for professional medical advice, and it does not supersede any directives from local, state, or federal authorities. This plan is designed to create a responsible environment for players, coaches, umpires, volunteers, and members of their household or immediate family while they are participating in youth baseball and softball activities supported and organized by the Sammamish Little League. Our decisions to host practices and/or games will be guided by the State of Washington. The Sammamish Little League will follow the State Guidance that can be found here [here](#). **The restrictions herein are subject to change prior to the season based on the environment at that time and current guidance from the state**

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# Universal Guidelines

All persons participating Sammamish Little League (coach, player, volunteer, umpire, spectator, employee) activities must abide by these universal guidelines while at a practice, game or other event.

- If you or a member of your household are sick, please stay home. Players, coaches, and parents with any of the following signs or symptoms must not attend practices/games: fever, cough, shortness of breath, chills, body aches, diarrhea, sore throat, headache, or a loss of taste or smell
- If you or a member of your household becomes sick or begins experiencing symptoms of COVID-19, notify Sammamish Little League.
- Maintain social distance of at least 6 feet from all players, coaches, parents
- Always wear a mask or similar face covering that covers your nose and mouth
- When inside, wear PPE.
- Frequently wash your hands for a minimum of 20 seconds or use hand sanitizer, especially after touching surfaces (doorknobs, light switches, gate latches, handles, etc.)
- No spitting, eating of sunflower seeds, or chewing of gum on the premises.
- When parking on the premises, please use best efforts to park with one parking place in between another vehicle.

## Coach/Volunteer Guidelines

- Coaches must immediately send home any player that shows any sign of illness
- Coaches must make best efforts to enforce social distancing during practice and games.
- Coaches must wear face masks or facial coverings during practice and games
- Coaches must notify SLL President Eli Houpis of any positive COVID test
- Minimize number of coaches and assistants for games/practices.
- Clean/disinfect team equipment.
- Clean/disinfect high touch surfaces before and after games/practices.
- Coaches should have fun, stay positive, and model resilience and optimism. The players will mirror your attitude!

## Player Guidelines

- When not in the field, they must wear mask or facial covering
- When in the field of play, wearing a facial covering is required.
- Use or touch only their own equipment.
- If they do not have their own equipment, use team's which will be cleaned between uses.
- Bring their own beverage and do not share.

- Follow dugout guidelines.

## Umpire Guidelines

- Wear mask or facial covering at all times.
- Base umpires will keep distance in set-up positions.
- Umpires will not handle baseballs.
- Passballs, foul balls will be retrieved by players.
- Pre-game player's equipment check is visual only.

## Game Guidelines

- Pregame, in-game, and post-game guidelines to be followed at all times.
- Game field must be exited completely and cleaned by previous teams before new teams enter the field and dugouts.
- No pre-game meeting at the plate with umpires and coaches.
- New baseball/softball every 2 innings.
- The team playing defense will provide the game balls each inning. For example, the pitcher that inning will bring the game ball. When the inning is over, a separate game ball will be brought out by the opposing pitcher. If a ball goes out of play, a new ball will be provided by defensive team
- Foul balls will be retrieved by players only, not spectators, not coaches, not umpires.
- End of game - line-up out front of dugouts and tip hats in good sportsmanship.
- Must leave premises immediately after the end of the game.

## Equipment Guidelines

- Players are not to share their equipment.
- Players who need equipment, will use team's equipment.
- If team equipment is used, it must be disinfected after each use.
- Players must bring their own beverages.
- New baseball/softball must be used every 2 innings.
- Warm-up baseballs between innings must be the same.

## Dugout Guidelines

- All players and coaches will wear mask/facial covering while in the dugout or on the bleachers. No exceptions