



GLEBE LITTLE LEAGUE

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Return to Play Guidelines

Version 4



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INTRODUCTION

GLL is committed to providing baseball to our players again in 2021. GLL's primary focus is keeping our players, coaches, volunteers and families safe while still providing an option for physical activity for the youth in our boundaries.

GLL will continue to monitor the situation in Ottawa and guidance provided by public health authorities and will update our Return to Play guidelines accordingly closer to the start of the baseball season.

All players/parents must review the Return to Play Guidelines and acknowledge them as part of the registration process.

Updates will be sent to registered players for review as guidelines change.

APPROVED:



2021 PROGRAM OVERVIEW

At this time, we do not know when our 2021 season will start or what format it will take but we are planning for a number of possibilities based on our experiences from 2020.

In 2020, the progression of restrictions were:

1. Small training/practice groups:
 - a. 10 participants (players + coaches) only per facility (i.e. baseball diamond).
 - b. Parents were not allowed to be in close proximity to the diamond.
 - c. Bleachers and dugouts were closed.
2. Team training/practice groups in split squad format:
 - a. Full teams were allowed on a baseball diamond however, teams were split into 2 groups of no more than 10 players (not including coaches).
 - b. Each group occupied a different part of the baseball diamond (infield or outfield), participants were not allowed to move between the groups.
 - c. Bleachers and dugouts remained closed.
 - d. Only players and coaches could be on the baseball diamond at any time during the practice. Parents could watch from outside the diamond.
3. Full team training/practice and games within 50 player bubbles:
 - a. Games were allowed with a limit of 50 players in each bubble.
 - b. Teams could not play in more than one bubble.
 - c. Bleachers and dugouts remained closed. Spectators were encouraged to bring their own chairs and group with household members only.
 - d. Full teams could practice together.

The guidelines listed below apply to all individuals participating in GLL programs in 2021. Additional guidelines will be added as we progress further into the season and in accordance with any new information provided by public health authorities.



OVERVIEW - GLL MANDATORY GUIDELINES

In 2021, GLL has instituted mandatory guidelines that must be followed in order for approved GLL activities to proceed. These guidelines may change at any time following the guidance of the City of Ottawa health authorities.

Parents must review the General Player guidelines as well as any guidelines pertaining to the specific type of event their player is participating in.

COVID-19 has been declared a worldwide pandemic by the World Health Organization and is extremely contagious. GLL has put in place preventative measures to reduce the spread of COVID-19; however, we cannot guarantee that participants will not become infected with COVID-19.

All participants should be aware that participation is voluntary and at your own risk.

Please note that existing league guidelines as described in the Coach Handbook remain in place unless they are in conflict with the guidelines outlined in this document or with the local/provincial health guidelines.



GENERAL PLAYER GUIDELINES

- Any player who has any cold/flu like symptoms (or with family with such) are not allowed to play
- Covid-19 self-assessment is required before all games or practices <https://covid-19.ontario.ca/self-assessment/>
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each practice/game by a parent/ guardian/caretaker
- All players must supply and use their own bat, glove and helmet
- Sunflower seeds, gum, etc. are **NOT** allowed on the playing field or dugouts
- All players and coaches are to **refrain from spitting** at all times, including in dugout areas and on the playing field.
- Players must not lick their fingers, blow on their hands, or otherwise put their hands near their mouths.
- Players are to practice physical distancing as much as possible
- It is recommended that participants use a 2-ply face mask to reduce the risk of transmission of COVID-19 when physical distancing and keeping two-metres' distance from others may be challenging or not possible.
- Players are to place their personal equipment along the outside fence of the designated dugout
- It is recommended that all personal items, including equipment, be stored in the players bag when not in use
- Use of the dugouts is forbidden
- Players should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name.
- There should be no sharing of beverages or food.
- Players are encouraged to bring their own hand sanitizer and to use frequently during each event.

GENERAL COACH GUIDELINES

- Coaches must have attended a mandatory Covid-19 coach training. No other on-field helpers are allowed (parents, siblings, caregivers)
 - The training provides the coach with information and best practices in order to ensure safe and efficient practices for both players, parents and coaches.
 - Practice structure and efficiencies while adhering to physical distancing guidelines
 - PPE equipment usage and information on how to acquire additional resources from the league
 - Guidance on providing support and information to players and parents
 - Field preparation guidelines
 - Equipment guidelines for sanitization of common usage before, during and after a practice
- All surfaces of each piece of shared equipment (including field maintenance equipment) must be cleaned first and then disinfected with the League provided sanitizer to allow sufficient time to dry before used by a new player
- It is recommended that participants use a 2-ply face mask to reduce the risk of transmission of COVID-19 when physical distancing and keeping two-metres' distance from others may be challenging or not possible
 - Coaches will be provided reusable masks by the league
- Coaches are mandated to track the attendance of all players and coaches at every team event ([link](#)). Attendance lists must be stored as such that a future request for tracing of participants at all League events is available.
- Drills must be designed to maintain social distancing where possible
- Coaches must ensure proper social distancing is enforced at all times (2m or 6ft)
- Coaches should encourage the frequent use of hand sanitizer during events.
- Sunflower seeds, gum, etc are **NOT** allowed on the playing field or dugouts
- All players and coaches are to **refrain from spitting** at all times, including in dugout areas and on the playing field.



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GENERAL PARENT/GUARDIAN GUIDELINES

- Parents in attendance are forbidden to use the bleachers
- Parents are to follow City and Provincial Health recommendations for physical distancing
- Parents at no time are allowed onto the field of play unless permission has been given by the designated trainer or coach when there is an incident on the field.
- Bleachers will remain closed for the season. It is strongly recommended to bring your own lawn chairs and watch from the outfield in order to allow for spacing of the players during game play due to closure of the dugouts.
- All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; wear a 2-ply face mask at all times; avoid direct hand or other contact with players/managers/coaches during play.
- A spectator with any of the following conditions should not attend a practice or game until evaluated by a medical provider and given clearance to do so:
 - Active COVID-19 infection
 - Known direct contact with an individual testing positive for COVID-19
 - Fever
 - Cough
- It is recommended that spectators be kept to a minimum.



PRACTICE SPECIFIC GUIDELINES

- Number of participants per practice shall not exceed local/provincial guidelines
- No spectators are allowed at the field during practices, as they will be included in the participant counts
- Physical distancing recommendations must be followed at all times (2m or 6ft)
- Use of the dugout is prohibited
- Player equipment should be spaced accordingly outside the dugout to prevent direct contact
- All surfaces of each piece of shared equipment must be cleaned first and then disinfected with the League provided sanitizer to allow sufficient time to dry before used by a new player
- All participants must clean hands with hand sanitizer prior to the start of practice. Hand sanitizer will be provided by the League, but participants are encouraged to provide their own.
- Use of PPE should follow the local/provincial guidelines

GAME SPECIFIC GUIDELINES

Player Guidelines - Refer to [General Player Guidelines](#)

Coach Guidelines - Refer to [General Coach Guidelines](#)

Parent/Spectator Guidelines - Refer to the [General Parent/Guardian Guidelines](#)

Equipment Guidelines

- Measures should be enacted to avoid, or minimize, equipment sharing when feasible
- Players should have their own individual helmet, glove, bat, and catcher's equipment to reduce contact exposure
- No personal player bat bags/equipment bags shall be allowed in the dugout. Use of the fence line is highly recommended.
- Player equipment should be spaced accordingly outside the dugout to prevent direct contact
- All surfaces of each piece of shared equipment must be cleaned before use and then disinfected with the League provided sanitizer after use to allow sufficient time to dry before use by a new player
- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected before and after each event by a parent/ guardian/caretaker
- All league owned equipment must be sanitized prior to the game
- If a player has his/her own catcher's gear, they may use their gear. However, each team should designate catchers who may use league gear during the game (each player has his/her own set of gear for the duration of the game).
- In the event that a catcher is injured during the game, the gear must be thoroughly sanitized prior to another player using the gear.
- Players should not share towels, clothing, or other items that they may use to



wipe their face or hands

Pre-Game Warm-up

- Infields are allowed with proper physical distancing observed.

Safety & Game Attendance

- Attendance of players and coaches is mandatory and must be recorded as such that a future request for tracing of participants at all League events is available. ([link](#))
- If there is an injury on the field, one of the coaches should follow the following First Aid guidelines:
 - <https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>
- Parents or the designated caregiver for the player should wait for permission from the coach to enter the field of play
- All incidents are to be reported to the League at the soonest possible time

Pre-Game Plate Meeting

- Pre-game plate meetings are optional. If they occur, the following guidelines should followed:
 - No players are allowed at the pre-game meeting
 - Plate meetings should only consist of one manager or coach from each team, and game umpires.
 - All participants of the plate meeting should wear a cloth face covering if social distancing cannot be maintained.

Umpires

- Umpires are permitted to be placed behind the pitcher's mound/circle to call balls and strikes. From this position, league supplied umpire gear will not be necessary and will not be provided



- Umpires should wear a cloth face covering (league provided) if social distancing cannot be maintained
- If physically able, umpires are to wear cloth face coverings while umpiring
- There will be no umpire for the base paths or outfield for Minor and Major

Scorekeeping

- Line up cards must be prepared but will not be physically shared - photos may be taken by scorekeepers etc. and the lineup card must be made available to show the umpire when requested.
- Books will be provided upon request, but teams are encouraged to use Gamechanger to limit contact.

Dugouts/Benches

- Dugouts/benches are closed. Player and Team equipment must be stored (6ft apart) along the fence line.
- Players will be given a designated area outside of the field of play for them to sit when not in the game. All their equipment that they need for a game should be kept at this location.

Game Play

- No base stealing (no holding runners) until further notice
- A player will be awarded 1 base on a wild pitch/passed ball, at the umpire's discretion
- No advancing from third to home on wild pitch/passed ball
- Mound visits by coach are only allowed to pull the pitcher
- No mound visits by catcher
- The defensive team will provide the balls while they are on defense
- Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. If a spectator retrieves a ball, it should be sanitized prior to being returned to play.



- Tagging is allowed; however, it should be done with the glove hand to minimize contact.

Post-Game

- No hand shaking after the game. It is encouraged to acknowledge the opposing team through the use of hat tipping or other similar sportsmanship gestures.
- Post-game discussions with the players and coaching staff should be brief and must be done only with proper physical distancing measures in place.
- No discussions should be done in the dugout.

2021 INTERLOCK SPECIFIC GUIDELINES

GLL anticipates additional guidelines to be put in place for interlock games. These guidelines will be approved by the Presidents of the leagues participating in Interlock play.

The information below is from 2020 and will be updated once we have confirmation that Interlock play can move forward and once the guidelines have been approved.

2020 Summer Interlock Supplementary Rules:

- The Interlock League Presidents have created a set of supplementary rules/guidelines for this summer season ([2020 Summer Interlock Supplementary Rules](#)). These rules apply on top of the regular Interlock Rules ([Regular Interlock Rules](#)). These latter rules are from D2; D6 rules will likely mirror these rules. Coaches, Parents, Players and Umpires are encouraged to review all rule/guideline documents.
- In particular, we would like to point out:
 - The goal is to play games, so forfeits are discouraged.
 - If a team does not have enough players at the start of the game, games will not be forfeited, teams should share players so that the game can be played.
 - It is recommended that if a team will be short by a lot of players (so that the team will have less than 8 players) then the game may be canceled/rescheduled/forfeited but the other team and umpires **MUST** be given at **least 2 hours' notice** prior to the start of the game. This is particularly important with leagues that have to travel across the city.
 - There will be no play-offs this summer season.
- It should also be noted that different leagues may have different guidelines specifically regarding the number of spectators recommended to be in attendance. We encourage all spectators to be respectful of those guidelines (at



this time, Kanata has indicated that only 1 spectator per player is allowed at a game).