



Radnor Wayne Little League (RWLL)
2022 SAFE PLAY GUIDELINES

April 1, 2022





I. INTRODUCTION

Radnor Wayne Little League (RWLL) has developed these 2022 Safe Play Guidelines in an effort to keep its players, volunteers and league officials safe during Little League play in 2022. RWLL cannot ensure that its participants will not contract COVID-19 or suffer any injury or illness during Little League Play. However, these guidelines are believed to be best practices on organizing, playing and watching Little League Baseball in accordance with COVID-19 guidance from the U.S. Centers for Disease Control and Prevention (CDC), The World Health Organization (WHO), Little League International (LLI), local Little League District 27, the Commonwealth of Pennsylvania, and local governmental entities and health officials.

Participation in RWLL is strictly voluntary. Families may decide not to participate in the league this season or until the COVID-19 pandemic is over given the potential risks involved. All Little League officials, managers, coaches, umpires and families that do choose to participate are mandated to review these guidelines and to comply with the guidance offered herein for everyone's safety. Individuals who participate but fail to abide by these guidelines may be asked to leave a practice, game or be dismissed from a team, at their own expense.

All persons reviewing these 2022 Safe Play Guidelines should also review Little League International's "Best Practices on Organizing, Playing and Watching Little League Baseball and Softball During the Coronavirus Pandemic," a copy of which is attached to the RWLL website and can be directly accessed at <https://www.littleleague.org/downloads/best-practices/>.

Questions related to the 2022 Safe Play Guidelines should be directed to:

- RWLL Safety Officer, David Zaslow, J.D., EMT-P (dzaslow@narberthambulance.org)
- RWLL President; Tom McWilliams (Tjm7939@yahoo.com)
- League Commissioners;
 - Baseball Commissioner; Marc Verbos (M.Verbos1@gmail.com)
 - Softball Commissioner, Dave McGrath (Damjr521@gmail.com)
- Or, another member of the RWLL [Board of Directors](#) which has resolved to promulgate and enforce these guidelines to the best of its ability.

II. DISEASE PREVENTION STRATEGIES

A. Pre-Arrival / When to Stay at Home

Any RWLL officials, volunteers, players or family members should STAY AT HOME and NOT attend practices, games, or other league sponsored events if they have tested positive for or are showing COVID-19 symptoms. Those individuals who are deemed to be a "close contact" with a person with COVID-19 or its symptoms may also be required to STAY AT HOME. (See further guidance below).

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus.

People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches



- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Skin rashes

This list does not include all possible symptoms. Reference to the CDC's Coronavirus Disease 2019 (COVID-19) website area pertaining to considerations for youth sports is recommended.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

All persons planning to attend a RWLL practice, game and / or league event should check to be sure that those who will be present at any RWLL facility are not exhibiting any signs or symptoms of COVID-19 BEFORE leaving their home. Any player and parent who does not feel well should stay home and not risk infecting his / her team, coaches and spectators.

B. COVID-19 Vaccinations

Currently, RWLL does not mandate vaccinations in order to participate in the league. However, RWLL does recommend vaccinations for all eligible participants. The Commonwealth of Pennsylvania, local government and health authorities and RWLL each reserve the right to implement a "test to play" or vaccination requirement for participation in all RWLL activities. More detailed information about COVID-19 vaccinations can be found at the CDC's website.

[Stay Up to Date with Your COVID-19 Vaccines | CDC](#)

C. Personal Protective Equipment

Currently, masks are not required for participation in the RWLL Spring 2022 season. The CDC, Commonwealth of PA., local government and health authorities and RWLL each reserve the right to require masks at any time it becomes necessary to do so during the season.

Players are permitted to wear a surgical mask or cloth face covering on the field during game play and in the dugout, if they are physically able to safely do so, and /or based on any directive of a medical provider or individual determination of the player/ parent / guardian.

Surgical masks and cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

Players should not wear protective medical gloves on the field during game play.

D. Use of Baseball / Softball Equipment

To the extent possible, all players and coaches shall refrain from sharing and use ONLY their own personal baseball / softball uniforms and protective equipment (i.e. hat, jerseys, belts, batting gloves and helmets). If equipment must be shared (i.e. bats, catcher's gear, warm-up equipment, etc.), then players are strongly encouraged to wash their hands or use a hand sanitizer before and after use of any shared equipment.



Coaches, parents and players should make efforts to bring hand sanitizers with them to all practices and games. Hand sanitizer that contains at least 60% alcohol are preferred. Cover all surfaces of the hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands. Keeping hands clean helps prevent COVID-19 and a variety of other diseases and infections.

E. The Dugouts and Playing Fields

RWLL has EPA approved disinfectants available to sanitize equipment, dugouts, etc. Coaches should contact their respective league coordinators for access to any disinfectant agents that may be necessary.

Radnor Township and RWLL reserve the right to erect barricades and / or to otherwise demarcate entrances and exits, pick-up and drop-off locations and spectator viewing areas at all facilities in order to prevent or limit unsafe congregation or crowding. Family members, friends and other spectators in attendance must strictly adhere to all field signs and / or directions from Township officials, league officials, umpires and coaches.

F. Public Facilities & Snack Shacks

Radnor Township will make all decisions as to whether or not public restrooms and water fountains will be available for use during the 2022 RWLL season. If the public restrooms are open at RWLL facilities during the 2022 season, then RWLL recommends that only 1 person be inside and using the restroom at a time. Parents should accompany their child to the restroom to be sure that this practice is being followed. Everyone using a public restroom should ALWAYS be sure to wash their hands with soap and water prior to exiting the restroom. If soap and water is not immediately available, then an alcohol-based hand sanitizer should be used instead.

RWLL recommends that all players, coaches, and spectators bring their own water / drinks to practices and games. Teams should not utilize shared water coolers or any other type of shared beverages or food in the dugouts during the 2022 season. Coaches and players should label their own water / beverage bottles prior to arriving at the facility, and these should be kept with each player's equipment so as to avoid any confusion or unintentional shared use.

RWLL reserves the right to limit the food and beverage offerings at its "Snack Shacks" during the 2022 season in order to support COVID-19 mitigation efforts. To the extent these facilities do operate, all persons utilizing the "Snack Shacks" must follow any signage or directions given by those operating the facilities or else they may be refused service.

G. Scheduling Changes

The Commonwealth or PA., local government and health authorities and RWLL each reserve the right to cancel any RWLL practice, game or league sponsored activity based upon then existing community transmission rates of COVID-19.

III. MODIFIED GAME PROCEDURES & RULES

A. Spitting, Sunflower Seeds, Gum, etc.

Sunflower seeds, gum, etc. will NOT be allowed in RWLL dugouts or playing fields during the 2022 season. All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.



IV. COVID-19 TESTING, ISOLATION AND QUARANTINE

A. Reasons to Get Tested

- If you have COVID-19 symptoms
- At least 5 days after known or suspected close contact to COVID-19
- For screening (schools, workplaces, congregated settings, etc.)
- Before and after travel
- When asked by a healthcare professional or public health official

B. Types of Viral Tests

Laboratory Test

- Sample can either be a nasal swab or saliva
- Results usually in 1-3 days
- Results are reliable for people with and without symptoms
- No follow-up test required
- Common example: PCR test

Rapid Test

- Sample is usually a nasal swab
- Results usually in 15-30 minutes
- Results may be less reliable for people without symptoms
- Follow-up test may be required
- Common example: Antigen test

C. Actions After Result

If Positive Result

- **Isolate** for at least 5 days. Learn more about [isolation timelines and precautions](#)
- Seek a confirmatory, follow-up laboratory test if recommended by healthcare professional
- Monitor your symptoms

If Negative Result

- If [up to date on vaccines](#): return to normal activities. Wear a mask indoors in areas where the [COVID-19 Community Level](#) is high.
- If not up to date on vaccines and have symptoms or exposure: [quarantine](#) for at least 5 days.
- If not up to date on vaccines and have no symptoms or exposure: return to normal activities. Take steps to get up to date on vaccines to protect yourself and others.

People who have been in close contact with someone with COVID-19 or have COVID-19 can use the link embedded below to determine if they need to isolate, quarantine, or take other steps to prevent spreading COVID-19. (Note: The calculator does not apply to certain groups and high-risk settings).

[COVID-19 Quarantine and Isolation | CDC](#)

Reference is also made to the attached "COVID-19 Testing Flowchart," a copy of which is attached to the RWLL website. The CDC website should be consulted for the most current information on COVID-19 testing, isolation and quarantine procedures, as the pandemic continues to evolve.



V. NOTIFICATION OF ILLNESS

The respective baseball or softball commissioner MUST be contacted if any RWLL player or coach tests positive for COVID-19 in order to determine whether or not the other members of the team are to be considered a “close contact” of the infected player or coach.

League Commissioners:

- Baseball Commissioner; Marc Verbos (M.Verbos1@gmail.com)
- Softball Commissioner, Dave McGrath (Damjr521@gmail.com)

The commissioners may consult with the RWLL President (Tom McWilliams) or Safety Officer (David Zaslow) to make that determination and for guidance on handling the situation.

A “close contact” is considered someone who spent a cumulative total of 15 minutes or more over a 24-hour period AND was less than 6 feet away from someone with confirmed or suspected COVID-19. The “close contact” time period begins 2 days before the infected person develops symptoms, or the date they were tested if they do not have symptoms, until they started isolation. See the attached chart on “How to Determine a Close Contact for COVID-19,” a copy of which is attached to the RWLL website. The chart further advises what a “close contact” should do in the event of exposure, depending upon vaccination and prior illness status.

In accordance with state and local privacy and confidentiality laws and regulations, RWLL may notify local health officials, umpires/officials, and any families that were in “close contact” with the affected player so that those individuals can then determine whether or not they need to be tested for COVID-19 and / or isolated / quarantined.

In order to assist with proper notifications and contact tracing, all RWLL coaches are required to keep a log of all players who attend practices and games. Correspondingly, families MUST update TeamSnap at least 48 hours BEFORE any practice or game, and they MUST keep TeamSnap updated with any changes through the occurrence of the practice or game.

In Good Health,

Tom McWilliams
RWLL President

David R. Zaslow
RWLL Safety Officer



Best Practices on Organizing, Playing, And Watching Little League® Baseball and Softball During the Coronavirus Pandemic

Since COVID-19 was declared a pandemic in March 2020, there have been unfathomable impacts to our families, communities, and lives. For millions of people, Little League® is where their community comes alive, and returning to the baseball and softball field has provided positive, meaningful opportunities throughout this difficult era.

As volunteers look to operate their local Little League programs around the world, Little League International strongly encourages you to take the following into consideration:

- It is highly encouraged that each league and district adheres to the guidelines set forth by their respective state and local government and health officials in terms of public gatherings, organized youth sports, and sporting events when determining how and when to return to Little League activities. Leagues should contact their state and local health authority and other municipalities for guidance prior to resuming any Little League activities.
- In the event that a local league would like to consider additional requirements for its players, volunteers, and fans (for example: mandating masking for all participants, requiring vaccines to volunteer or play, etc.), these items should be carefully considered and voted on by the Board of Directors, and then communicated to all league members. Leagues are also strongly encouraged to include their COVID-19 mitigation plan in their annual A Safety Awareness Program (ASAP) Plan. Please note that Little League International is not requiring local Little League programs to adopt additional mitigation efforts outside of any respective requirements from state and local government and health officials. Little League International strongly encourages leagues, families, and volunteers to make every effort to follow the recommendations from the CDC, World Health Organization, and state and local health officials, including vaccination, to help mitigate the spread of COVID-19.
- District Administrators and District Staff should work with all their leagues to understand and communicate COVID-19 mitigation efforts, especially for leagues who participate in interleague play, combined teams, District Travel, and the International Tournament, so that league personnel (administrators, coaches, parents, etc.) understand any differences in mitigation guidelines at different leagues throughout the season.

Member Communication:

- Local leagues should disseminate information to all families, volunteers, and spectators about the Coronavirus risk and the efforts your league will be undertaking to mitigate those risks, as outlined above. Information should be disseminated by way of email, league website, social media, coach talks, and public announcements.

Designate a league board representative to be responsible for COVID19 concerns (e.g. Safety Officer).

Post Information to Promote Everyday Preventive Actions:

- Leagues should display posters and signs throughout the park to frequently remind visitors to take steps to prevent the spread of COVID-19. These messages may include information about:
 - **Staying home if you are sick or do not feel well, and what to do if you're sick or feel ill.**
 - **Using social distancing and maintaining at least six feet between individuals in all areas of the park.**
 - **[The CDC has downloadable resources available to post at public places; and leagues are encouraged to utilize additional resources from their state or local authorities.](#)**

Concession Stands:

- Leagues should follow local and/or state guidance when considering operating food or concession sales.
- Leagues opting to operate food and/or concession sales should also review and understand the CDC's guidelines.

For leagues not operating a concession stand, families are encouraged to bring their own food/beverages.

How to Determine a Close Contact for COVID-19



Children and Adults in **All Indoor and Outdoor Settings (Excluding K-12 School Settings)**



Was the person **less than 6 feet** away from someone with confirmed or suspected COVID-19? Consider time spent with someone with COVID-19 starting **2 days before** the infected person developed symptoms, or the date they were tested if they do not have symptoms, until they started isolation.



Has the person been in the presence of someone with confirmed or suspected COVID-19 for a **cumulative total of 15 minutes or more** over a 24-hour period?



If the answers to the questions above are **both yes**, the person is a close contact, regardless of whether the person was wearing a mask properly.



If the answer to either of the questions above is no, **the person is not a close contact.**

What should the **close contact** do?

If they are **not up to date** on vaccines

The close contact needs to [quarantine](#) for at least 5 days from the date of last close contact.

The close contact should wear a [well-fitting mask](#) when around others for 10 days from the date of the last close contact with someone with COVID-19.

If the close contact does not have COVID-19 [symptoms](#), they should watch for [symptoms](#) for 10 days and [get tested](#) at least 5 days after the close contact.

If they test positive, continue to isolate.

If they are **up to date** on vaccines

If they have taken the full series of a COVID-19 vaccine and boosters as recommended, they are up to date.

The close contact does not need to [quarantine](#).

The close contact should [get tested](#) at least 5 days after close contact. Watch for [symptoms](#) and wear a [well-fitting mask](#) while around other people for 10 days from the date of last close contact.

Regardless of vaccination status, if a close contact develops [symptoms](#), they should [isolate](#) and [get tested](#) immediately.

If they test positive, continue to isolate.

If they have had COVID-19 **within the past 90 days, completed isolation, and recovered**

The close contact does not need to [quarantine](#).

The close contact should watch for [symptoms](#) and wear a [well-fitting mask](#) when around others for 10 days.

Close contacts who had a prior infection in the past 90 days and who have [symptoms](#) should [isolate](#) immediately and [get tested](#).

If they test positive, continue to isolate.



Need a COVID-19 test?

REASONS TO GET TESTED

- › If you have COVID-19 symptoms
- › At least 5 days after known or suspected exposure to COVID-19
- › For screening (schools, workplaces, congregate settings, etc.)
- › Before and after travel
- › When asked by a healthcare professional or public health official

TYPES OF VIRAL TESTS

Laboratory Test

- › Sample can either be a nasal swab or saliva
- › Results usually in 1–3 days
- › Results are reliable for people with and without symptoms
- › No follow-up test required
- › Common Example: PCR test

Rapid Test

- › Sample is usually a nasal swab
- › Results usually in 15–30 minutes
- › Results may be less reliable for people without symptoms
- › Follow-up test may be required
- › Common Example: Antigen test

ACTIONS AFTER RESULT

If positive

- › Isolate (at least 5 days). Learn more about [isolation timelines and precautions](#).
- › Seek a confirmatory, follow-up laboratory test if recommended by healthcare professional
- › Monitor your symptoms

If negative

- › If [up to date on vaccines](#): return to normal activities. Wear a mask indoors in areas of high or substantial community transmission.
- › If not up to date on vaccines and have symptoms or exposure, continue to [quarantine](#) for at least 5 days.
- › If not up to date on vaccines and no symptoms or exposure: return to normal activities. Take steps to get up to date on vaccines to protect yourself and others.



Need additional help? CDC's Viral Testing Tool is an online, mobile-friendly tool that asks a series of questions, and provides recommended actions and resources based on the user's responses.

cdc.gov/coronavirus