

# West Hempstead Shuls Little League (WHSLL)

## COVID-19 Rules and Regulations\*

- All participants must fill out the COVID-19 Health Screening and Contact Tracing Form before arriving at the field on Sunday. This includes players and coaches.
- The following participants are not permitted to come to games or practices, under any circumstances:
  - Anyone exhibiting COVID symptoms (fever, runny nose, sore throat, unexplained cough, loss of taste/smell, vomiting, diarrhea)
  - Anyone with a pending COVID test due to COVID symptoms
  - All members of the same household as someone with a pending COVID test due to COVID symptoms
- Each player must have his/her own glove and helmet. Bats may be shared but must be wiped down with a disinfectant between use.
- With the exception of pitchers, all players must wear masks while on the sideline/dugout or in the field. Coaches must wear masks at all times. Masks must cover both the nose and the mouth of each participant.
- Participants are allowed to take mask breaks as long as they are more than six feet apart from anyone else.
- When a team is at-bat, the players on that team must sit or stand in a socially distant manner (at least six feet apart), unless they are part of the same household.
- There are at most two spectators allowed per participant. Per CDC Guidelines, all spectators must wear a mask unless they are fully vaccinated. Fully vaccinated is defined as two or more weeks after receiving the second dose of the Pfizer or Moderna vaccine or the single-dose Johnson & Johnson vaccine.

*\* Rules in effect as of May 3, 2021. Rules are subject to change based on WHUFSD and NYS regulations.*