



## **Safety guidelines for games & practices**

PCBS, IL phase 4 return to play

Final - 6/25/2020

As part of the return to play process, PCBS will supply hand sanitizer, sanitization spray, and disposable wipes. Participants will be responsible for their own mask, and any additional personal protection equipment which they wish to utilize (see guidelines below).

### **Coaches**

- If not feeling well, have a temperature above 100.4, or displayed any symptoms of COVID-19 in the past 72 hours must not attend the event (find alternate assistant coach or helper)
  - Coaches must ask each player if they are currently exhibiting symptoms of COVID before event start
- Wash your hands with soap and water for 20 seconds before event, or use provided hand sanitizer / wipes
- Attendance must be kept of all coaches and players who are present for each game/practice
- Should wear a face mask over their nose and mouth when within 6 feet of others
- When possible maintain 6 feet between other individuals (coaches, officials, and players)
- Any team gear/equipment bag contents including but not limited to bats, helmets, catcher's gear should be wiped down and sanitized before and after each game
- Shared gear must be sanitized before the next player uses it (batting helmets / catchers gear)
- Wash / sanitize hands after anytime you touch common surfaces
  - Coaches after handling balls, game equipment
- When not on the field of play, teams must remain on their side / dugout. Coaches must make sure 30 feet are kept between team and other groups
- Encourage lineup exchanges in advance, electronically, text picture of line-up
- Provide 2 league-provided game balls at each game to be utilized while their team is playing defensively (both home and away teams)
- Are encouraged to shower and change clothes upon returning home

### **Players**

- If not feeling well, have a temperature above 100.4, or displayed any symptoms of COVID-19 in the past 72 hours must not attend the event
- Wash your hands with soap and water for 20 seconds before event, or use provided hand sanitizer / wipes



- When not directly participating in game, maintain 6 feet between other individuals
- Should wear a face mask over their nose and mouth when within 6 feet of others and not on the field of play. Permitted to wear a mask during play if they choose
- No sharing of anything personal: water bottle, towels, equipment
- Food limitations
  - No sunflower seeds, gum, or anything which must be continuously chewed and/or spit out
  - Food at the field is prohibited - only permitted if necessary (medical, special circumstances). Clean hands before and after, and consume away from playing area
- Wash / sanitize hands after anytime you touch common surfaces
  - Players after coming in from the field (assuming touched ball during warm up and possibly game play)
  - After using the bathroom
- Follow signs & markings at field to ensure social distancing
- Are encouraged to shower and change clothes upon returning home

### **Other Considerations**

- No post-game handshakes/high-fives/fist bumps
- Officials and game volunteers should wear face coverings when possible
- Avoid touching your face
- Sneeze or cough into a tissue, or the inside of your elbow
- Wipe down ball and equipment frequently

### **Spectators / Parents**

- Follow signage at the field to designated spectator area. If no signage, the area along both fence lines must be left for the players. Spectators be seated along foul lines, beginning at least 30 feet beyond the player area. All bleachers located within 30 feet of the player area are considered to be “closed” and spectators should bring their own seating
- Stay at least 6 feet away from other spectators that do not reside within your household
- For any interaction where social distancing cannot be maintained, a mask shall be worn

### **COVID-19 Positive**

If a player or coach does contract COVID-19, they should remain isolated at home for a minimum of 10 days after symptom onset and can be re-tested after feverless and feeling well (without fever-reducing medication) for at least 72 hours.

Before resuming events with the team they need to receive 2 negative COVID-19 test results, with the test results at least 24 hours apart.



As part of contact tracing, an email must be sent to [covid@pcbs.fun](mailto:covid@pcbs.fun) to report the positive test. PCBS will also send communication to teammates, and opposing teams which the COVID-19 positive individual was in contact with during the prior 14 days.

PCBS and PPD will be monitoring each team's adherence to these procedures.

- In the event of a violation, coaches will be informed and required to review and demonstrate a clear understanding of the violation. Then acknowledge in writing that they understand.
- A second violation will result in suspension of all team activities for 14 days.
- A third violation, or any flagrant or intentional violations on the part of a coach, player or parent may result in their immediate expulsion from the program.