

## Prospect Heights Youth Baseball Softball Return to Play Guidelines

### Phase 4 of Restore Illinois

**Purpose:** The purpose of this document is to provide return to play guidelines for the 2020 Prospect Heights Youth Baseball and Softball seasons addressing player/family health and safety concerns surrounding the COVID-19 pandemic. These guidelines are meant to provide a series of best practices and protocols to provide our players, coaches, umpires and fans a safe and structured environment to play and support the sport they love. Playing a sport during this time will have an inherent risk of potential exposure. Parents should understand and consider this risk when choosing to allow their athlete(s) to participate. Parents will be required to sign and turn in the attached waiver prior to participation.



Phase 4 of Restore Illinois Youth Sports Guidelines allow for drills, practices, and lessons that do not involve contact between individuals and allow for 6-ft of social distancing to be maintained.

It will be our intent to provide a great example to our young athletes and thus we ask parents and fans to also engage in these best practices. We will ask that any concerns be brought directly to the Board and that we maintain a positive coaching environment and experience for our players. We will stay in-touch with federal, state and local guidelines to update this policy as they become available.

**Current CDC Guidelines:** Detailed explanation can be found [here](#).

- Wash/sanitize hands often
- Avoid close contact with others
- Avoid touching face (most notably eyes, mouth, nose)
- Cover mouth and nose with cloth face covering
- Cough/sneeze into elbow/use tissue (and immediately wash hands)
- Disinfect commonly used surfaces regularly

#### **Individual Care:**

- Athletes and coaches with underlying health conditions as listed by the CDC should consider delay in participation. If you are unsure, please contact your physician/pediatrician.
- Wellness check each morning with parent (temperature taken, ask CDC screening questions)
  - Screening questions relating to fever, cough, shortness of breath, sore throat, loss of smell/taste, close contact with someone who has been diagnosed with COVID-19 in last two weeks. Close contact is defined as 15 minutes or more of contact where 6 feet distance was not maintained and N95 medical mask was not utilized.
  - Fever of 100.4 or more – **STAY HOME** and call your medical provider
- If you don't feel well – **STAY HOME** and call your medical provider
- Wash hands prior to leaving house
- Come to field fully dressed (minus cleats)
- Any athlete who prefers to wear cloth face masks should do so. Cloth masks are acceptable (medical grade not necessary) and can be worn when not doing heavy physical activity (bench, pre/post practice and game)
- Each player is responsible for their own hydration device that cannot be shared
- No sharing of equipment (this includes catchers gear)
- Bats and batting helmets should be cleaned after each practice and gloves left out to dry
- Shower and washing of clothes should occur immediately after practices/games

## Practices:

- Practices should be scheduled with buffer time between (e.g. practice 1 from 4p-5p and practice 2 from 5:30p-6:30p). This will reduce the crossing time and allow for cleaning between practices.
- Practice sizes will be 10 or less per adult coach. Groups of ten should maintain at least 30 feet distance in drills. Individuals within the drill should maintain 6 feet from each other.
- Prior to any practice or game, a coach will disinfect common areas (benches, stands, porta-potty exterior door). Coaches will have appropriate disinfectant and gloves.
- On-site spectators are not permitted but can watch from their car in appropriate parking lots.
- Those dropping off/picking up their athletes should remain in car.
- Upon arrival, players will check in with coach for wellness check. If someone has a temperature higher than 100.4, they will be asked to sit in air conditioning for 10 minutes and a second reading will be taken. Those who do not pass screen will be sent home. Coach will sign each person in.
- Upon arrival, all individuals should sanitize hands after getting cleats on (coaches will have some available if you do not have your own)
- Athletes will divide between both home and away dugouts and will only sit and put their own equipment on the designated areas.
- Ice towels will not be allowed.
- Practice balls will be sprayed with soap/water and dried out after each practice by coaches.
- Coaches will wear cloth masks for the duration of their time on field.
- Team huddles will be replaced with socially distanced interactions. No high-fiving or fist bumps.
- No shared snacks or treats.

## Games:

- Games should be scheduled with buffer time between (e.g. game 1 from 1p-3p and game 2 from 4p-6p). This will reduce crossing time and allow for cleaning between games.
- Prior to any practice or game, a coach will disinfect common areas (benches, stands, porta-potty exterior door). Coaches will have appropriate disinfectant and gloves.
- Upon arrival, players, coaches, and umpires will check in with parent volunteer for wellness check (temperature taken, CDC screening questions). Please be mindful of 6-foot distance while waiting in line to get checked. Those who do not pass screening will be sent home. Volunteer will sign each person in. Parent volunteer will be monitoring social distancing throughout contest and has the authority to ask someone to leave who is not social distancing.
- After screening, all players, coaches and umpires should sanitize hands (coaches will have some available if you do not have your own).
- Athletes report to their dugout and will only sit and put their equipment on the designated areas.
- Ice towels will not be allowed.
- New games balls will be used for each game.
- Each player is allowed 1 spectator on-site in field bleachers/stands. All other spectators can position themselves down the foul line or in the outfield 30-ft from field of play. It is recommended that non-family members sit at least 6 feet from others and wear masks if unable to maintain 6-ft distance. It is recommended that anyone with underlying health conditions avoid being the "on-site" spectator. The maximum number of people on field of play and designated "spectator" area should be 50 or less.
- Coaches, umpires and on-site spectators should wear a cloth mask and socially distance.
- Coaches should work to keep players socially distance in dugout during game.
- In-game/post-game huddles and post-game handshakes will be replaced with more socially distanced interactions. No high-fiving or fist bumps.

**Positive Case Considerations:**

- If a coach or athlete tests positive they should contact their physician and appropriate public health authority to begin the contact tracing process.
- If the coach or athlete did not have a mask on during team interactions in last 48 hours, then those in contact should be excluded from team activities for 14 days. Those who were in contact with individual but wore a mask and appropriate social distancing was maintained, may not have to be excluded per advice from their physician.
- An individual may return to activity once physician's clearance is obtained.

**References:**

"Youth Sport Guidelines", <https://www2.illinois.gov/dceo/pages/restoreLP3.aspx>, Accessed: 5/31/2020.

"2020 NFHS Guidance for Opening Up High School Athletics and Activities", [www.nfhs.org](http://www.nfhs.org), Accessed: 5/18/2020.

"How to Protect Yourself and Others," [www.cdc.gov](http://www.cdc.gov), Accessed 5/18/2020.

"Resocialization of Sport in St. Louis Region", Accessed 5/18/2020.

"Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19 (Interim Guidance)", <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>. Accessed 5/18/2020

"Guidelines for Opening Up America Again," Whitehouse.gov. <https://www.whitehouse.gov/wp-content/uploads/2020/04/Guidelines-for-Opening-Up-America-Again.pdf>. Published April 16, 2020.

**COMMUNICABLE DISEASE  
RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT**  
5/18/20

Participant's Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_ Emergency Phone (\_\_\_\_) \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_ Emergency Phone (\_\_\_\_) \_\_\_\_\_

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate, and agree that:

I am aware there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from an outbreak of any and all communicable disease, including but not limited to, the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROSPECT HEIGHTS YOUTH BASEBALL SOFTBALL, its MEMBER LEAGUES AND CLUBS**, its directors, officers, officials, agents and/or employees, associated personnel, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (RELEASEES), from any and all claims, demands, losses, and liability arising out of or related to any **ILLNESS, INJURY, DISABILITY OR DEATH** resulting from contracting COVID-19, or any other communicable disease I may suffer, **WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE**, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

X \_\_\_\_\_  
Signature of Participant aged 18 or older Age Date

**FOR PARENTS/GUARDIANS OF PARTICIPANT UNDER AGE 18 (MINOR) AT TIME OF REGISTRATION**

This is to certify that I, as parent/guardian with legal responsibility for this Participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES**, to the fullest extent permitted by law.

X \_\_\_\_\_  
Signature of Participant aged 18 or older Age Date