

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 2021 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 include drills, practices, lessons, and competitive gameplay, such as tournaments.

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 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
- If someone in your household is waiting COVID testing results – **STAY HOME**
- Wash hands prior to leaving house
- Per state guidelines, wearing face coverings or masks with coverage of nose and mouth reduces the transmission of disease and, in accordance with the communicable disease code, all participants and coaches who can medically tolerate a face covering must wear a face covering at all times, including during competition and other active exercise, unless wearing a face covering poses an injury risk as set forth in these guidelines. Cloth masks are acceptable (medical grade not necessary).
- Each player is responsible for their own hydration device that cannot be shared
- No sharing of equipment
- 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 encouraged to maintain social distance from players, coaches and other spectators.
- Those dropping off/picking up their athletes should remain in car.
- 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.
- 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.
- 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. They should also notify their coach.
- If a coach or athlete did not have a mask on during team interactions in last 48 hours, then those in contact (see definition of close contact) should be excluded from team activities for 10 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 and the following timelines have been met:
 - At least 10 days have passed since symptom onset
 - At least 24 hours have passed since resolution of fever without the use of medications
 - Other symptoms have improved
 - For persons who never develop symptoms, isolation and other precautions can be discontinued 10 days after the date of their first positive Covid-19 test.
- If someone in a coach or athlete's household has a pending COVID test, that coach/player will not be allowed at team activities until the results of the test are confirmed. If that individual tested does get a positive result, the coach/athlete will remain out of contact with team activities for 10 days from last contact with the individual.

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, Accessed: 5/18/2020.

"How to Protect Yourself and Others," 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