



## COVID-19 – Phase 4 Guidelines UPDATED April 11, 2021

The following guidelines shall apply to Morton Grove Baseball and Softball Association (MGBSA) activities during the region's Phase 4 status of the Restore Illinois plan. The guidelines have been developed by the MGBSA Board based on recommendations from the CDC entitled Considerations for Youth Sports. During Phase 4, we will begin with practices and have an expectation of games being scheduled to begin in mid-August.

The following guidelines may be amended or updated based upon directives and guidance from federal, state, county or local village government or from public health officials. Such updates will be communicated via the emails provided during your player(s) Fall 2020 registration, will be posted on the MGBSA website, and will be posted on MGBSA's Facebook page.

All participants must agree to comply with the following guidelines, and any future updates issued by MGBSA, to participate in MGBSA activities.

### Displaying Symptoms

1. Any participant, player or coach, who is experiencing any COVID-19 symptoms, including but not limited to fever or respiratory issues, are prohibited from participating in MGBSA activities. A full list of COVID-19 symptoms can be found on the CDC Website<sup>1</sup>. Simply put, if you do not feel well, stay home.
2. Any participant that has been directly exposed to anyone having the COVID-19 virus or displaying symptoms of COVID-19 may not participate in MGBSA activities until they have been quarantined for at least fourteen (14) days without exhibiting any COVID-19 symptoms, or confirm a COVID-19 test result of negative to MGBSA, and shall notify MGBSA immediately if they have attended any MGBSA events.
3. Should any participant contract the COVID-19 virus:
  - a. Participant must inform MGBSA immediately via email: [information@mgsba.com](mailto:information@mgsba.com).
  - b. Participant must quarantine for 10 days since symptoms first appeared **and** be 24 hours with no fever without the use of fever-reducing medications **and** confirm a COVID-19 test result of negative to MGBSA prior to returning to activities.
  - c. Any players and coaches that have been in close contact with that individual will be notified. Your personal information will be confidential (President and Administrative VP) unless you give permission otherwise. If you were identified as someone who has been in contact with, or in close proximity to, any individual who has tested positive for the virus, you will be notified.
  - d. Those players and coaches who were in close contact with the infected participant will be contacted and must refrain from immediately participating in MGBSA activities.
  - e. Players and coaches from the same team as the infected participant will be permitted to return to activities based on the following conditions:
    - i. Coach or player has been fully-vaccinated for COVID-19 (defined as 2 weeks since final dose)

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<sup>1</sup> <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

- ii. Coach or player has quarantined for at least 14 days without exhibiting any COVID-19 symptoms during the quarantine period. If a coach or player begins exhibiting symptoms during the 14-day period, a new 14-day period will be begin for the coach or player in accordance to CDC Guidelines. MGBSA will communicate the exposure date and when the 14 days quarantine period can end in accordance of this guideline.
  - iii. Coach or player has confirmed a COVID-19 test result of negative to MGSBA. A COVID-19 test must be taken no sooner than Day 5 following the exposure to the infected participant. MGBSA will communicate the exposure date and when testing can take place in accordance of this guideline. MGBSA strongly encourages participants to receive a PCR test.
- 4. Parents should conduct a temperature check of their player before bringing the player to practice. Coaches should conduct a temperature check on themselves. Anyone who displays a temperature of 100.4°F or above is not permitted to attend practice. Following CDC Guidelines, any participant who displays a temperature of 100.4°F should self-isolate and quarantine for 10 days after displaying no fever without the use of medication.
- 5. All participants are required to wash their hands with soap and water following the CDC Guideline's prior to attending any MGBSA activity.

### **Travel Guidance**

1. Any participant, player or coach, who travels to a high-incidence state for more than 24 hours is recommended to self-quarantine for 14 days upon returning back home.
2. High-incidence states are defined by Cook County and can be found here: <https://cookcountypublichealth.org/communicable-diseases/covid-19/covid-19-travel-guidance/>
3. Parents should notify coaches of planned travel to such states and mark their players absence for the trip and the 14-day quarantine upon arrival back home in TeamSnap.
4. Any coach who plans to travel to a high-incidence state should make arrangements with other coaches and parents to help with the team during the trip and after subsequent 14-day quarantine upon arrival back home.

### **Practices/Activities**

1. All MGBSA activities will be limited to 50 or fewer participants, including players and coaches.
2. Parents shall use the TeamSnap app to indicate if player will attend the scheduled practice or game. Coaches will confirm attendance using the TeamSnap app as well. By attending a practice or game, parents acknowledge their player is not displaying any COVID-19 symptoms and did not display a temperature of over 100.4°F prior to arriving to the practice or game.
3. Practices will operate with players on each team being assigned in groups. Groups will be assigned and communicated by your coaches prior to any activities commencing.
4. Parents are not permitted to gather around dugout or bleacher areas during practices. If parents chose to stay for practice, they are required to be at least 30-feet from field activities. Parents who chose to wait also must maintain at least 6-feet of social distancing from other parents and not congregate in groups larger than 50. Any group of 50 must be at least 30-feet from another group as well as field activities. For parents who wish to stay, they are encouraged to wait in their vehicle during practice.

5. To keep spectators at a minimum, it is highly encouraged to follow the 2:1 rule for family member per player. Having non-participating siblings onsite while practice occurs is highly discouraged.
6. Staggered drop offs for practices are highly encouraged by all parents. If you see a vehicle arriving at the same time as you, please wait for the player from the other vehicle to exit and setup their equipment station at the dugout. Please practice social distancing etiquette whenever possible. Carpooling is strongly discouraged.
7. Practices and games shall not be scheduled to begin until at least 15 minutes after the previous practice to allow for all equipment to be picked up by the previous team. Teams are not permitted to congregate after a practice/game or interact with another team that is arriving to a practice/game.
8. Practice activities shall be conducted in a manner reasonably designed to maintain social distancing where possible. We recognize it will not always be practical to maintain a full 6-feet of distance between participants. Coaches will be given separate communication and drill ideas utilizing 6-feet of social distancing.
9. Participants should refrain from touching their face during MGBSA activities.
10. Participants must clean up after themselves at the end of the practice or game, including disposing of all trash in garbage cans located at the field.
11. No participant may consume sunflower seeds and chew gum during the practice or game.
12. Snacks are not permitted during the practice or game by any participant. Snacks shall also not be handed out by any player, coach, or parent before or after practice.
13. No port-a-potties will be available for participant or spectator use. Players are highly encouraged to use the restroom prior to practice, as well as have the ability for a parent to take/pickup player to use home restroom if an emergency.

### **Practice Equipment**

1. Face coverings will be required for all MGBSA participants. Participants will provide their own face covering for all activities. If a participant arrives to practice or game without a face covering, the participant will not be allowed to participate.
2. Parents who are exiting their vehicles while dropping off and picking up players are expected to follow social distancing guidelines, including wearing a face covering.
3. Hand sanitizer will be provided by MGBSA to each coach. Players are expected to use hand sanitizer at the beginning, the end, during water breaks, and periodically during activities where appropriate.
4. Players are not permitted to share batting helmets, water bottles, gloves, or catcher's equipment. All players must bring their own batting helmets.
  - a. If your player needs a batting helmet, one will be provided for free by MGBSA to keep. If provided a batting helmet, it is the responsibility of the player's family to properly disinfect the helmet before use.
5. Players are not permitted to share their bat with other players.
  - a. If your player needs a bat, one can be provided by MGBSA for the duration of the season. Parents will be required to sign out the bat and agree to be billed for a replacement bat should the bat not be returned at the end of the season.
6. Catcher's equipment will be distributed as team rosters are finalized.

- a. Players who have their own catcher's gear should use their own. Players are not permitted to share their personal catcher's gear with any teammates or members of the opposing team.
  - b. Coaches will be provided disinfectant wipes/spray to use on the catcher's equipment after each player's use. Either a coach or team parent should be responsible to ensure catcher's equipment is disinfected prior to another player using.
  - c. Coaches are permitted to take extra catcher's masks to limit sharing during a game if desired. If extra catcher's masks are taken, it is the responsibility of the coach to disinfect the masks prior to the next game.
7. All players must bring their own water bottle. Water fountains at the fields are not permitted for use.

**Phase Transitions**

Should our region be transitioned back to Phase 3 of the Restore Illinois plan, or should new guidelines be announced by the State of Illinois and/or the CDC, the aforementioned guidelines may be amended and redistributed using the communication outlets described above.



**COVID-19 – Phase 4 Waiver**  
**UPDATED January 8, 2021**

In consideration of being allowed to participate in any way in the MORTON GROVE BASEBALL AND SOFTBALL ASSOCIATION (herein MGBSA) program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. I have read the Guidelines set forth above and agree to comply with those Guidelines, as they may be amended from time to time.

2. The risk of injury and/or illness from the activities involved in the program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist;

3. The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies does exist, and it is impossible to eliminate the risk that I could be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease;

4. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume all full responsibility for my participation;

5. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and

6. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS MORTON GROVE BASEBALL & SOFTBALL ASSOCIATION, THE MORTON GROVE PARK DISTRICT, and THE VILLAGE OF MORTON GROVE, and their respective officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of the premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

7. 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 AGREEING TO IT ON MY OWN BEHALF OR ON BEHALF OF THE YOUTH PARTICIPANT LISTED BELOW, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

ACKNOWLEDGMENT BY PARENTS AND/OR LEGAL GUARDIANS OF YOUTH PARTICIPANTS: By acknowledging and agreeing to the check box below, I agree to and verify the following: 1) I am the parent or legal guardian for the youth participant listed below, 2) that as parent/legal guardian with legal responsibility for this youth participant, I consent and agree to assume the risks of his/her

participation in these programs; and 3) that I specifically agree to her release as provided herein of all the Releasees, and, for myself, my heirs, assigns and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to this youth participant's involvement or participation in these programs as provided above EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

Player: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Signature: \_\_\_\_\_

Dated: \_\_\_\_\_