



**Restore Illinois Phase 4 House Softball Guidelines**  
**August 24, 2020**

The safety of our staff, patrons, and participants is of the utmost importance and it's vital that we follow the state guidelines as well as recommendations put forth by health officials. *Please note as guidelines change we will make changes and communicate them with you.*

**In Phase 4, currently Softball activities are Lower Risk/Level 3 and is limited to:**

- Intra-conference or Intra-EMS-region or intra-league play/meets only; state- or league-championship game/meet allowed for low-risk sports only.
- At least 6-feet apart in dugout areas, or players seated 6-feet apart in bleachers behind dugout.
- Non-competitive activities (e.g., practices, drills, lessons) should be set up to allow for 6-ft. of distancing between participants whenever possible
- Group sizes will be limited to 50 total persons including participants, coaches, and spectators

**Best Practice Guidelines:**

**General**

- Practice social distancing (at least 6 feet) whenever possible
- Stay home if you are sick or do not feel well. (See health monitoring section below)
- Avoid touching hand/nose/mouth.
- Cover coughs and sneeze with a tissue or direct into your elbow.
- Teams/groups/volunteers should be static, with no mixing of volunteers or players between groups for the duration of the season.
- Teams/groups do not add new participants once the season has started.
- Players should bring their own water bottle with names written on their bottles so they don't get mixed up.
- Players should avoid touching facility accessories (e.g., fences, goal posts, flags, etc.)
- Please clean and police the field area removing all refuse, litter, etc. that has accumulated as a result of your use.

## **Face Masks**

When playing softball outdoors, participants should wear face coverings over their nose and mouth whenever not actively participating in the sport (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering). Face masks are required where 6 foot social distancing is not possible.

## **Social Distancing**

The Bartlett Park District is committed to our participant's well-being and providing a safe environment. Social distancing practices will be implemented during programs to minimize and avoid contact.

## **Drop-off/Pick-up**

Parents dropping-off or picking-up players should wait at designated area away from the field and arrive during designated time.

## **Health Monitoring**

Coaches or players should stay at home if they are sick or do not feel well. If a coach or player can respond "Yes" to any of the questions below or shows symptoms they should stay home.

- Have you felt feverish?
- Do you have a cough?
- Do you have a sore throat?
- Have you been experiencing difficulty breathing or a shortness of breath?
- Do you have muscle aches?
- Have you had a new or unusual headache (e.g., not related to caffeine, diet, or hunger, not related to a history of migraines, clusters, or tension, not typical to the individual)?
- Have you noticed a new loss of taste or loss of smell?
- Have you been experiencing chills or rigors?
- Do you have any gastrointestinal concerns (e.g., abdominal, pain, vomiting, diarrhea)?
- Is anyone in your household displaying any symptoms of COVID-19
- To the best of your knowledge, have you or anyone in your household come into close contact with anyone who has tested positive for COVID-19?

If a coach/player does have symptoms, they should remain isolated at home for a minimum of 10 days after symptom onset AND until feverless and feeling well (without fever-reducing medication) for at least 24 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.

If anyone reports having any COVID-19 related symptoms, they are encouraged to contact their health care provider; if multiple individuals report having any COVID-19 related symptoms, park district will notify local health department.

If anyone does contract COVID-19, we will contact the proper authorities and follow the appropriate protocol.

If a player or coach becomes ill at practice they will be immediately be isolated from the group.

### **Supplies and Equipment**

Supplies, equipment and sharing will be limited.

- Minimize sharing of high-touch equipment.
- If equipment is shared, coaches should sanitize equipment before and after use.
- Encourage frequent hand sanitizing or hand washing if equipment is shared.
- Players should use their own equipment (e.g., helmet, bat, gloves) as much as practical.
- Players should place personal belongings at least 6 feet away from others' personal belongings.
- Players are allowed to wear PPE items if they choose, as long as the items do not compromise the safety of any players.

### **Practices/Games**

- All practices must be scheduled with the park district.
- Activities (e.g. practices, drills, lessons) should be set up to allow for 6 feet of distancing between players whenever possible.
- Multiple groups of 50 or fewer participants are permitted at once as long as:
  - Venue allows for social distancing.
  - 30 feet of distancing is maintained between groups/opposing team's sidelines.
  - Areas for each group are clearly marked to discourage interaction between groups.
- Any team members not participating in gameplay should still maintain 6 feet distance apart from one another while on the sidelines/when not directly involved in the game.
- No team huddles on the field during the game.
- If a coach visits the pitcher, all other players to stay at their positions.
- **Pre-Game Meeting:** One coach is allowed from each team and must properly social distance. No players allowed at the coaches meeting. Each team's scorekeeper should exchange line up cards electronically example: Take a photo of your lineup and send it via text to the opposing team's scorekeeper and umpire.
- **Softballs:** Use two softballs for each game to minimize cross team contamination.
  - Each team will use their own softball when they are on defense.
- **Umpires:** Umpires will not handle the game balls. Umpires will call balls and strikes 6 feet away from behind the pitcher. Umpires may wear PPE if they desire but are not required to do so. Umpires will verbally confirm final score with both teams.
- Once your game has ended, we ask the parents, players, and coaches to vacate the premises to avoid large groups of people gathering. Only show up to the fields if your team is scheduled to play.

- Parents, please vacate the area you were sitting at once your game/practice has finished to allow the next teams parents to come in and set up their seats.
- **Post-Game:** Each team will line up along their respective foul line, then acknowledge the opposing team with a round of applause.
- If you have a team meeting after a game, please take your team away from the dugout, field and others and distance your group. While still maintaining 6 feet distance apart from one another.

### **Spectators**

- Bleachers can only be used at 20% of capacity (maximum 15 people) and ensure at least 6 feet between seats occupied by spectators that are not members of the same household or party.
- Spectators will only be permitted in the outfield and deep along the foul lines.
- Spectators will not be permitted in the areas behind home plate or around the dugouts.
- If practical, limit spectators to immediate household members or guardians of players.
- If you are a spectator please do not enter the park until it is your team's time to play. This will allow the other teams to clear out and open up space for you to enter.
- It is encouraged spectators bring their own seating (e.g., chairs) from home and utilize any available field space to encourage social distancing between spectators.
- Spectators from the same household should sit together.
- When on the sidelines as a spectator, a mask must be worn when social distancing cannot be maintained.

### **Attendance**

Coaches should maintain a written attendance log of participants/coaches/spectators at practices and games, in case they need to be used for contact tracing. Coaches should retain these logs and turn them into the park district at the end of the season.

### **Personal Hygiene**

- Everyone should wash hands with soap and water or use hand sanitizer before participating.
- Personal hand sanitizer is encouraged.
- Athletes should be encouraged to shower and wash their workout clothing immediately upon returning home.

### **Restrictions**

Post-activity group snacks, usage of water fountains or shared water jugs/coolers and handshakes/hi-fives are currently prohibited.

### **Have fun!**

We encourage other creative shows of sportsmanship, tip of the cap or bow or social distant "air" high fives.

We are looking forward to fun & safe fall. If you have any questions or concerns please contact Eric Eichholz, Recreation Manager at 630-540-4831 or [eechholz@bartlettparks.org](mailto:eechholz@bartlettparks.org).