



Arrival to Venue (Mandatory):

- All participants, spectators, and volunteers must adhere to six-foot physical distancing while at the facility.
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home. If you have a temperature of 100 degrees or higher, please stay home.
- No team water coolers or shared drinking stations.

Recommended best practices:

- Lineups should be texted to opposing manager or by spoken word without exchanging any physical documents with coaches or players.
- Athletes are strongly recommended to travel to the venue with a member of their immediate household.

Practices (Mandatory):

- Coaches and players must adhere to physical six-foot distancing except when the ball is in play.
- Coaches must wear face coverings at all times.
- Players if practicing outdoors, facemasks are optional. If practicing indoors, facemasks are required at all time.
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.
- No team water coolers or shared drinking stations.

Recommended best practices:

- Face coverings are strongly recommended for any spectators.
- For each practice session, it is recommended that coaches divide players into groups and establish rotating shifts when possible.
- Athletes should bring individual water containers.
- Athletes are strongly recommended to travel to the venue with a member(s) of their immediate household, if possible.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

Athletes (Mandatory):

- Must adhere to 6-foot social distancing practices off the field of play.
- Face coverings are optional during game play.
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.
- Must not share water or equipment. Belongings should be used only by the individual owner or operator including, but not limited to water bottles, gloves, bats, hats, and other on- and off-field gear.
- No touch rule – players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.
- No spitting or eating seeds, gum, other similar products.

Recommended best practices:

- Hand washing or hand sanitizing, in the absence of soap and water, are strongly recommended for athletes during the games.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.
- Players are encouraged to wear face coverings while in the dugout.

Spectators (Mandatory):

- Must adhere to 6-foot social distancing practices. This includes in and around bleachers for anyone not in the same family.
- Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.
- Must not enter player areas (on the field of play or bench areas).
- Must stay 6 feet or more away from the back stop.

Recommended best practices:

- Strongly recommended to wear face coverings at all times.
- Hand washing or hand sanitizing, in the absence of soap and water, is recommended strongly during the games

Coaches (Mandatory):

- Must adhere to 6-foot social distancing practices.
- Must wear face coverings at all times.
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.
- No spitting or eating seeds, gum or other similar products.
- No touch rule – coaches should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.
- Must ensure that players are following COVID-19 -related prevention measures included herein.

Recommended best practices:

- Coaches should ensure the players are adhering to social distancing in dugouts and other seating areas and encourage players to wear face coverings while not actively participating on the field of play.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

Umpires (Mandatory):

- Must adhere to 6-foot social distancing practices when interacting with players, coaches, and spectators off the field of play.
- Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.
- Must wear face coverings at all times.
- Must avoid exchanging documents or equipment with players, coaches, or spectators.
- Must umpire from behind the Pitchers Mound.

Recommended best practices:

- Umpires calling balls and strikes should allow adequate distance behind the pitcher while still able to perform their duty.

Leaving the venue (Mandatory):

- Individuals should not congregate in common areas or parking lot following the game or practice.
- Umpires should adhere to social distancing practices when interacting with players, coaches, and spectators off the field of play.
- Individuals should not exchange items.

Recommended best practices:

- Team meetings should occur virtually or over the phone rather than in a team huddle.
- Athletes are strongly recommended to travel to the venue with a member(s) of their immediate household, if possible.
- Team meals should only occur in compliance with the guidelines issued for restaurants in the state of Illinois.

Confirmed cases (Mandatory):

- If a player or coach tests positive for the virus, that player or coach will be out for 10 days from the positive test date. Team activities will be shut down during the quarantine period.
- Team activities can resume after 10 days from the last contact with the exposed player but only with players who have had no reported symptoms during those 10 days.
- If a player or coach was exposed to someone with Covid, The player or coach will need to stay away from team activities for 10 days or the player or coach may return after 7 days with a negative test on or after day 5.
- Managers must maintain a complete list of coaches, players, and parents present at each event to include the date, beginning and ending time of the event, plus name, address, and phone contact to be made available upon request from local health district.

Recommended best practices:

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/ notifications.
- Following testing, contact local health department to initiate appropriate care and tracing.

These guidelines can change at any time based on new or updated guidelines.