



FSBL/FSPD Return to Play Guidelines

All Frankfort Square Residents:

- If there is any indication of illness, you are not to attend practices or games. CDC has indicated 72 hours of symptom free without medication is the timeline to use for your return.
- Healthy hygiene (Sanitation will be needed for every team practice)
- People who are at high risk for infection should not gather at FSBL events, per CDC guidelines.
- Before participating in the sport, instructors should ask whether participant is currently exhibiting COVID-19 symptoms. If a participant does have symptoms, they should wait to enter premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared, and after afebrile and feeling well (without fever-reducing medication) for at least 72 hours OR has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart

Practices:

- Follow all local and State guidelines for facilities.
- All in-house & travel practices are by scheduled times only
- Participants should wash hands with soap and water or use hand sanitizer before participating
- No spectators will be allowed. Families will drop participants off at the beginning of practice (escorted by coach) and picked up at the end of practice.
- Participants should bring their own source of water. No shared water containers/water fountains.

- 1st base and 3rd base lines are reserved for players to eliminate dugout seating at this time due to high frequency of touch points.
- Players' bags are to be spread out along the fence line at minimum of 6' apart to encourage social distancing.
- The Park District will disinfect areas in compliance with State guidelines, but dugout seating should not be used due to high frequency of touch points. This may change with recent developments related to transmission through surfaces.
- No handshakes at the beginning or end of practice
- Coaching staff and players are encouraged to wear a face mask or cloth face covering until the CDC lifts this requirement.
- All players will wear protective masks for the duration of the practice when social distancing guidelines **cannot** be adhered to, i.e. batters/catchers, runners on the base path/fielders.
- Participants should use their own equipment (e.g., helmet, bat, gloves) as much as practical. No shared equipment including bats, helmets, and catchers gear. After each player uses their own equipment, equipment will be returned to their respective bags, which will be socially distanced a minimum of 6 feet along the foul lines.
- Participants should place personal belongings at least 6-ft. away from others' personal belongings
- No "high fives", handshakes, or fist bump lines.
- No spitting or sunflower seeds.
- Players residing in the same household may sit together with less than six feet of separation, in the assigned practice area.
- Pre-practice plate meetings are restricted to managers and coaches only – no players.
- Practice will consist of 10 or less, including coaches. In the event of split practice times, coaches and staff will allow for a transition period between sessions to prepare equipment for the next group.
- Upon completion of a practice session, players will be dismissed individually to parents/guardians and encouraged to leave as soon as reasonably possible. Once all players have been dismissed and equipment has been sanitized, the next group of players will be permitted.
- It is each individual's right to decide whether or not they wish to participate in any program or organized play.
- It is understood that current guidelines are fluid and the Park District reserves the right to change information at any time, per the State of Illinois and/or CDC guidelines. Please refer to the Park District's website, www.fspd.org for updated information.

Games:

- Teams scheduled for game should wait for their coach in their vehicles or outside the field, maintaining 6ft social distancing. Facial coverings should be worn until players enter the field of play.
- Once on the field coach should split team up into groups of two or more for warmups, maintain social distancing of players and coaches.
- One game ball should be used for each team while on the field and switch out each inning. If game ball is lost, umpire or coach will designate a new game ball for that team.
- No more than 4 players in the dugout at a time. If a team is at bat, 4 players should be in the dugout maintain social distancing while the other players will line the fence along the foul line. Younger players should sit with their parents provided all parents are maintain social distancing guidelines. Facial coverings are recommended for all those players not in the game at any time.
- All players should avoid physical contact with other players as much as possible.
- All parents/spectators MUST maintain 6ft social distancing and facial coverings are strongly recommended.
- Spectators MAY be limited to parents and immediate family member at any time based on Phase 4 guidelines set down by the governor and CDC, holding to a maximum of 50 people per field.
- Parents must not enter the field of play or the dugouts unless absolutely necessary.
- ABSOLUTELY NO SEEDS OR GUM FOR ANY PLAYER OR COACH!
- NO sharing of equipment, water bottles, or coolers for the team are allowed. Players must bring their own equipment to the game
- Hand sanitizer bottles will be available in every field box for players and coaches to use during/after practice.
- No High Fives or Handshakes during or after games.
- All team huddles and meetings are required to maintain 6ft social distancing and facial coverings should be worn by all players and coaches.
- Coaches will make sure that dugouts are cleaned after each practice.
- All players, coaches, staff and Spectators must conduct daily symptom assessments by coaches and players (self - evaluation). Anyone experiencing symptoms must stay home.