



Safety guidelines for games & practices for Fall Ball 2021

PCBS, IL Bridge Phase/Phase 5

All below guidelines are based upon Illinois Region 10 classifying outdoor activities as:
All outdoor recreation allowed

Coaches:

- If not feeling well, have a temperature above 100.4, or displaying any symptoms associated with COVID-19 in the past 72 hours must not attend any team event
- When possible, maintain 6 feet of social distance from all participants, coaches, officials, and parents
- Team gear should be sanitized and sprayed down between each use
- Shared gear between players should be sanitized and sprayed down between each use
- Regardless of vaccination status, coaches in the dugout, on the bench, in team meetings, or carpooling must wear masks when not able to maintain 6 feet of social distancing
- When not on the field of play, teams must remain on their side/dugout. Coaches must make sure 30 feet are kept between team and other groups

Players

- If not feeling well, have a temperature above 100.4, or displaying any symptoms associated with COVID-19 in the past 72 hours must not attend any team event
- Regardless of vaccination status, players can be on the field of play without wearing a mask
- Regardless of vaccination status, players in the dugout, on the bench, in team meetings, or carpooling must wear masks when not able to maintain 6 feet of social distancing
- There is to be no food consumed or distributed at the field
- No postgame handshakes/high-fives/fist bumps



COVID-19 Positive and COVID Positive Exposure

Coach must report exposures and COVID-19 Positive cases to the “Covid Exposure or Positive Test Notification” link on the PCBS website immediately.

Players or coaches that contract COVID-19 must remain isolated at home for a minimum of 10 days after symptom onset and can only return to team activities if they have been symptom free for 72 hours without fever reducing drugs.

Vaccinated individuals that are exposed to someone that has tested positive for COVID-19 do not need to quarantine after exposure.

Unvaccinated individuals that have been exposed to a COVID-19 positive individual must quarantine for 10 days, or provide a Negative PCR test no less than 24 hours after exposure. Exposure is defined as:

- Living in the same household as a person with COVID-19
- Caring for a person with COVID-19
- Being within 6 feet of a person with COVID-19 for more than 15 minutes
- Being in direct contact with secretions from a person with COVID-19 (e.g., being coughed on, kissing, sharing utensils).
- Being in close contact (as described above) in the 48 hours before a person with COVID-19 developed symptoms.