



# INDOOR PLAY GUIDELINES

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SEPTEMBER 24, 2020

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# IDPH SAFETY GUIDANCE

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- Baseball/Softball is considered a Low Risk Activity with the following regulations
  - Players remain at least 6 feet apart in dugout areas or players are seated 6 feet apart in bleacher areas behind dugouts
- Low Risk Levels of Play allow for the following
  - Level 1 – No contact Practices and trainings
  - Level 2 – Intra-team scrimmages allowed with parental consent
  - Level 3 – Intra-conference or Intra-EMS-Region or Intra-League Play meets. State and League championship games allowed
- Non-school based activities allow for gatherings of up to 50 individuals indoors or outdoors.
- Coaches will ensure a minimum of 6 feet between indoor stations



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- All coaches must complete health and safety training related to COVID
- All participants must complete the Consent to Play Form in addition to the PPD/PCBS Waiver
- Athletes, coaches, and umpires **MUST** undergo a daily healthcare self-screening prior to starting any activity (practice, scrimmage, or games).
- Coaches should wear face coverings over their nose and mouth when within 6-ft. of others (cloth masks preferred). Exceptions may be made where accommodations are appropriate
- No unnecessary individuals will be present. Only coaches and players will be permitted within the turf areas. Spectating is not currently permitted under current PPD regulations.
- Social distance of at least 6-ft. will be maintained between non-household individuals unless participating in activities permitted under Phase IV guidelines
- No handshakes or team huddles at the beginning, during or end of practice



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# IDPH SAFETY GUIDANCE

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- Minimize sharing of high-touch equipment between non-household individuals. If equipment should be shared, coaches should sanitize equipment before and after use (see [EPA approved list of disinfectants](#))
- Participants should use their own equipment (e.g., helmet, bat, gloves) as much as practical
- Participants should place personal belongings at least 6-ft. away from others' personal belongings
- Sharing of water bottles is prohibited. Only individual water bottles will be allowed and must be provided by each participant for their use only.
- No Food will be permitted unless medically necessary
- Individual participants must supply their own mask/face covering. These should be washed after each use or disposed of properly following each use if not washable.



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# Recommendations for all phases in for Travel Baseball/Softball:

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- Participants must come ready to play. Changing facilities will not be available
- Hand hygiene is essential. PCBS will promote frequent and effective, hand hygiene with ample hand sanitizer (>60% ethanol or >70% isopropanol) available.
- Cleaning and disinfecting of equipment and individual stations should be conducted in compliance with [CDC protocols](#) after every use
  - Any equipment used during activities should be disinfected with Environmental Protection Agency (EPA) certified products between individual uses.
    - If practical, sanitize shared equipment during use (e.g., between drills) and encourage frequent hand sanitizing or hand washing
    - All machines or equipment should be wiped down with disinfectant after each use. Gathering limitations and cleaning to be enforced by a designated coach for each team



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# Arrival Regulations

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- Participants should not arrive any more than 5 minutes prior to event start time
- If age appropriate, parents should drop players off in a designated area and remain in their vehicles or maintain socially distant from others.
- Participants should assemble in a line with a minimum of 6 foot spacing to conduct initial assessments
- Once participants complete the assessment, they should immediately report to the designated area for their group and continue to maintain social distancing regulations



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# Departure Regulations

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- Participants should immediately return to their vehicles and leave the event area at the end of practice
- If age appropriate, parents should pick players up in a designated area and remain in their vehicles or maintain socially distant from others.
- Participants should not loiter in the practice or parking area following practices



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# Required Screenings

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- Every coach and athlete is required to be screened prior to entering the turf area where the sporting activity will occur.
  - Temperature checks will be available for participants for their use. PCBS will post information about the symptoms of COVID-19 in order to allow participants to self-assess whether they have any symptoms and should consider staying or going home
  - If a participant reports having any COVID-19 related 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
  - Before allowing participation in sporting activities, coaches should ask whether participant is currently exhibiting COVID-19 symptoms. If participant does have symptoms, they should wait to enter premises or participate in any sporting activity for a minimum of 10 days after symptom onset OR 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
  - Coaches should maintain attendance log of participants for contact tracing purposes. Sports organizers should maintain attendance logs of all facility rentals, spectators, and employees for contact tracing purposes
  - If coach or participant reports having any COVID-19 related symptoms, they will be encouraged to contact their health care provider; if multiple individuals report having any COVID-19 related symptoms, PCBS will notify PPD and the local health department within three days of being informed of the prevalence of COVID-19 symptoms; if multiple individuals test positive for COVID-19, PCBS and PPD should notify the local health department within one day of positive test results
  - If an athlete or coach is identified as being COVID-19 positive by testing, deep cleaning and disinfecting should be performed according to CDC guidelines
  - Any individual who has had close contact (15 min or more) with any other person who is diagnosed with COVID-19 should quarantine for 14 days after the last/ most recent contact with the infectious individual and should seek a COVID-19 test at a state or local government testing center, healthcare center or other testing locations. All other individuals should be on alert for symptoms of fever, cough, or shortness of breath and taking temperature if symptoms develop



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# Required Screenings

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- A log will be maintained via Google Drive for each participant at each interaction
  - There should be no spectators allowed at any workouts or practices. Parents/caregivers can remain in their cars during this time. No congregating should be allowed in the lobby of Falcon Park. A drop-off line for practices is recommended to avoid unnecessary exposure. For younger children, one parent/caregiver can accompany the child to the health screening. The parent/caregiver should be wearing a mask/face covering.



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# Recommended Screenings

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- All participants should self-monitor for symptoms of COVID-19 twice daily
  - If any signs of symptoms of infection are present, the participant should not attend the practice, should notify coaches and staff, and should contact their healthcare provider
- Temperature check with a thermometer is recommended but not required (temperature greater than 100.4 for children and adults is considered a fever).
  - Temperature assessment is much more important for screening adults
  - Forehead thermometer/touchless thermometer is preferable



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# Immediate Action following Positive Finding

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- If an athlete/coach/official has positive finding on their COVID-19 screening they should be sent home immediately.
- If their parents are not present escort them to a designated area away from others and have them wear a mask/face covering. They should then be directed to a virtual COVID- 19 screening visit (see resources listed below).
- The athlete should not be allowed back until they have documentation demonstrating the SARS-CoV-2 test was negative or a note from their healthcare provider indicating they do not need to be tested and their symptoms are not due to COVID-19.



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# Positive Test Screening

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## Positive COVID-19 Athlete or Coach

- Notify the local public health authority. The head coach and president of PCBS should create and provide a line list of all close contacts and their contact information to the park district who will provide to the health department. This will ensure timely and efficient contact tracing which is necessary to mitigate the spread of disease.
- If an athlete or coach not wearing a mask is confirmed to have COVID-19, the following should occur:
  - All participants that have practiced or competed with this individual up to 48 hours prior to symptom onset should be excluded from practice for 14 days. Recommend teams keep documentation of names and contact information of opposing teams/coaches/officials for contact tracing purposes.

Exception could be made if all activities were done practicing appropriate social distancing



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# Positive Test Screening-Close Contact Exposure

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- Participants should not attend events if they have experienced close sustained contact with anyone who is sick within 14 days of beginning group training
- Since the signs and symptoms of COVID-19 can be fairly non-specific and not just respiratory symptoms, it is recommended that athletes should not be in close sustained contact with anyone who is sick for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone who may have COVID-19 but isn't experiencing any symptoms yet.



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# Returning to Sports Post COVID-19 Diagnosis

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- Athletes/coaches must meet all the following criteria to return to sports following a COVID Diagnosis
  - No signs or symptoms of COVID-19 (Appendix 2) in the past 14 days
  - If player or coach does contract COVID-19, they should remain isolated at home for a minimum of 10 days after symptom onset and can be released after feverless and feeling well (without fever-reducing medication) for at least 72 hours
  - Note for clearance from a medical provider (MD, DO, NP, PA)
  - Individuals without a medical provider can contact their local public health agency.
- Two negative COVID-19 tests separated by 24 hours
  - The tests must be performed and results available prior to beginning group training. Tests would need to be repeated if the individual:



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# COVID-19 Enforcement

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- Violations of the PCBS Return to Play Protocol will be reviewed on a case by case basis
- In the event of an initial violation, coaches will be informed of the violation and required to review the RTP guidelines, demonstrate a clear understanding of the violation, and acknowledge in writing that they are clear on the proper guidelines
- A second violation, will result in suspension of that team's ability to practice for 14 days
- Subsequent violations will result in expulsion from the PCBS travel baseball/softball program
- Violations that are deemed to be in flagrant or intentional manners and/or directly increase the possibility of virus spread may result in immediate expulsion from the PCBS travel baseball/softball program



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# Recap of Immediate Actions

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- All Coaches must attend PCBS/PPD Return To Play Guideline Training
- All Teams must have hand sanitizer available at all events
- Schedule has been created and is available online – this must be maintained and followed
- All Head Coaches (or appropriate designee) will be required to maintain a log of all participants. NO EXCEPTIONS PCBS/PPD Return to Play guidelines should be followed at all events
- Social Distancing must be followed whenever possible
- VP Travel Baseball and VP Travel Softball will be ultimately responsible for ensuring guidelines are followed
- All documentation will be maintained in a cloud based server for review by PPD at any time



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# Additional Information

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- Additional situations may arise based on social vulnerabilities. PCBS will attempt to think of these situations and develop solutions that continue to practice the key elements of preventing COVID-19 transmission



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# Resources

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Illinois Restore Youth Sports. Illinois.gov. <https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines3/youthsports.pdf>. Last Reviewed September 24, 2020.

USOPC Guidance: Return to Training and Sport Event Planning - <https://www.teamusa.org>. <https://www.teamusa.org/Coronavirus> Last reviewed September 24, 2020

CDC Cleaning and Disinfection Tool. CDC.gov. [https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/ReOpening\\_America\\_Cleaning\\_Disinfection\\_Decision\\_Tool.pdf](https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/ReOpening_America_Cleaning_Disinfection_Decision_Tool.pdf). Last reviewed September 24, 2020.

CDC Handwashing Guidelines. CDC.gov. <https://www.cdc.gov/handwashing/when-how-handwashing.html> Last reviewed September 24, 2020.

Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19 (Interim Guidance). CDC.gov. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>. Last reviewed September 24, 2020..

Guidelines for Opening Up America Again. Whitehouse.gov. <https://www.whitehouse.gov/wp-content/uploads/2020/04/Guidelines-for-Opening-Up-America-Again.pdf>. Published April 16, 2020.

State Illinois Coronavirus (COVID-19) Response. Coronavirus.Illinois.gov. <https://coronavirus.illinois.gov/s/restore-illinois-introduction> Last reviewed September 24, 2020.



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