

Oak Lawn Baseball and Softball

COVID-19 Team Guidelines

Phase 4

Updated July 12, 2020

We want to continue to keep in mind the health and safety of all our players, coaches, and families during this time. To ensure the health and safety of all involved, all managers, coaches, players, and spectators are required to abide by the guidelines set forth below during practices and games.

The Oak Lawn Baseball and Softball Board has the ability to modify these guidelines at any time and will send updated guidelines as they are changed to all managers and parents.

1. No more than 50 total people (players, coaches, managers, umpires) are allowed within the field fence lines at one time. Based upon CDC guidelines, groups of more than 50 must be at least 30 feet apart.
2. All players and coaches must maintain a social distance of 6 feet or more at all times when applicable.
3. Masks are HIGHLY recommended for all managers, coaches, and spectators who cannot maintain a social distance of 6 feet or more.
4. Players do not need to wear masks as long as they can maintain a social distance from other players and coaches of 6 feet or more when not on the field.
5. There will be very limited physical contact of any kind between players-coaches, players-players, and coaches-coaches which includes but is not limited to high-fives, handshakes, back slaps, etc.
 - a. There is not post-game handshake.
 - i. Post-game handshake will be replaced by teams lining up on the foul lines and saying good game, bowing, waving, etc.
 - b. No handshakes between managers, coaches, umpires, etc.

6. Dugouts may be used but players must follow social distancing guidelines of being 6 feet or more apart or wearing a mask.
 - a. At park district fields
 - i. Players are encouraged to sit with parents/family members during offensive innings instead of on the bench to encourage social distancing.
 - b. At Kolb Field
 - i. Players are encouraged to use the bleachers instead of spectators during the offensive inning to encourage social distancing.
 - c. At SAC Fields
 - i. Players are encouraged to stand and be socially distant from all other players and coaches.
7. There is NO sharing of equipment other than baseballs and softballs.
 - a. Each player must have their own helmet, glove, bat, face mask, batting gloves, etc.
 - b. There will be no catcher for 8U and under.
 - c. For teams over 8U, the league will provide at least 2 sets of catcher's gear to ensure equipment is not shared during games.
 - d. All players should put their equipment in their bags when not in use to ensure that no other players touch their equipment.
8. All managers will have hand sanitizer for all players to use both before and after practices and games.
9. Please arrive at the field at the time assigned to you by your manager and no earlier.
10. All managers are responsible for the disinfecting of the baseballs and softballs after practices and games.
11. All managers, coaches, and players must self-assess their health prior to all practices. Any symptoms including but not limited to the following will require the player or coach to remain home: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

12. All players must bring their own water bottle and be sure to dispose of/take with them at the end of the practices or games. There will be no sharing of drinks.
13. There should be no food (including gum and sunflower seeds) permitted.
14. No spitting is permitted.
15. Spectators are allowed at all practices and games but encouraged to social distance of at least 6 feet or more from others not within their household. If socially distancing is not possible, spectators are encouraged to wear a mask.
 - a. Park District Fields
 - i. Spectators cannot be within the field of play (fence lines). They are encouraged to sit along the foul lines and at a safe distance away from home plate to view the game.
 - b. SAC
 - i. Spectators will not sit on the bleachers.
 - ii. Spectators are encouraged to sit not only behind the backstops but also along the outfield lines and beyond the outfield fences.
 - c. Kolb
 - i. Spectators will not sit on the bleachers or within the complex.
 - ii. Spectators are encouraged to sit outside the Kolb Field Complex along the outfield fences rather than inside the complex.
16. If a player or coach tests POSITIVE for COVID-19, they are required to report this immediately to the Executive Board. The team and any others who may have been in contact with the positive tester will then go into a 14-day shut down with no practices or games allowed. They can resume after the 14 days. The positive player or coach CANNOT resume until a negative test result.