

# Oak Lawn Baseball and Softball

## COVID-19 Team Guidelines

### Spring 2021

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.

These guidelines will apply to all vaccinated and non-vaccinated people.

1. No more than 50 total people (players, coaches, managers, umpires) are allowed within the field fence lines at one time.
2. All players and coaches must maintain a social distance of 6 feet or more at all times when applicable.
3. Masks are recommended for all managers, coaches, and spectators who cannot maintain a social distance of 6 feet or more.
4. Players and managers are not required to wear a mask while actively playing or coaching.
5. There will be no 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.
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. No catcher for teams below 8U.
  - c. For house teams 8U (pinto and pixie) and up, the league will provide 2 sets of catcher's gear to ensure equipment is not shared during games.
8. All managers will have hand sanitizer for all players to use both before and after practices and games.

9. All managers are responsible for the disinfecting of the baseballs and softballs after practices and games.
10. All managers, coaches, and players must self-assess their health prior to arriving at all practices and games. 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.
11. 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.
12. There should be no food (including gum and sunflower seeds) permitted.
13. Spitting is not permitted.
14. 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.
  - a. Spectators cannot be within the field of play at a park district fields (fence lines) or within the fields at Kolb field.
  - b. Spectators are limited to 40% capacity of the bleachers at SAC or Kolb. If sitting on the bleachers, masks ARE required.
  - c. Spectators are encouraged to sit outside the Kolb Field Complex along the outfield fences rather than inside the complex.
15. If a player or coach tests POSITIVE for COVID-19, they are required to report this immediately to the boys' or girls' President, travel VP, or league president. The team will then go into a 10-day shut down with no practices or games allowed from the last day of contact with the player. They can resume after the 10 days.
  - a. If a player tests positive more than 48 hours after contact with the team AND was asymptomatic at the time of contact, the team does not need to quarantine.
  - b. When reporting a positive case, please have last time of contact, date of positive test, type of positive test (rapid vs. PCR), and first symptomatic day readily available to report.

I understand and will follow the guidelines listed above while participating in anything related to Oak Lawn Baseball and Softball.

Signed Name: \_\_\_\_\_

Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_