



Playing Safe Regulations



Baseball and Softball

Mandatory

Arrival to Venue

- **All participants, spectators, and volunteers must adhere to six-foot physical distancing while at the field.**
- **Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.***
- **No team water coolers or shared drinking stations.**
- **These requirements must be shared prior to the event with all players, coaches, spectators, officials, and parents prior to their arrival at the venue.**

Practice

- **Coaches and players must adhere to physical six-foot distancing except when the ball is in play.**
- **Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.**
- **No team water coolers or shared drinking stations.**
- **No sharing of equipment. Catchers gear wiped down prior to practice**
- **Bags should be lined up 6' apart along fences**

Athletes

- **Must adhere to six foot social distancing practices off the field of play.**
- **Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.***
- **Must not share water or equipment. Belongings should be used only by the individual owner or operator including, but not limited to water bottles, gloves, bats, hats, and other on- and off-field gear.**
- **No touch rule – players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.**
- **No spitting or eating seeds, gum, other similar products.**

Recommended Best Practices

- Athletes are strongly recommended to travel to the venue alone or with a member of their immediate household.
- Face coverings are strongly recommended for any spectators.
- For each practice session, it is recommended that coaches divide players into groups and establish rotating shifts when possible.
- Athletes should bring individual water containers.
- Athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household, if possible. Face coverings are strongly recommended for individuals traveling to and from the venue.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.
- Hand sanitizing, in the absence of soap and water, is strongly recommended for athletes during the games.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

* Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat, and new loss of taste or smell.

Mandatory

Spectators

- **Must adhere to six foot social distancing practices. This includes in and around bleachers for anyone not in the same family.**
- **Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.***
- **Must not enter player areas (on the field of play or bench areas).**
- **Must keep six-feet or more distance from the backstop.**
- **Parents must inform coaches if player is sick and not allow them to come to practice or games**

Coaches

- **Must adhere to six-foot social distancing practices.**
- **Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.**
- **Enforce 5 people in the dugout (spaced), or all wear masks.**
- **No touch rule – coaches should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.**
- **Must ensure that players are following COVID-19-related prevention measures included herein.**
- **Managers/coaches must sanitize all shared equipment before a game.**
- **Must keep accurate attendance records for all practices/games.**

Umpires/ Officials

- **Must adhere to six-foot social distancing practices when interacting with players, coaches, and spectators off the field of play.**
- **Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.**
- **Must avoid exchanging documents or equipment with players, coaches, or spectators.**
- **Umpires are to stand behind the pitcher or behind the plate with a face mask.**

Leaving the Venue

- **Individuals should not congregate in common areas or parking lot following the event or practice**
- **Umpires should adhere to social distancing practices when interacting with players, coaches, and spectators off the field of play.**
- **Individuals should not exchange items.**

Recommended Best Practices

- **Strongly recommended to wear face coverings at all times.**
- **Hand washing or hand sanitizing, in the absence of soap and water, is recommended strongly during the games.**

- **Coaches should ensure the players are adhering to social distancing in dugouts and other seating areas and wearing face coverings while not actively participating on the field of play.**
- **Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.**

- **Umpires calling balls and strikes should allow adequate distance behind the catcher or pitchers while still able to perform their duty.**

- **Athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household, if possible. Face coverings are strongly recommended for individuals traveling to and from the venue.**
- **Team meals should only occur in compliance with the guidelines issued for restaurants in the state of Illinois**

Questions??? questions@prbaseball.com

These guidelines will be amended as information becomes available



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