

Oak Park Youth Baseball/Softball (OPYBS) Covid-19 Related Safety Guidelines (revised 8/11/2021)

Anyone (player, coach, volunteer, umpire, spectator, etc.) at higher risk for contracting Covid because of an existing medical condition, age, etc., should consider consulting a medical professional before attending any practice or game.

PLEASE NOTE: *individuals who do not comply with these OPYBS guidelines will be asked to comply. Repeated offenses may result in action by the OPYBS board of directors, up to and including the possibility of removal from future practices/games.*

GENERAL GUIDELINES FOR EVERYONE:

- Players, coaches, officials and spectators should self-isolate from games and practices if they or anyone in their family have symptoms, or if anyone in their family tests positive for the coronavirus. This includes vaccinated individuals.
 - The latest CDC guidelines provide that people with cough and/or shortness of breath or difficulty breathing may have COVID-19. In addition, people with the following symptoms may have COVID-19: fever (100.4°F/38°C or higher); chills; repeated shaking with chills; muscle pain; headache; sore throat; new loss of taste or smell; fatigue; congestion or runny nose; nausea or vomiting; diarrhea.
 - Individuals should confirm with a medical professional and/or be tested before returning to play.
 - as a general rule, anyone with symptoms must quarantine from OPYBS activities until 14 days after the last symptom or a negative test and confirmation from a medical professional.
 - For those with a pre-existing condition that may cause these symptoms (allergies, asthma, etc) please check with your doctor.
- If any player, coach, umpire or volunteer, or anyone who has close contact with these individuals tests positive for Covid-19, they must immediately inform the OPYBS Board of Directors at safety@opybs.org so that proper precautions can be taken for other teams/players/officials.
 - Individuals who test positive must quarantine from OPYBS activities until 14 days after their last symptoms.
 - Fully vaccinated people who have come into close contact with someone with COVID-19 should be tested 3-5 days following the date of their exposure and wear a mask in public indoor settings for 14 days or until they receive a negative test result. They should isolate per the above if they test positive.
- For outdoor workouts/practices, there must be no more than 50 total players/coaches on or around the playing field.
- If two practices/games are on adjacent fields, they should be separated by at least 30’.
- It is recommended that athletes travel to the venue alone or with a member of their immediate household.
- It is recommended that masks be worn if traveling in another family’s vehicle.

- If there is a game or practice prior to your event, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
- Cook County and Oak Park provide travel guidance for anyone traveling from a state with a "high incidence" of Covid infections. Anyone traveling from designated "Orange" states with a significant degree of community-wide spread of COVID-19 must adhere to the following rules on return:
 - obtain a negative COVID-19 test result no more than 72 hours **prior to arrival** in suburban Cook County; OR
 - quarantine for a 10-day period (or for the duration of their time in suburban Cook County, whichever is shorter); OR
 - Be fully vaccinated, maintain strict masking and physical distancing, and not have any COVID-19 symptoms. Fully vaccinated is defined as two weeks after the second dose of a two-dose COVID-19 vaccine or two weeks after one dose of a single-dose vaccine.
 - Full Cook County rules on Travel Guidance are available at: <https://cookcountypublichealth.org/communicable-diseases/covid-19/covid-19-travel-guidance/>
 - The list of Orange states, updated on a regular basis, is available at: <https://www.chicago.gov/city/en/sites/covid-19/home/emergency-travel-order.html#cds-tabs-1447250451-6>
 - The Oak Park ordinance, which tracks Cook County, is available at: [https://www.oak-park.us/sites/default/files/health/covid-19-packets/guidelines/2021-02-25-guidance for travel outside of illinois and quarantine.pdf](https://www.oak-park.us/sites/default/files/health/covid-19-packets/guidelines/2021-02-25-guidance%20for%20travel%20outside%20of%20illinois%20and%20quarantine.pdf)
 - For states that are not on the Orange list, no quarantine or testing are required, but it is recommended that travelers maintain strict masking and social distancing.
- All of these guidelines may be modified by the OPYBS Safety Committee at any time based on CDC, State and Local guidance.

GUIDELINES FOR PLAYERS:

(Parents: please review these guidelines with your player before they attend practice or a game, and remind/assist them as needed in complying with these guidelines)

- Unvaccinated players must wear masks while in the dugout and off the field unless they can maintain a six foot social distance.
- Players **MUST** bring their own water bottle – no sharing of water, and no water coolers allowed with multiple users
- No touch rule – players should refrain from high fives, handshake lines, and other unnecessary physical contact with teammates, opposing players, coaches, umpires, and fans.
 - Players should come up with other creative ways to celebrate good plays, greet each other, and say "good game" at the end of a game (bowing, air high-fives, etc) from a social distance.
- Players should socially distance their gear outside of the dugout (6' distance)
- Players should do their best to avoid touching their faces during a game/practice
- Players should avoid contact when on the bench, and socially distance (in stands, etc) when possible if not on the field

- 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.
- Players should bring their own cooling supplies (ice, cold towels, etc) for hot days.
- Players should leave the car ready to play (e.g. wearing shoes/cleats, all necessary equipment ready) to avoid having unnecessary personal belonging at the field.
- Players and coaches should use hand sanitizer each time they return to the field. Players and coaches are responsible for providing their own hand sanitizer.
 - The CDC recommends sanitizer with greater than 60% ethanol or 70% isopropanol for best results (80% is better if available)
- If all players and coaches are vaccinated, the above rules may still be practiced but are not required.

GUIDELINES FOR PLAYERS SPECIFIC TO T-BALL LEAGUES:

- There will be no “bench” area for T-Ball games. Players are required to have a parent/guardian at the game, and any equipment not needed on the field should remain with that parent/guardian. Parents/guardians should be seated in a socially distanced manner (6'+ between families) in the area behind the dugout and around the bleachers.
- When not on the field, all players should return to the guardian. On-deck and in the hole batters should go to the coach in the dugout area ready to hit when their turn to bat is upcoming.
- Children of coaches' who are playing will sit on the bench (6 feet apart) unless the coach has another guardian present, and should wear a mask.
- All players should still abide by mask wearing and cleanliness rules when not on the field.
- Parents/guardians are responsible for the Covid-related safety of players during games and practices.

GUIDELINES FOR COACHES AND OFFICIALS:

- Per state guidelines and communicable disease code, all unvaccinated coaches who can medically tolerate a face covering must wear a face covering at all times while in the dugout or off the field, unless they are able to maintain a six foot social distance.
- Coaches should assign spots for players to place equipment in or outside of the dugout to maintain a 6' social distance between each players' equipment.
- Each team will bring out a baseball/softball from their own bench when they are in the field and have another ready on the bench when a ball is out of play.
- Team meetings should occur from a social distance. Team huddles are not allowed unless done at a social distance (6' between people).
- Coaches should limit non-social distanced (6') interactions as much as possible
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper disinfecting and sanitation should be administered between uses.
- Players and coaches should avoid contact when on the bench, and socially distance (in stands, etc) when possible if not on the field
- If all players and coaches are vaccinated, the above rules may still be practiced but are not required.

- Coaches are responsible for taking attendance of their players at each practice/game.
- For younger leagues (TBall, Pinto, 9U): one or more parents should be designated by the head coach as “safety assistants” to assist coaches in making sure that younger players adhere to the rules above, especially in regards to social distancing, hand sanitizing and not sharing water/equipment. These parents should always have a mask on and hand sanitize before interacting with players. This is a recommended option for older leagues.

GUIDELINES FOR PARENTS, GUARDIANS AND SPECTATORS:

- Parents/guardians/spectators may not enter player areas (field, bench/equipment area, etc)
- All participants and spectators should adhere to 6’ social distancing when at a game (except with family members), with the exception of team members on the field/dugout.
- When bleachers are used by the players, spectators may not also be on the bleachers. This should be considered a part of the dugout area.
- Spectators should limit their contact with the ball, and whenever possible players/coaches should retrieve foul balls, dropped balls, etc.
- Face coverings are strongly recommended for spectators.
- Parents and players should be sure that each player has plenty of water available for games or tournaments (Eagles/Falcons).
- Families are encouraged to limit the number of spectators per family during the pandemic.
- If all players and coaches are vaccinated, the above rules may still be practiced but are not required.

GUIDELINES FOR UMPIRES:

- **Per state guidelines and communicable disease code, all unvaccinated umpires who can medically tolerate a face covering must wear a face covering at all times while interacting in off field activities, unless they are able to maintain a six foot social distance.**
- Umpires should limit their contact with the ball, and whenever possible players/coaches should retrieve foul balls, dropped balls, etc. If possible, plate meetings should be eliminated.
- For pre-game or plate meeting:
 - Social distancing of six feet between individuals should be implemented
 - Plate meetings should only consist of one manager or coach from each team, and game umpires.
 - No players should ever be a part of plate meetings.
- If all players, coaches and umpires are vaccinated, the above rules may still be practiced but are not required.

GUIDELINES FOR USE OF THE OPYBS INDOOR FACILITY:

- There should be no more than 6 players at a time in the OPYBS facility, and all players/parents/coaches should maintain appropriate social distancing.
- There should be at least 2 coaches or 1 coach with a parent in the facility when players are present.
- If multiple groups are scheduled, there should be a 10 minute gap between groups, and the next group should wait outside of the facility (with parent/coaches, players should not be left alone)

- Players/coaches should wash or sanitize hands before and after using the facility
- Players should bring their own equipment, and not use communal equipment
- If OPBYS equipment is used (pitching machine, etc.) any surfaces should be sanitized before/after use.
- When possible, doors should be open for ventilation
- In keeping with current guidelines, all players, coaches and others in the facility must wear masks at all times.