

NLCBS 2020 COVID-19 Guidelines

****please note that guidelines and game rules are subject to change at any time to ensure safe play and spectating****

General

- Signs to be posted stating no one should play, attend and/or participate if they currently have related symptoms or have been in contact with anyone who has COVID-19 related symptoms
- Players should use their own gloves, helmets, and bats as much as possible
- Bleacher usage will not be allowed. Everyone is encouraged to bring their own chairs or stand. Fans should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- Implement any other reasonable measures under the circumstances of each field/ age group to ensure social distancing of staff, players, and community members, increased hygiene practices, and other public health measures to reduce the risk of transmission of COVID-19 consistent with guidance issued by the IDPH.
- Assign one NLCBS Board Member per night of operation to clean and disinfect the concession stand and restrooms.
- Restrooms will only be available during field use, secured afterwards

Mandatory

Recommended

<p>Arrival to ballpark(s)</p> <ul style="list-style-type: none"> - Players, spectators and NLCBS staff must maintain a 6ft distance while arriving - Parents are responsible for completing a self-evaluation of themselves and each family member. Anyone experiencing related symptoms must stay home. Per CDC; cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, sore throat and loss of taste or smell 	<ul style="list-style-type: none"> - Players are encouraged to travel to and from only with immediate household members (carpooling is discouraged).
<p>Practice</p> <ul style="list-style-type: none"> - Players and coaches must adhere to a 6ft. distance whenever possible - Spectators must maintain a 6ft distance at all times - Coaches must wear face protection at all times (masks and/or shield) - Players must wear face protections anytime they are not actively playing defense or at-bat - Shared equipment should be sanitized before, between and after each usage/ practice - Coaches will monitor responsible play conduct; distancing, clean equipment, minimal player contact, no spitting 	<ul style="list-style-type: none"> - Spectators are encouraged to wear face coverings - Coaches are encouraged to align drills and players to encourage distancing as much as possible - Assigned communal equipment is encouraged - Personal equipment usage is encouraged
<p>Athletes</p> <ul style="list-style-type: none"> - Players and coaches must adhere to a 6ft. distance whenever possible - Players must wear face protections anytime they are not actively playing defense or at-bat - No Touch Rule: no high-fives, handshake lines, or other non-essential contact - No spitting, eating seeds, or other similar items 	<ul style="list-style-type: none"> - Hand washing and hand sanitizing between drills and at-bats are encouraged - Equipment should be kept at a distance and separated whenever possible - Encouraged to bring their own hand sanitizer - Avoid touching face and licking hands/ fingers both on and off the field of play
<p>Spectators</p> <ul style="list-style-type: none"> - Must adhere to 6ft social distancing practices. This includes in and around bleachers for anyone not in the same household - responsible for completing a self-evaluation of themselves and each family. Anyone experiencing related symptoms must stay home. Per CDC; cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, sore throat and loss of taste or smell - No bleachers will be available, please stand or bring 	<ul style="list-style-type: none"> - Spectators are encouraged to wear face coverings - Hand washing or sanitizing in the absence of soap and water is recommended - Encouraged to bring their own chairs and utilize the entire fence line to maintain social distancing practices

<ul style="list-style-type: none"> - your own seating - Must not enter the field of play 	
<p>Coaches</p> <ul style="list-style-type: none"> - Must adhere to social distancing practices. - Must wear face coverings at all times - Responsible for completing a self-evaluation of themselves and each family. Anyone experiencing related symptoms must stay home. Per CDC; cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, sore throat and loss of taste or smell - No spitting, eating seeds, gum or other similar products - No Touch Rule: no high-fives, handshake lines, or other non-essential contact - Must ensure that players are following COVID-19 related prevention measures - Both an Equipment Sanitizer and Team Organizer are to be 'drafted' for each team (parent volunteer), details for each will be distributed at the annual coaches meeting 	<ul style="list-style-type: none"> - Help to ensure players are adhering to social distancing in dugouts, other seating areas and wearing face coverings when not actively playing
<p>Umpires</p> <ul style="list-style-type: none"> - Must adhere to 6ft social distancing practices when interacting with players, coaches and spectators - Field umpiring only, balls and strikes will be called from behind the pitching mound (no home-plate umpires) - Responsible for completing a self-evaluation of themselves. Anyone experiencing related symptoms must stay home. Per CDC; cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, sore throat and loss of taste or smell - Must wear face coverings at all times - Must avoid exchanging documents and/or equipment whenever possible 	
<p>Modified Game Play</p> <ul style="list-style-type: none"> - Managers/coaches and players should be assigned spots in the dugout or on the bleachers so that they are at least six feet apart and must be placed behind a fence - Players are to stay at their assigned spots when on the bench or while waiting their turn to bat - Baseballs and softballs should be rotated through on a regular basis, at least every two innings, to limit individual contact - Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible - Balls used in infield/outfield warm-up should be isolated from a shared ball container - Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball - Rules are subject to change at any time to ensure safe play 	
<p>Leaving the ballpark</p> <ul style="list-style-type: none"> - Individuals should not congregate in common areas or parking lots - Must maintain 6ft social distancing practices - Post game snacks are not allowed 	<ul style="list-style-type: none"> - Post game team meetings are discouraged - Players are encouraged to travel to and from only with immediate household members (carpooling is discouraged).

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