



# Playing Safe Regulations



Regs will be adjusted according to IDPH guidelines

## 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.**
- **Masks worn while not actively participating**

## 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

## Recommended Best Practices

### 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**

- **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

- **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 all dugout protocols.**
- **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 wear facemask while at the field.**

- **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/ 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.**

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

### 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.**

- **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](mailto:questions@prbaseball.com)

These guidelines will be amended as information becomes available



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