

## **Naperville Diamonds Suggested Guidelines for a Return to Play During Phase 3 of the “Restore Illinois” Plan**

*This document is a general informational resource and should not be treated as medical or expert advice to participate in any activity. The knowledge and circumstances around COVID-19 are changing constantly and, as such, the Naperville Diamonds Softball Association makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.*

### **PLAYERS/FAMILY MEMBERS WITH COVID-19**

Any player or coach experiencing any COVID-19 symptoms as outlined by the Centers for Disease Control and Prevention (cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell) or who has tested positive for COVID-19 must notify their manager and Diamonds President Bryan McNamara as soon as possible. Such individuals may not participate in Diamonds team activities for a minimum of 14 days. They will only be allowed to return when they are able to meet the CDC’s requirements for discontinuing home isolation, which include:

- No fever for at least 72 hours without the use of fever-reducing medicine
- AND other symptoms have improved
- AND at least 10 days have passed since your symptoms first appeared
- AND, if you have had a test, you have received two negative tests in a row at least 24 hours apart

Teams with a player or coach who has tested positive or is suspected of having COVID-19 will not be allowed to hold any team activities until 14 days from their last in-person interaction with the infected individual.

Any player or coach living with someone who is suspected of having COVID-19, whether confirmed with or without a test, must notify their manager and Diamonds President Bryan McNamara as soon as possible and will not be allowed to participate in team activities for a minimum of 14 days.

In addition, any family member, friend or other potential spectator who is experiencing any of the COVID-19 symptoms outlined above should not attend any Diamonds activities.

### **PRACTICE GUIDELINES**

1. If possible, players should stay in their vehicles until the beginning of practice. This reduces the chance that players will congregate with one another.
2. Refrain from using dugouts for practices. Players hang or line their bags (approximately 6 feet apart) along the foul line fences.
3. After the bag is on the fence, players should sanitize their hands prior to the start of practice. Each player is responsible for having their own hand sanitizer and/or wipes.

4. There should be absolutely no sharing of water bottles, sunflower seeds or any other sort of food or drink at any time.
5. Phase 3 of the state's "Restore Illinois" plan allows for gatherings of ten or fewer socially distanced people. Thus, practice should never include a group of more than ten individuals together – INCLUDING COACHES.
  - For a typical team of 12, this could be one coach working with a group of six players in the infield while another coach works with six players in the outfield. It is important to note that the groups should not switch coaches or intermix at all during practice.
  - If a coach does not have an assistant available, they may want to split practice into two different sessions. For a two-hour practice, half the team could practice for the first session with the manager. Then after those players depart the other players could arrive and practice for the second hour with the manager.
6. Players and coaches should observe social distancing (6 ft or more) throughout the entire practice. Practice plans should allow for this 6-foot distance while players are stretching throwing, conditioning and participating in drills. Everyone is discouraged from conventional high-fives, fist-bumps, hugs, etc. and should instead practice air-fives, etc.
7. Masks/face coverings will not be mandatory for players on the field, but if a player would like to wear a mask they are encouraged to do so. Players are encouraged to wear mask/face coverings before/after practice.
8. Coaches are strongly encouraged to wear some sort of mask or face covering and should adhere to social distancing while instructing players. If there is an instance where a coach needs to be within six feet of a player to explain a concept the use of a mask or face covering is strongly suggested.
9. Coaches and parents should remind and encourage players to not touch their face at practice.
10. Players should avoid sharing equipment whenever possible.
11. As much as possible, practice plans should include drills that would not require multiple players touching the same softball.
12. Players and coaches should be allowed to routinely sanitize or wash their hands before and after practice, playing catch or other drills. Coaches are encouraged to wipe down and/or sanitize balls after a drill.
13. All equipment used at a practice should be disinfected afterwards and prior to the next team gathering.
14. Parents or other family members who want to watch practice are encouraged to stay in their vehicles. Those who wish to watch outside their vehicles are encouraged to wear a mask/face covering and should maintain 6-feet social distancing protocols with other family and team members.

*These guidelines were created in accordance with but not limited to the following agencies: USSSA, USOPC, NFHS, The Aspen Institute and the CDC. Additional guidelines for Phase 4, which include team competition, will be issued as that date approaches.*