



CDGS RETURN TO PLAY GUIDELINES

Dear CDGS Coaches, Parents and Players,

We hope that your families have been safe and healthy throughout the COVID pandemic and response. The safety and well-being of all CDGS families has been and will continue to be the top priority in our return-to-play guidelines. As we have entered into phase 4: Revitalization phase, Little League is ready to start a summer/fall season. The guidelines were developed based on information and recommendations provided by Little League in order to provide a safe and healthy playing environment for our children.

Purpose: The purpose of the CDGS guidelines are to ensure coaches, players and parents have a definitive understanding of what our league expectations are when entering Lily Lake fields for practice and home, away games. Guidelines **MUST** be followed and enforced by all Coaches, Parents, and Players. Individuals that do not abide by these guidelines will be asked to leave the field area immediately.

References:

Phase 4 Youth and Recreational Sports Guidelines (Restore Illinois) **Attachment A**
Field Diagram **Attachment B**

Restore Illinois A Public Health Approach to Safely reopen our State
Center Disease Control
State of Illinois Department of Public Health,
Governor Pritzker's Restore Illinois Plan

Prerequisite for Field Access:

1. Measured temperature of 99.1 or lower measured by coach with contactless thermometer.
2. Completed waiver form signed and received by the Player Agent Mike Miceli

Players: All players **MUST** be equipped with the following to participate in practices and games:

- Fielding Glove
- Bat/Batting Gloves
- Batting Helmet
- Protective Face Mask (recommended though not required)



- Catcher's Equipment – will be provided by CDGS for girls that are catchers and do not have their own gear.
- Water Bottle
- Face Covering
- Personal hand sanitizer and disinfecting wipes for use after practice.

Non-Players: All family members and friends of players must remain in designated areas identified by CDGS coaches (see attachment A).

RETURN TO PLAY REQUIREMENTS (NO DEVIATIONS):

- **If any player has any symptoms like fever, runny nose, aches, cough, or sore throat, do not come to practice!**
- Cleaning - before and after a practice of all used equipment including player equipment with bottled Sanitizing Solution and paper towels
- No sharing or touching of gloves, bats, masks, helmets, catcher's gear
- All personal equipment will be kept a minimum of 10 feet apart from one player to another.
- Teams will consist of 12 players or less this fall. Group sizes will be limited to 50 total participants or fewer for games and practices. Group will have a minimum of 30 feet apart and maintain social distancing. Coaches and players may not leave the area until drills are completed proper hand sanitizing has occurred.
- No more than 1 person in the Porta Potty at a time
- All players must bring personal hand sanitizer, water bottle, bug spray, UV protection (as needed) and masks - **no seeds and no food of any kind** - unless medically required. No sharing of any sort.
- Exception based attendance - Players should only participate if they are comfortable - which applies to games and practices (consistently)
- Players and Parents are not to use bleachers during practice or games in order to maintain group and social distancing guidelines.
- Groups are not mixed during practice. Drills will be designed to keep players in small 2-3-person groups.
- Coaches will also be checked for temperature, must have washed hands and sanitized using mask at all times.
- Social Distancing must be followed (6ft at all times)
- Masks will be required at all times in the dugout or any situation where players cannot maintain a 6-foot distance between each other.
 - **The only exception to this is while players are running bases and come within 6 feet of an opposing player.**
- Before any drills can start where players and coaches are in contact with a softball, players and coaches must first use hand sanitizer.



Practice Format (Practices will be limited to 1 Hour & 45 Minutes MAXIMUM)

- Players & coaches will be required to wear face coverings upon arrival and departure from the field.
- Temperature and symptom screenings will be performed as players and coaches arrive to the field.
- Players will place their equipment along the marked fence lines (10 feet apart).
- Players will be asked to wait in the outfield for practice to begin. Strict social distancing will be enforced.
- Players and coaches will be reminded to sanitize hands routinely through the practice.
- Typical individual warmups will be practiced 6ft apart, running, stretching, etc.
- Everyday drills where contact with a softball will require hand sanitizing prior to the start of the drill
- All hitting drills will be done without a partner except for soft toss.

*****ANY PLAYER, COACH, OR PARENT THAT DOES NOT FOLLOW THESE GUIDELINES WILL BE ASKED TO LEAVE THE FIELD OF PLAY IMMEDIATELY. NO EXCEPTIONS WILL BE ALLOWED, UNLESS FOR MEDICAL REASONS.**