

Alsip Park District Adult Softball Guidelines

All captains, players, and spectators are required to abide by the guidelines set forth by the Alsip Park District. This includes the following activities related to the Softball League: drills, practices, lessons, and competitive gameplay. Groups are limited to 50 people, per area (at least 30 feet away from other groups).

Guidelines:

- 1) No one should participate if they are sick or experiencing any symptoms of Covid-19.
- 2) If a participant does have symptoms;
 - a. they should wait to enter premises until they have had no fever for at least 72 hours and other symptoms have improved, AND
 - b. at least 10 days have passed since their symptoms first appeared, AND
 - c. after feverless and feeling well (without fever-reducing medication) for at least 72 hours OR
 - d. has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.
- 3) If player becomes ill during games they will be separated from the group and will be asked to leave the premises.
- 4) Please notify the Alsip Park District at 708-389-1003 if participant or someone from the same household is diagnosed with COVID-19.
- 5) Players/managers/spectators must practice personal hygiene and wash hands or use hand sanitizer before and after each practice.
- 6) Groups limited to 50 players allowed to be in one designated area at a time.
- 7) Multiple groups may practice at one location; however, 30 feet of distancing must be maintained between groups and groups must continue to social distance between themselves.
- 8) All equipment for practices/drills/training should be set up by staff only. Players should not set up any equipment.
- 9) All players and managers SHOULD wear face coverings WHEN unable to social distance more than 6 feet apart.
- 10) Players should limit the sharing of personal equipment (helmets, gloves, bats, etc) as much as practically possible.
- 11) Player should bring their own water bottle. No sharing of water bottles.
- 12) No handshakes.
- 13) No after practice snacks.
- 14) No sunflower seeds. No gum. No food of any kinds during practice.
- 15) Players should wash and/or sanitize hands prior to every practice. They should also sanitize throughout practice as much as possible. Players are encouraged to bring their own hand sanitizer to use throughout practice.
- 16) All practices/drills/training/games on Park District Property must be approved by the Park District. No walk ups or non-approved practices/drills/training/games.
- 17) During practices, dugouts and bleachers will not be utilized.
- 18) Concession areas will be closed.
- 19) Portable restrooms will be available at park locations

*Guidelines may be adjusted based on future recommendations made by the CDC and the IDPH.