

RETURN TO PLAY RULES & GUIDELINES

As of October 12, 2020





PURPOSE & BACKGROUND

- During this unprecedented time, CHLL is focused on providing opportunities for our families to play baseball and softball in a safe environment
- The following rules and guidelines are intended to help mitigate, but will not eliminate, the risks associated with COVID-19, other infectious diseases, or safety risks generally associated with games and practices
- These rules and guidelines will be updated as appropriate to reflect the evolving state of the pandemic
- When there are conflicts between this document and local or federal requirements, we will follow the more restrictive guidelines
- These rules apply to practices, games, and any other CHLL-sponsored event
- Complying with these guidelines is a shared responsibility between families, volunteers, players, and league officials – everyone has an **active** role to play
- CHLL Board of Directors and/or designates will be monitoring compliance with the following rules/guidelines. Violations may lead to cancelation of practices and games, and repeated violations may lead to suspension from league activities, per CHLL bylaws and the CHLL code of conduct



COVID-19 RULES AND GUIDELINES: GENERAL AND ADMINISTRATIVE

Audience	Required	Recommended
<p>General / Administrative</p>	<ul style="list-style-type: none"> • Those at higher risk for severe disease should consider consultation with their medical provider before registering or attending a game • Anyone experiencing symptoms must stay home • CHLL will follow local and state directives on spacing and events, including capacity restrictions • All players must wear face coverings at all times while participating in CHLL activities • All volunteers must wear face coverings at all times • All spectators must wear face coverings at all times • Team water coolers or shared drinking stations are prohibited • Team snacks, sunflower seeds, gum, or food of any kind are prohibited • Spitting is not allowed • Game schedules will be staggered with strict time limits, as well as requirements to arrive no more than 30 minutes in advance of game time and exit premises within 15 minutes of game end 	<ul style="list-style-type: none"> • Players are strongly recommended to travel to the venue only with members of their immediate household • Where possible, signs with reminders of preventive measures may be posted • Lineups (and changes to lineups) should be entered online or by spoken word and recorded by officials/umpires without exchanging any physical documents with coaches or players



COVID-19 RULES AND GUIDELINES: VOLUNTEERS

Audience	Required	Recommended
Volunteers (Coaches, Umpires, etc.)	<ul style="list-style-type: none">• Volunteers must conduct symptom self-assessments on game and practice days; anyone experiencing symptoms must stay home• Volunteers must adhere to physical 10-foot distancing at all times, and enforce such distancing among players off the field• Volunteers must wear face coverings at all times• Volunteers are responsible for disinfecting benches, racks, and other shared field elements after practices and games• Volunteers must take each player's temperature upon arrival using CHLL-provided thermometer (results must be digitally logged for events at RFK)• Volunteers must assign each player an appropriately distanced, marked spot where they must remain while not in the field, batting, or on deck• Volunteers must disinfect any equipment that must be shared between uses (bats, catcher's gear, etc.)• Volunteers must avoid physical contact: no high fives, fist bumps, etc.• Umpires must call balls and strikes from behind the pitcher's mound• Each team will provide regulation game balls when playing defense; these balls must be separate from practice balls• Volunteers must ensure that players are following COVID-19 -related prevention measures included in this document	<ul style="list-style-type: none">• For each practice session, coaches should divide players into groups and establish rotating shifts when possible• Coaches and volunteers are encouraged to be from the same household as a player on a given team• For the Challenger division, buddies should only be family members



COVID-19 RULES AND GUIDELINES: PLAYERS

Audience	Required	Recommended
Players	<ul style="list-style-type: none">• Players must adhere to 10-foot social distancing practices off the field of play and remain in assigned seating spots while off the field• Players (or guardians) must conduct symptom self-assessments on game and practice days; anyone experiencing symptoms must stay home• Players must allow a coach or designated volunteer to take a temperature reading upon arrival at a game or practice prior to participating in baseball/softball activities• All players must wear face coverings at all times while participating in CHLL activities• Players must not share water; drinks must be labeled with player names• Players must not share equipment to the maximum extent possible; shared equipment must be sanitized between uses• All food is prohibited: Individual/team snacks, eating seeds, gum, or other similar products are not allowed• Spitting is not allowed• Players must refrain from high fives, handshake lines, and any other physical contact with all but immediate family members• Players may not pick up bats used by other players; only team coaches may do so and must sanitize the bat immediately	<ul style="list-style-type: none">• Players should bring individual hand sanitizer to each game/practice and apply regularly



COVID-19 RULES AND GUIDELINES: FAMILY AND SPECTATORS

Audience	Required	Recommended
Family and Spectators	<ul style="list-style-type: none">• Those at higher risk for severe disease should consider consultation with their medical provider before attending a game• Family/spectator attendance will be limited in accordance with policies put in place by the DC Government, Department of Parks & Recreation, and other federal and local authorities• Family/Spectators must conduct symptom self-assessments on game and practice days; anyone experiencing symptoms must stay home• Family/Spectators must wear face coverings at all times (and must comply with local and federal regulations)• Family/Spectators must adhere to 10-foot social distancing from other spectators and players who are not part of the same family• Family/Spectators must not enter player areas (on the field of play or bench areas)• Family/Spectators must not touch balls or other playing equipment; only players should retrieve balls that exit the field of play (e.g., foul balls)• Family/Spectators must help ensure players understand and comply with all COVID-19 rules and guidelines	<ul style="list-style-type: none">• Parents/Guardians should clean and disinfect their player's equipment (e.g. bags, helmets, bats, gloves, etc.) after each event (practice/game)• Family/Spectators are encouraged to wash and/or sanitize hands regularly during games