

# RETURN TO PLAY RULES & GUIDELINES

As of July 24, 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 periodically 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 cancellation of practices and games, and repeated violations may lead to suspension from league activities, per CHLL bylaws and code of conduct policies



# COVID-19 RULES AND GUIDELINES GENERAL AND ADMINISTRATIVE

Audience	Required	Recommended
<p><b>General / Administrative</b></p>	<ul style="list-style-type: none"> <li>• Those at higher risk for severe disease should consider consultation with their medical provider before registering or attending a game</li> <li>• Anyone experiencing symptoms must stay home</li> <li>• CHLL will follow local and state directives on spacing and events, including capacity restrictions</li> <li>• All players must wear face coverings when not on the field of play</li> <li>• All volunteers must wear face coverings at all times</li> <li>• 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</li> <li>• Team water coolers or shared drinking stations are prohibited</li> <li>• Team snacks, sunflower seeds, gum, or food of any kind are prohibited</li> <li>• Spitting is not allowed</li> <li>• Each time will provide regulation game balls when playing defense; these balls must be separate from practice balls</li> </ul>	<ul style="list-style-type: none"> <li>• Players are strongly recommended to travel to the venue only with members of their immediate household</li> <li>• Where possible, signs with reminders of preventive measures may be posted</li> <li>• Volunteers or league officials may require digital check-in and registration for CHLL events (this is required at the Fields at RFK)</li> <li>• 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</li> </ul>



# COVID-19 RULES AND GUIDELINES

## VOLUNTEERS

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



# COVID-19 RULES AND GUIDELINES PLAYERS

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



# COVID-19 RULES AND GUIDELINES FAMILY AND SPECTATORS

Audience	Required	Recommended
<b>Family and Spectators</b>	<ul style="list-style-type: none"><li>• Those at higher risk for severe disease should consider consultation with their medical provider before attending a game</li><li>• Family/Spectators must conduct symptom self-assessments on game and practice days; anyone experiencing symptoms must stay home</li><li>• Family/Spectators must adhere to 10-foot social distancing from other spectators and players who are not part of the same family</li><li>• Family/Spectators must not enter player areas (on the field of play or bench areas)</li><li>• 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)</li><li>• Family/Spectators must adhere to any capacity limitations communicated in advance of games and practices</li><li>• Family/Spectators must help ensure players understand and comply with all COVID-19 rules and guidelines</li><li>• Family/Spectators are strongly recommended to wear face coverings at all times (and must comply with local and federal regulations)</li></ul>	<ul style="list-style-type: none"><li>• Parents/Guardians should clean and disinfect their player's equipment (e.g. bags, helmets, bats, gloves, etc.) after each event (practice/game)</li><li>• Family/Spectators are encouraged to wash and/or sanitize hands regularly during games</li></ul>