



Restore Illinois Phase 4 Adult Basketball League Guidelines
April 7, 2021

The safety of our staff, patrons, and participants is of the utmost importance, and it's vital that we follow the state guidelines as well as recommendations put forth by health officials. *Please note as guidelines change, we will make changes and communicate them with you.*

Restore Illinois All Sports Policy Restrictions

- Gatherings of up to 50 spectators are allowed, only immediate household members and guardians are encouraged.
- **All players/coaches/spectators/referees are required to wear a mask at all times.**
- 30 feet of distancing is maintained between groups
- Areas for each group are clearly marked to discourage interaction between groups.

Best Practice Guidelines:

General

- Practice social distancing (at least 6 feet) whenever possible.
- Stay home if you are sick or do not feel well. (See health monitoring section below)
- Wash hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching hand/nose/mouth.
- Cover coughs and sneeze with a tissue or direct into your elbow.
- Teams/groups should not add new players once the season has started.
- Players should bring their own water bottle.
- Please clean and police the court area removing all refuse, litter, etc. that has accumulated as a result of your use.
- All individuals should refrain from shouting, singing, or chanting.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc. No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Any players not participating in play should still maintain 6 feet distance apart from one another while on the sidelines.

Face Masks/Covering

All players and spectators must wear face coverings over their nose and mouth at all times, including competition.

Health Monitoring:

Stay home if you are sick or do not feel well. All attendees are encouraged to check their temperature before arriving at the facility. All attendees should conduct a health self-screening prior to the game and be asked the following questions:

- Are you experiencing any of the following; fever (100.4° and above), cough, sore throat, shortness of breath, chills, muscle aches, loss of smell, chills, gastrointestinal concerns (e.g., abdominal, pain, vomiting, diarrhea), headaches not related to caffeine, diet, hunger, migraines, or tension?
- Is anyone in your household displaying any symptoms of COVID-19
- Have you been in close contact with anyone that has tested positive for COVID-19 or has symptoms of COVID-19?

If the answer is “YES” to any of the above questions the attendee should be asked to leave.

If anyone does have symptoms, they should remain isolated at home for a minimum of 14 days after symptom onset AND until feverless and feeling well (without fever-reducing *medication*) for at least 24 hours.

If anyone reports having any COVID-19 related symptoms, they are encouraged to contact their health care provider; if multiple individuals report having any COVID-19 related symptoms, park district will notify local health department.

If anyone becomes ill at the game, they will be immediately be isolated from the group.

Waiting for COVID-19 Test Results:

If you or a household member have been tested, what should you do while you wait for test results?

- Self-isolate at home except for medical care.

Generally, test results are received in 3-4 days. If you have symptoms or are identified as a close contact, please stay home and quarantine. Even if you test negative for COVID-19 or feel healthy, you should continue to stay home for the 14 days after your last exposure to the infected person since symptoms may appear 2 to 14 days after.

Supplies and Equipment:

- Players should place personal belongings at least 6 feet away from others' personal belongings.

Games

- Players and spectators will only be allowed to enter the gymnasium when the previous game participants/fans have vacated.
- Staff will sanitize the team benches/chairs that players have sat in in-between games.

- Team benches/chairs will be marked and measured 6 feet apart from one another.
- Officials will sterilize the game ball at any timeouts and half time/between games.
- Players will have the opportunity to play in disposable masks if they choose.
- Teams will be responsible for cleaning trash from their own sideline after their game to help minimize exposure.
- Everyone is recommended to provide their own water.
- Athletes are encouraged to bring their own hand sanitizer.

Spectators:

- Gatherings of up to 50 spectators are allowed.
- Social distancing of at least 6 feet must be maintained at all times. The only exception is sitting next to someone in the same household.
- If practical, limit spectators to immediate household members.
- If you are a spectator please do not enter the gymnasium until it is your team's time to play. This will allow the other teams to clear out and open up space for you to get in. This will allow the other teams to clear out and open up space for you to enter.

Post-Game:

- Once your game has ended, we ask that everyone vacates the premises to avoid large groups of people gathering. Only show up to the gymnasium if your team is scheduled to play.

Personal Hygiene:

- Everyone should wash hands with soap and water or use hand sanitizer before participating.
- It is suggested each player should bring personal hand sanitizer to use.
- Athletes should be encouraged to shower and wash their workout clothing immediately upon returning home.

If the above guidelines are not being followed it will lead to immediate forfeit of game/suspension of the Bartlett Park District Basketball League.

We are looking forward to fun & safe season. If you have any questions or concerns please contact Eric Eichholz, Recreation Manager at 630-540-4831 or eechholz@bartlettparks.org.

Have fun!

Wear Your Mask

Social Distance

Wash Your Hands

Be Safe, Be Well!