



YOUTH SPORTS GUIDELINES

RESTORE ILLINOIS

A Public Health Approach To Safely Reopen Our State

PART OF PHASE 3 OF RESTORE ILLINOIS PLAN

APPLICABLE TO EACH REGION UPON TRANSITION TO PHASE III | ISSUED ON MAY 24, 2020

The Recovery Phase of the Restore Illinois public health approach to reopening the Illinois economy includes returning people to work, businesses reopening and group gatherings of 10 or fewer. We must all continue to social distance, frequently wash our hands and cover our faces to maintain progress in overcoming COVID-19.

This document is applicable to businesses that meet the following criteria:

- Organizations operating recreational sport activities for youth
 - ♦ Examples of youth sports include (non-exhaustive): competitive sports games or matches, group sports lessons, team or group sports practices
- In Phase III, youth sports activities are limited to:
 - ♦ Drills, practices, and lessons that do not involve contact between individuals and allow for 6-ft of social distancing to be maintained (no competitive games allowed)

Uniform guidelines across businesses, industries and nonprofits within the State of Illinois:

GENERAL HEALTH

i. Minimum guidelines

1. All employees who can work from home should continue to do so
2. Employees should wear face coverings over their nose and mouth when within 6-ft. of others (cloth masks preferred). Exceptions may be made where accommodations are appropriate – see [IDHR's guidance](#).
3. Social distance of at least 6-ft. should be maintained between non-household individuals unless participating in activities permitted under Phase III guidelines
4. Employer should provide hand washing capability or sanitizer to employees and if applicable, customers
5. Frequent hand washing by employees, and an adequate supply of soap/ paper towels and/or disinfectant/ hand sanitizer should be available



HR AND TRAVEL POLICIES

i. Minimum guidelines

1. All employees should complete health and safety training related to COVID-19 when initially returning to work. Resources to design a training are posted on the DCEO Restore Illinois guidelines website
2. Employers should continue to limit all non-essential business travel
 - a. If employee must travel, employee should follow CDC considerations to protect themselves and others during trip
3. Employees should not report to, or be allowed to remain at, work if sick or symptomatic (with cough, shortness of breath or difficulty breathing, fever of 100.4 degrees or above, chills, muscle pain, headache, sore throat, new loss of taste or smell, or other [CDC-identified symptoms](#)), and sick or symptomatic employees should be encouraged to seek a COVID-19 test at a state or local government testing center, healthcare center or other testing locations



ii. Encouraged best practices

1. Provide reasonable accommodation for COVID-19-vulnerable employees, including but not limited to work from home (if feasible), reduced contact with others, use of barriers to ensure minimum distance between others whenever feasible or other accommodations that reduce chances of exposure

HEALTH MONITORING

i. Minimum guidelines

1. Employers should make temperature checks available for employees and encourage their use. Employers should post information about the symptoms of COVID-19 in order to allow employees to self-assess whether they have any symptoms and should consider going home
2. All employers should have a wellness screening program. Resources outlining screening program best practices are posted on the DCEO Restore Illinois website
 - a. Employer should conduct in-person and mid-shift screening of employees upon entry into workplace to verify no presence of COVID-19 symptoms
3. If employee does contract COVID-19, they should remain isolated at home for a minimum of 10 days after symptom onset and can be released after feverless and feeling well (without fever-reducing medication) for at least 72 hours OR has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart
4. If an employee is identified as being COVID-19 positive by testing, CDC cleaning and disinfecting should be performed as soon after the confirmation of a positive test as practical
5. Where appropriate, notify employees who have been exposed
6. Any employee who has had close contact¹ with co-worker or any other person who is diagnosed with COVID-19 should quarantine for 14 days after the last/most recent contact with the infectious individual and should seek a COVID-19 test at a state or local government testing center, healthcare center or other testing locations. All other employees should be on alert for symptoms of fever, cough, or shortness of breath and taking temperature if symptoms develop



¹ Close contacts include household contacts, intimate contacts, or contacts within 6-ft. for 15 minutes or longer unless wearing N95 mask during period of contact.

Guidelines specific to youth sports:

PHYSICAL WORKSPACE**i. Minimum guidelines**

1. As applicable, sport organizer should display signage at entry with face covering Minimum guidelines, social distancing guidelines, and cleaning protocols, in multiple languages as needed
2. Activities (e.g. practices, drills, lessons) should be set up to allow for 6-ft. of distancing between participants. Any activities that do not allow for 6-ft. of distancing should be suspended
3. If a sporting facility has stations for individual recreation activities, operator should ensure at least 10-ft. between stations. If stations cannot be moved, operator should limit number of open stations to ensure social distancing
4. Water fountains, except for touchless water bottle refill stations, should be made unavailable for use (e.g. turned off, covered, area blocked)
 - a. If no touchless fountain is available, water may be served in sealed, single-use water bottles
5. Sport organizer should close facility concession stands

ii. Encouraged best practices

1. Display visual markers 6-ft. apart at any queue points (e.g. check-in, along sidelines)
2. Designate an area separate from others for anyone who exhibits COVID-like symptoms during the activity session to isolate from others before being picked up to leave
3. Where building management practices allow, increase air turnover rates in occupied spaces and increase outside make-up air to the maximum extent practical

DISINFECTING/CLEANING PROCEDURES**i. Minimum guidelines**

1. Cleaning and disinfecting of premises should be conducted in compliance with [CDC protocols](#) on a weekly basis
2. For outdoor activities, instructors or league employees should make hand sanitizer or hand washing stations available to participants
3. Clean and disinfect common areas (e.g., restrooms, cafeterias) and surfaces which are touched by multiple people (e.g., entry/exit doorknobs, stair railings) frequently; every 2 hours recommended for high-traffic areas
4. Minimize sharing of high-touch equipment between non-household individuals. If equipment should be shared, instructors or league employees should sanitize equipment before and after use (see [EPA approved list of disinfectants](#))
5. Sport organizer should sanitize any individual recreation stations before and after participant use

**ii. Encouraged best practices**

1. If practical, sanitize shared equipment during use (e.g., between drills) and encourage frequent hand sanitizing or hand washing
2. If practical, assign shared equipment to one household for duration of sports season

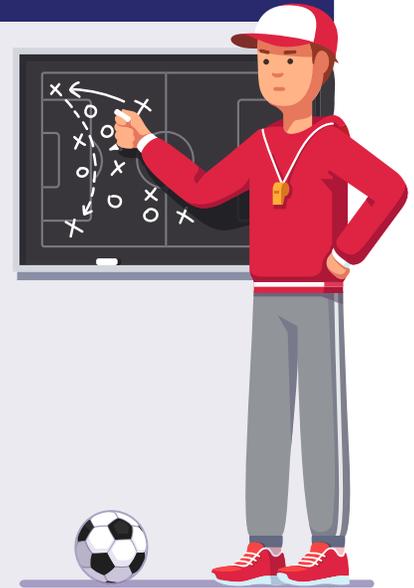
STAFFING AND ATTENDANCE

i. Minimum guidelines

1. For indoor facilities, maximum occupancy of 50% of facility capacity
2. Team / group sizes should be limited to 10 participants or fewer per every one adult
3. Multiple groups permitted at once as long as 1) facilities allow for social distancing of participants, employees and spectators, 2) 30-ft of distancing is maintained between groups, and 3) areas for each group are clearly marked to discourage interaction between groups
4. Teams / groups should be static, with no mixing of employees or participants between groups for the duration of the season
5. Sport organizer should design a plan to allow for social distancing within the workplace and if needed, designate employee(s) or volunteer(s) to monitor capacity limits and social distancing during all activities

ii. Encouraged best practices

1. Teams / groups do not add new participants once the season has started
2. If practical, assign participants from the same household to the same team or group
3. If practical, stagger activity start and end times to minimize contact between teams or groups
4. Designate an area for spectators



EXTERNAL INTERACTIONS

i. Minimum guidelines

1. Before allowing external supplier or non-customer visitor to enter, or while requiring them to wait in a designated area, sport organizer should ask whether external supplier or non-customer visitor is currently exhibiting COVID-19 symptoms
 - a. If practical, sport organizer should take external supplier or non-customer visitor temperature using thermometer (infrared / thermal cameras preferred, touchless thermometers permitted)
2. Volunteers should abide by static team / group guidelines applied to employees with no mixing between groups for the duration of the season / volunteer period
3. Sport organizer should keep log of all external suppliers/ visitors who enter premises
4. Suppliers and non-customer visitors should wear face coverings over their nose and mouth when entering premises (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)



ii. Encouraged best practices

1. Suspend post-activity group snacks
2. As practical, parents dropping off or picking up participants wait at designated drop-off/ pick-up areas and arrive during designated time window

CUSTOMER BEHAVIORS

i. Minimum guidelines

1. Activity sessions held by appointment only (e.g. no walk-ins, no pick-up games)
2. Before participating in the sport, instructors should ask whether participant is currently exhibiting COVID-19 symptoms. If a participant does have symptoms, they should wait to enter premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared, and after afebrile and feeling well (without fever-reducing medication) for at least 72 hours OR has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart
3. Sport organizer should maintain attendance log of participants
4. Participants should wash hands with soap and water or use hand sanitizer before participating
5. Spectators are not permitted unless required for parental supervision or non-household members are able to social distance from participants and from one another
6. Participants should bring their own source of water
7. No handshakes at the beginning or end of practice

ii. Encouraged best practices

1. If practical, before participating in the activity, sport organizer takes participant temperature using thermometer (infrared / thermal camera preferred, touchless thermometers permitted).
 - a. Anyone with a temperature of 100.4°F or above will not be permitted to remain on site
2. Participants should wear face coverings over their nose and mouth when within 6-ft of others (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)
3. Participants should sanitize hands regularly
4. Participants should avoid touching facility accessories (e.g. goal posts, flags)
5. Participants should use their own equipment (e.g., helmet, bat, gloves) as much as practical
6. Participants should place personal belongings at least 6-ft. away from others' personal belongings



**If you have questions or need additional support:
Please call our hotline at 1-800-252-2923
or e-mail us at ceo.support@illinois.gov
or return to illinois.gov/businessguidelines**

Additional Resources:

- [CDC Interim Guidance for Businesses and Employers](#)
- [CDC Workplace Decision Tool](#)
- [IDPH Testing Guidance](#)
- [IDPH FAQs](#)
- [Symptoms of Coronavirus](#)
- [IDHR FAQ for Businesses Concerning Use of Face-Coverings During COVID-19](#)
- [CDC Guidelines on Cleaning and Disinfecting Your Facility](#)
- [CDC Guidance on Cleaning Public Spaces, Workplaces, Businesses, Schools, and Homes](#)
- [EPA Disinfectants for Use Against SARS-CoV-2](#)