

Play It Smart

STAY HEALTHY AND IN THE GAME

RULES FOR A SAFE RETURN TO PLAY

- Stay home if you are sick!
- Coaches must ask and document completion of the daily health check questions of every player and coach before each practice, scrimmage or game.
- No games or scrimmages may be played except for baseball, softball and cricket. All other sports are limited to drills and conditioning while maintaining social distancing of 10 feet.
- Coaches must disinfect player benches and bleachers before use.
- All players must social distance and wear a face covering when in the player bench area. It is recommended that coaches wear face coverings when social distancing can not be maintained.
- Equipment must be socially distanced outside the player areas.
- Teams must provide hand sanitizer with at least 60% alcohol to players before and after each practice, scrimmage and or game.
- Players must not share water bottles, team coolers, personal or team equipment.
- Diamond sports and cricket teams should play defense with their own set of balls to limit contact to one team per set of balls. Spectators should not touch or retrieve balls that go out of play. Umpires should not handle game balls.
- No youth players are permitted at the plate conference. There is to be no post-game handshakes between teams.
- The use of chewing gum and sunflower seeds is prohibited.
- The act of spitting is prohibited.
- Bleachers are for players only to allow social distancing in the bench areas.
- Parents are asked to bring their own chairs, social distance and sit down the foul lines outside the fence or beyond the fence in the outfield.

For more information, visit
www.loudoun.gov



Play It Smart

STAY HEALTHY AND IN THE GAME

Required Daily Health Check Questions

In the past 24 hours have you or anyone in your house had:

- A temperature of 100°F or above?
- New cough that cannot be attributed to another health condition?
- New shortness of breath that cannot be attributed to another health condition?
- New sore throat that cannot be attributed to another health condition?
- Gastrointestinal symptoms (diarrhea, nausea, vomiting) that cannot be attributed to another health condition?
- New nasal congestion or new runny nose?
- New loss of smell and or taste?
- New muscle aches?
- Any other sign of illness?
- Contact with someone in the previous 14 days with confirmed diagnosis of COVID-19 or someone who is ill with a respiratory illness?

If you answered yes to any of these questions you are not permitted to participate. You should not return until you or your family member is fever and symptom-free, without the use of medication for the fever or symptoms for three days.

**For more information, visit
www.loudoun.gov**

