

YOUTH AND RECREATIONAL SPORTS GUIDELINES



Illinois
Department of Commerce
& Economic Opportunity
JB Pritzker, Governor

RESTORE ILLINOIS

A Public Health Approach To Safely Reopen Our State

PART OF PHASE 4 OF RESTORE ILLINOIS PLAN

APPLICABLE TO EACH REGION UPON TRANSITION TO PHASE IV | ISSUED ON JUNE 22, 2020

The Revitalization Phase of the Restore Illinois public health approach to reopening the Illinois economy includes gatherings of up to 50 people, additional businesses reopening and increased capacities. 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:

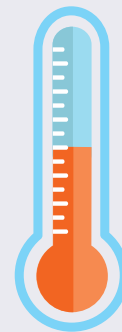
- Organizations operating recreational sport activities
 - ♦ Examples of youth and recreational sports include (non-exhaustive): competitive sports games or matches, competitive tournaments, group sports lessons, team or group sports practices
- In Phase IV, youth and recreational sports activities include drills, practices, lessons, and competitive gameplay
- For golf, refer to [guidance on Golf](#)
- For tennis, refer to [guidance on Tennis](#)
- **Note:** organizations that operate across multiple workplace environments should refer to applicable Phase IV guidelines for guidance on those workplaces
- **Note:** As of release, youth and recreational sports venues may operate at maximum of 50% of facility capacity, at maximum of 20% seating capacity for spectators, and with groups of up to 50. Capacity restrictions and group sizes will be reassessed based on the latest science and public health data on an ongoing basis throughout Phase IV

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 IV 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 and workers who perform work at the worksite (such as temporary or contract workers) 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. Employees should follow [CDC travel guidance](#) to protect themselves and others during business travel
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
4. Employers should clearly explain all paid leave policies and make workers aware that they may be eligible for benefits if they are sick or symptomatic
5. Employers should be aware that the Occupational Safety and Health Act of 1970 and provisions of state law prohibit employers from retaliating against workers for raising safety or health concerns



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 guidelines website](#)
 - a. Employers should conduct in-person screening of employees upon entry into workplace to verify no presence of COVID-19 symptoms
 - b. If employee shift is greater than 5 hours, employers should also conduct mid-shift screening to verify no presence of COVID-19 symptoms (in person preferred, though virtually is permitted)
3. If employee reports having any COVID-19 related symptoms, they should remain isolated at home for a minimum of 10 days after symptom onset OR until feverless and feeling well (without fever-reducing medication) for at least 72 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart
4. If employee reports having any COVID-19 related symptoms, employers should encourage employee to contact their health care provider; if multiple employees report having any COVID-19 related symptoms or test positive for COVID-19, employers should notify their local health department within one day of being informed of the prevalence of COVID-19 symptoms in the workplace or positive test results
5. If an employee is identified as being COVID-19 positive by testing, CDC cleaning and disinfecting should be performed [according to CDC guidelines](#)
6. Where appropriate, notify employees who have been exposed. Employers should not identify an employee who tested positive by name
7. 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 and recreational sports:

PHYSICAL WORKSPACE**i. Minimum guidelines**

1. Sport organizers should [display signage](#) at entry with face covering requirements, social distancing guidelines, cleaning protocols, and any reduced capacity limit, in multiple languages as needed
2. Non-competitive activities (e.g., practices, drills, lessons) should be set up to allow for 6-ft. of distancing between participants whenever possible
 - a. If social distancing cannot be maintained during game play, participants should still maintain 6-ft. of distancing while on the sidelines/ not directly involved in the game
3. If a sporting facility has stations for individual recreation activities, sport organizers should ensure at least 6-ft. between stations. If stations cannot be moved, sport organizers should limit number of open stations to ensure social distancing
4. Locker rooms and showers should be configured with signage, tape, and other markings to ensure participants can maintain 6-ft. of social distance
5. Sport organizers should designate an area for spectators with existing seating (e.g., bleachers) capped at 20% of capacity and ensure at least 6-ft. between seats occupied by spectators that are not members of the same household or party
 - a. Display visual markers (e.g., tape, cones) 6-ft. apart for seating
 - b. Remove any furniture/ block off areas not conducive to social distancing
 - c. If seats cannot be moved, venue operators should limit number of open seats to ensure social distancing (e.g., zip tie unused seats, remove seat bottoms, cover unused seats)
6. Concessions must follow [Restaurant and Bar guidelines](#) for all food and beverage operations and must be one of the following:
 - a. Delivered by a server who takes orders from guests while seated with distancing requirements laid out in [Restaurant and Bar guidelines](#); OR
 - b. At outdoor kiosk, purchased pre-packaged via “grab and go” with queuing areas clearly marked to observe social distancing OR
 - c. At indoor quick service areas over 500 square feet, purchased pre-packaged via “grab and go” (no queuing permitted)
 - d. At indoor quick service areas 500 square feet and under, purchased pre-packaged via “grab and go” with queuing areas clearly marked to observe social distancing

ii. Encouraged best practices

1. Display visual markers 6-ft. apart at any queue points (e.g. check-in, along sidelines, concessions)
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
4. If practical, expand seating beyond current capacity (e.g., bleachers, stands) by utilizing any available field/ court space to encourage social distancing between spectators
 - a. Use portable seating from other activity areas
 - b. Encourage spectators to bring their own additional seating (e.g., chairs) from home
5. Stream practices/ games online to minimize in-person spectating, if possible

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. Clean and disinfect common areas (e.g., restrooms) and surfaces which are touched by multiple people (e.g., entry/exit doorknobs, stair railings) frequently; every 2 hours recommended for high-traffic areas
3. For outdoor activities, sports organizers should make hand sanitizer or hand washing stations available to participants
4. Minimize sharing of high-touch equipment between non-household individuals. If equipment is to be shared, sports organizers should sanitize equipment before and after use (see [EPA approved list of disinfectants](#))
5. Sanitization of locker rooms and showers should be completed at the beginning and end of practice/ games at minimum
6. Sport organizer should sanitize any individual recreation stations before and after participant use
7. All required disinfecting, cleaning, or sanitizing activities to be conducted by employees should be within their normal workday or during otherwise compensated time



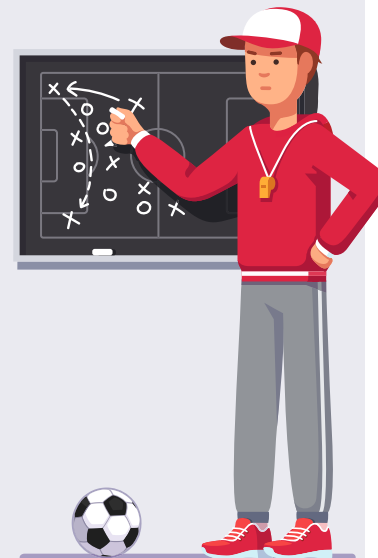
ii. Encouraged best practices

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. Group sizes should be limited to 50 total participants, coaches, and referees (i.e. excludes spectators)
 - a. Any additional team members not participating in gameplay should sit on the sidelines 6-ft. apart from one another
3. During practice as well as competitive games, multiple groups of 50 or fewer participants permitted at once as long as:
 - a. Venue allows for social distancing of participants, employees and spectators
 - b. 30-ft of distancing is maintained between groups/ opposing teams on the sidelines
 - c. Areas for each group are clearly marked to discourage interaction between groups outside of competitive game play
4. Sport organizers should design a plan to allow for social distancing within the venue and if needed, designate employee(s) or coaches to monitor capacity limits and social distancing
5. Sport organizers should limit the occupancy of common areas/ break rooms to allow for social distancing of 6-ft. or greater by removing/decommissioning furniture or staggering break times; this guideline is not intended to diminish employees break time requirements



ii. Encouraged best practices

1. Stagger game and practice times to minimize congregation of groups
2. Teams/ groups should be static, with no mixing of employees or participants between groups for the duration of the season, if practical
3. Teams/ groups should not add new participants once the season has started
4. If practical, assign participants from the same household to the same team or group

EXTERNAL INTERACTIONS

i. Minimum guidelines

1. Before allowing external supplier or non-participant visitor to enter, or while requiring them to wait in a designated area, sport organizers should ask whether external supplier or non-participant visitor is currently exhibiting COVID-19 symptoms
 - a. If practical, sport organizers should take external supplier or non-participant visitor temperature using thermometer (infrared/ thermal cameras preferred, touchless thermometers permitted)
2. Sport organizers should keep log of all external suppliers, visitors, spectators who enter premises
3. Suppliers and other 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)
4. Spectators should wear face covering over their nose and mouth at all times except for when eating, drinking, or when outside and able to maintain a safe social distance (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)
5. For indoor sports, limit spectators to immediate household members or guardians of participants



ii. Encouraged best practices

1. Limit contact between external suppliers/ non-participant visitors and employees
2. For youth sports, suspend post-activity group snacks
3. As practical, parents dropping off or picking up participants should wait at designated drop-off/ pick-up areas and should arrive during designated time window
4. Volunteers should abide by static team/ group guidelines applied to employees with no mixing between groups for the duration of the season/ volunteer period, if practical
5. If practical, limit spectators to immediate household members or guardians of participants for both outdoor and indoor sports
 - a. Spectators from the same household should sit together

CUSTOMER BEHAVIORS

i. Minimum guidelines

1. Participants should wear face coverings over their nose and mouth whenever not exercising (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)
2. Before allowing participation in the sport, sport organizers or coaches should ask whether participant is currently exhibiting COVID-19 symptoms. If participant does have symptoms, they should wait to enter premises for a minimum of 10 days after symptom onset OR until feverless and feeling well (without fever-reducing medication) for at least 72 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart
3. Sport organizers or coaches should maintain attendance log of participants
4. Participants should wash hands with soap and water or use hand sanitizer before participating
5. Participants should bring their own source of water and refrain from using any communal sources of hydration (e.g., team water or sports drink jug)
6. No handshakes at the beginning or end of games and practice

ii. Encouraged best practices

1. Before allowing entrance, sport organizers should ask whether participant is currently exhibiting COVID-19 symptoms
 - a. If practical, sport organizers should take participant temperature using thermometer (infrared/ thermal cameras preferred, touchless thermometers permitted)
2. Activity sessions should be held by appointment only (e.g., limit walk-ins, limit pick-up games)
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 Releasing COVID-19 Cases and Contacts from Isolation and Quarantine](#)
- [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](#)