



*Updated August 15th, 2021*

## **FALL LEAGUES GUIDELINES AND WAIVER**

### **General Guidelines**

The following guidelines shall apply to the Lincolnwood Baseball and Softball Association's ("LBA") Spring leagues and related activities while the State of Illinois remains in Phase 5 of the Restore Illinois program. The guidelines may be amended or updated from time to time by email notification based upon directives from State or local government or public health officials, guidance from other organizations or other events. All participants must agree to comply with these or any other guidelines issued by the LBA.

1. All participants (including coaches) should have their temperature taken before any league activity, including games and practices (the "Activities"). If the participant has a fever of 100.4 degrees F or higher, she must stay away from the Activities. Participants must complete the health survey in the TeamSnap app prior to arriving to the field.
2. Any participant (player or coach) who is experiencing any COVID-19 symptoms, including but not limited to fever, cough, shortness of breath, fever, chills, muscle pain, headache sore throat or recent loss of taste or smell, are prohibited from participating in any LBA Activities while such symptoms persist. If you don't feel well, stay home.
3. Any non-fully vaccinated participant who has been exposed to someone having the COVID-19 virus, may not participate in any LBA Activities until they have been quarantined for at least ten (10) days without exhibiting any COVID-19 symptoms during any day of the monitoring period. Fully vaccinated participants do not need to quarantine if they are asymptomatic.
4. Any participant who learns they have contracted the COVID-19 virus after participating in any LBA Activities must notify the LBA immediately by e-mail ([info@lwbba.org](mailto:info@lwbba.org)) or by contacting a LBA board member, and the LBA will notify other participants who had contact with the infected person. The infected participant should remain isolated at home until the following conditions are met: (i) It has been at least 10 days since the onset of the patient's illness, (ii) the patient is free from fever without the use of fever-reducing medications for at least 24 hours, (iii) other symptoms of COVID-19 are improving.
5. All LBA Activities will be limited to 50 or fewer participants in a group (not including spectators). Where possible, smaller groups are encouraged.
6. All participants should make every effort to maintain at least 6 feet of distance from other participants at all times, including in dugouts and surrounding areas. We recognize that game play may require some instances of closer contact.

7. Players should place their personal items six feet away from all other players' personal items.
8. Parents may attend Activities, but in order to allow players and coaches to socially distance, **NO PARENTS WILL BE ALLOWED IN OR BEHIND DUGOUTS, OR IN THE AREA FROM THE END OF THE DUGOUT TO BEHIND HOME PLATE.** Parents may sit in the bleachers provided, down the outfield foul lines or beyond any outfield fence and must exercise proper social distancing practices by staying at least 6 feet away from other non-family members. We suggest parents bring their own chairs and sit down the foul lines.
9. Players should not share personal items such as gloves, fielding masks, batting helmets or water containers. All players must bring their own water bottles and batting helmets. When it is necessary to share items such as bats, catcher's helmets, and mitts, they must be sanitized before being used by another participant.
10. Coaches, umpires, and other non-player participants should always wear a facial covering. There is an exception for brief eating or drinking while socially distanced.
11. At games, each team will supply their own game balls which they will use while in the field. All foul balls shall be retrieved by the team in the field. The goal is for each team to handle only their team's game balls.
12. Participants are encouraged to hydrate frequently before, during and after Activities.
13. Participants who are not fully vaccinated are encouraged to wear masks in crowded outdoor settings or while in sustained contact with other people who are not fully vaccinated, for example while in the dugout.
14. All participants should bring hand sanitizer to the Activities. Sanitizer should be applied at the beginning, the end, and periodically during Activities.
15. Participants should refrain from touching their faces during Activities.
16. Handshakes, high fives or other similar personal contact, whether before, during or after the game, should be avoided.
17. Mound meetings should be limited to coach, pitcher and, if necessary, catcher.
18. Participants must clean up after themselves at the end of the Activities, including by disposing of trash in garbage cans.
19. Participants may not consume sunflower seeds, chew gum or eat snacks during the team activity.

## **Waiver**

In consideration of being allowed to participate in any way in Lincolnwood Baseball and Softball Association's ("LBA") fall league games, practices or other activities (collectively "Activities") the undersigned acknowledges, appreciates, and agrees that:

1. I have read the Guidelines set forth above and agree to comply with those Guidelines, as they may be amended from time to time, and any replacement Guidelines issued by LBA.
2. The risk of injury and/or illness from the activities involved in the program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist;
3. The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies does exist, and it is impossible to eliminate the risk that I could be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease;

4. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES (defined below) or others, and assume all full responsibility for my participation;
5. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and
6. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS LINCOLNWOOD BASEBALL ASSOCIATION, THE VILLAGE OF LINCOLNWOOD, AND ALL COACHES OR INSTRUCTORS WORKING AT LBA ACTIVITIES, AS WELL AS ANY LEAGUE OR ORGANIZATIONS AGAINST WHOM LBA TEAMS MAY PLAY, and their respective officers, officials, elected or appointed officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of the premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
7. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY AGREEING TO IT ON MY OWN BEHALF OR ON BEHALF OF THE YOUTH PARTICIPANT LISTED BELOW, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

**ACKNOWLEDGMENT BY PARENTS AND/OR LEGAL GUARDIANS OF YOUTH PARTICIPANTS:**

By acknowledging and agreeing to the check box below, I agree to and verify the following: 1) I am the parent or legal guardian for the youth participant listed below, 2) that as parent/legal guardian with legal responsibility for this youth participant, I consent and agree to assume the risks of his/her participation in these programs; and 3) that I specifically agree to his/her release as provided herein of all the Releasees, and, for myself, my heirs, assigns and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to this youth participant's involvement or participation in these programs as provided above EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

Player: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Signature: \_\_\_\_\_ Dated: \_\_\_\_\_