



WHEATON PARK DISTRICT ALL SPORT COVID- 19 Participant Guidelines

The Wheaton Park District (“District”) is dedicated to providing a safe environment for our employees, patrons, volunteers, trainers, independent contractors and vendors **a/k/a “individual”**. Therefore, the District is implementing and administering the procedures and protocols set forth as a top priority to mitigate the spread of the COVID-19 virus. These procedures and protocols are established from information provided by the Centers for Disease Control (CDC), the Department of Commerce and Economic Opportunity (DCEO) and the Illinois Department of Public Health (IDPH).

These protocols are subject to change as more information becomes available. Further, participants and patrons should understand that the guidelines below are prepared as an outline highlighting key changes where participants/patrons will have an active role rather than a comprehensive overview of each and every step the District is taking to limit the risk of potential exposure to COVID-19.

How COVID-19 Spreads

While much is unknown about COVID-19, including how it spreads, public health agencies and epidemiologists generally agree that COVID-19 spreads through respiratory droplets that are produced when an infected person coughs or sneezes and can land in the mouths or noses of people who are generally within 6 feet of one another. The droplets that remain in the air can also be inhaled into the lungs of a person walking by. Another way COVID-19 can be spread is by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

Definition of “Close Contact”

The Centers for Disease Control defines “close contact” as when any individual who is within 6 feet of an infected person for at least 15 minutes starting from two days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated. The DuPage County Health Department has stated the 15 minutes is consecutive.

Symptoms of COVID -19

People with COVID-19 can have a wide range of symptoms ranging from mild to severe illness. Symptoms typically appear 2 – 14 days after exposure to the virus. Symptoms can consist of a cough, shortness of breath or difficulty breathing, fever of 100.4 or higher, chills, fatigue, headache, congestion, runny nose, muscle or body aches, sore throat, new loss of taste or smell, nausea, vomiting, or diarrhea. This list does not include all possible symptoms.

Individuals are encouraged to seek a COVID-19 test at a state or local government testing center, healthcare center, or other testing location.

If an individual is showing any of these emergency signs, contact 911 immediately: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face, any other symptoms whether COVID-19 related or not that appear to be a medical emergency.

Wellness Self-Check (Applies to All Park District Programs and Facilities)

Individuals should perform a self-check for symptoms of the virus prior to arriving and/or bringing their child to a District event or program. We advise that participants' temperatures are taken at home just prior to arriving to the program or facility.

Wellness Self-Check Questions:

1. Are you or anyone in your household experiencing the following: fever of 100.4 or higher, cough, shortness of breath, sore throat, chills, muscle or body aches, fatigue, headaches (not related to caffeine, diet, hunger, migraines, or tension), new loss of taste or smell, congestion or runny nose, nausea or vomiting, and diarrhea?
2. In the last 14 days, have you or anyone in your household been in close contact with anyone that has tested positive for or been diagnosed with COVID-19 or has symptoms of COVID-19?
3. Have you or anyone in our household tested positive for COVID-19?

If the answer is "YES" to any of the above questions: You should **not** attend the program/facility and should notify one of the Wheaton Park District contacts listed below as soon as possible.

Design of Sports

1. Parent/Guardian Expectations – In addition to the General Guidelines listed above, parents/guardians are required to do and/or adhere to the following:
 - a. All athletic activities are identified by the four Types of Play Levels. These levels dictate which types of activity are permitted during trainings. Refer to the park district guide for identified levels for each program, league or camp.
 - i. Type of Play Levels:

Level 1	No-contact practices, and trainings only
Level 2	Intra-team scrimmages allowed, with parental consent for minors; no competitive play
Level 3	Intra-conference or Intra-EMS-region or intra-league play/meets only; state- or league-championship game/meet allowed for low-risk sports only
Level 4	Tournaments, out-of-conference/league play, out-of-state play allowed; championship games allowed

Current Conditions Allow for the Following Types of Play per Sport Risk Level:

- Low-risk sports can currently play at Levels 1, 2, and 3
- Medium-risk sports can currently play at Level 1 and 2
- High-risk sports can currently play at Level 1

- b. Must provide a mask or face covering for your athlete to wear.
- c. Parents/guardians are not permitted to attend training/practice unless required for parental supervision. (Advanced approval from the program manager will be required).
 - i. If a parent/guardian must be present, they must always wear a mask or face covering over their nose and mouth. If there is a medical condition or disability that prevents the parent/guardian from safely wearing a mask or face covering, an accommodation may be made and must be requested in advance. See the program manager to discuss accommodations.
- d. Carpooling is not recommended to and from training/intra-team scrimmage or practice/intra-league play.
- e. Parents/guardians should remain in their vehicle for pickup and drop-off when practical.
 - i. Leave at least 1 parking space between cars to minimize contact, when practical.
 - ii. Congregating in the parking lot is prohibited.
- f. Be sure your athlete has necessary sanitizing products with them at every training/intra-team scrimmage or practice/intra-league play and knows how to use them.
- g. Athletes should be encouraged to shower and wash their workout clothing/equipment immediately upon returning home.
- h. Athletes should bring their own sport specific equipment.
 - i. Ensure all sport specific equipment is sanitized/disinfected before and after every training/intra-team scrimmage or practice/intra-league play.
- i. Do not assist your coach with equipment before, during or after training/intra-team scrimmage or practice/intra-league play.
- j. Notify the coach/trainer/athletic manager immediately if your athlete becomes ill for any reason.
 - i. Should you be called while your athlete is at training/intra-team scrimmage or practice/intra-league play, you must pick them up within 30 minutes.
 - ii. Coaches will notify parents/guardians of the designated pickup area.
- k. Please note, parent/guardian requirements may fall under the spectator category as well.
- l. Level 2 recreational sports intra-team scrimmage consent and release form must be signed by parent/guardian prior to program starting. This will be addressed at registration.
- m. Please have you and your athlete review the expectations and guidelines prior to attending the program.
- n. Traveling out of state for tournaments, games or practices is prohibited for all Wheaton Park District sanctioned programs/teams.

2. *Athlete Expectations - In addition to the General Guidelines listed above, players are required to do and/or adhere to the following:*

- a. Outdoor Mask Requirements
 - i. Athletes must wear a mask or face covering over their nose and mouth whenever not actively exercising or participating in training/intra-team scrimmage or practice/intra-league play.
 - ii. A mask or face covering, over their nose and mouth is required while on the sidelines.
 - iii. If there is a medical condition or disability that prevents the athlete from safely wearing a mask or face covering, an accommodation may be made and must be requested in advance. See the program manager to discuss accommodations.
- b. Indoor Mask Requirements

- i. When indoors, a mask or face covering must be worn at all times including while on the sideline, exercising or participating in training/intra-team scrimmage or practice/intra-league play (unless eating or drinking). This includes any programs that move indoors.
 - ii. If there is a medical condition or disability that prevents the athlete from safely wearing a mask or face covering, an accommodation may be made and must be requested in advance. See the program manager to discuss accommodations.
- c. Athletes should be at least 6 feet apart while on the sidelines and any other time when not in play. All equipment should be kept 6 feet apart.
- d. Group celebrations are not permitted, including high-5s, hugs, handshakes, fist-bumps, touching ("go-team" hand raises can occur), etc.
- e. Athletes should bring their own sport specific equipment.
 - i. Avoid sharing of high-touch equipment between non-household individuals.
 - ii. If practical, assign shared equipment to one household for the duration of the sports season.
- f. Athletes must bring their own source of water.
 - i. Water fountains will not be available.
 - ii. No sharing drinks.
 - iii. Post activity group snack is suspended.
- g. Athletes should not arrive to training/intra-team scrimmage or practice/intra-league play more than 10 minutes in advance.
 - i. Staggered start times will be implemented when practical.
- h. Spitting or blowing your nose without the use of a tissue is prohibited.
- i. Traveling out of state for tournaments, games or practices is prohibited for all Wheaton Park District sanction programs/teams.

3. Coach/Trainer Expectations - In addition to the General Guidelines listed above, coaches/trainers are required to do and/or adhere to the following:

- a. All coaches/trainers are required to wear a mask or face covering over their nose and mouth at all times no matter if they are indoors or outdoors (unless eating or drinking).
 - i. If there is a medical condition or disability that prevents the coach/trainer from safely wearing a mask or face covering, an accommodation may be made and must be requested in advance. See the program manager to discuss accommodations.
- b. Coaches/trainers must maintain attendance log of participants at training/intra-team scrimmage or practice/intra-league play for contact tracing purposes. Logs must be turned in at the end of the program or provided upon request from the park district.
- c. Before each training/intra-team scrimmage or practice/intra-league play coaches/trainers must designate an area for isolating anyone who feels ill or showing symptoms. Inform the parents of where this area is located.
 - i. When sensing an athlete may be ill, parents must be called immediately.
 - ii. Parent/guardian are required to pick up their athlete within 30 minutes.
- d. Ensure all athletes have their own sport specific equipment.
- e. Use of scrimmage vest or pinnies is not permitted.
- f. Coaches/trainers are the only ones to handle all team equipment; do not enlist athletes or parents/guardians to assist.
 - i. If equipment is to be shared, coaches/trainers should sanitize equipment before, during and after training/intra-team scrimmage or practice/intra-league play.
- g. Gatherings of up to 50 individuals indoors or outdoors are allowed. Multiple groups of 50 are allowed if 30 feet of space is maintained between groups.

- h. Coaches/trainers are responsible for following all guidelines.
- i. Coaches/trainers must adhere to the training/intra-team scrimmage or practice/intra-league play schedule provided and approved by the athletic manager.
- j. Traveling out of state for tournaments, games or practices is prohibited for all Wheaton Park District sanctioned programs/teams.

4. Spectator Expectations - In addition to the General Guidelines listed above, spectators are required to do and/or adhere to the following:

- a. Spectators are not permitted at training/practice unless required for parental supervision.
 - i. Advanced approval from the program manager will be required.
- b. When spectators are permitted:
 - i. They are always required to wear a mask or face covering over their nose and mouth, indoors and outdoors (unless eating or drinking).
 - 1. If there is a medical condition or disability that prevents the spectator from safely wearing a mask or face covering, an accommodation may be made and must be requested in advance. See the program manager to discuss accommodations.
 - ii. They will be limited to immediate household members or guardians of the athlete.
 - iii. They are encouraged to bring their own additional seating (e.g., chairs) from home.
- c. The total number of individuals allowed in the space is the lesser of 20% of the total capacity of the space OR 50 individuals, inclusive of athletes, coaches/trainers/umpire/referee/spectators and others.

The Wheaton Park District has issued the above All Sports Policy Guidelines for use during "Phase 4" of the Restore Illinois Plan. These guidelines were compiled from resources and direct guidance from the Illinois Department of Commerce and Economic Opportunity (DCEO) All Sports Policy and Youth Sports Guidelines, Centers for Disease Control and Prevention (CDC) Considerations for Youth Sports Considerations, and PDRMA COVID-19 Phase 4 Youth and Adult Recreational Sports Recommendations.

Failure to comply with these guidelines by parents/guardians, coaches, spectators or athletes will result in the suspension of play. Please keep the kids playing by following the rules.

Pick-up Protocol

If an individual exhibits any COVID-19 symptoms while attending a program/facility, the individual will be directed to wait in an isolated outdoor area. If inclement weather makes this unsafe, the individual will be directed to an isolated area inside and away from others. At all times, the minor individual will be supervised. The parent/guardian will be called and must pick-up their child within thirty (30) minutes of notification. The parent/guardian should wait at the designated pick-up area. Transportation will not be provided for participants.

Notification of Exposure

To be able to protect everyone, we ask that individuals immediately contact the District to report any of the following conditions during the past 14 days:

- When the individual has been in close contact to someone with COVID-19 during the past 14 days,
- When the individual has symptoms of COVID-19,
- When the individual has been diagnosed with COVID-19, whether through a positive test or symptom-based diagnosis.

In the event of an individual being diagnosed with COVID-19, the DuPage County Health Department will be notified and parents/guardians/participants who had close contact with the individual diagnosed with COVID-19 will receive written notice and will be required to refrain from programming for a 14-day self-quarantine period from the date of last contact with the positive case.

When a Participant May Return

The length of time of self-isolation or self-quarantine will vary on a number of factors and will be assessed in conjunction with the DuPage County Health Department and/or the individual's treating medical provider.

Further, when an individual has COVID-19 or symptoms of COVID-19, the District will require a medical provider's note clearing the individual to return to the District (though the District reserves the right to be flexible with such notes should the healthcare system become overwhelmed). In general, however, the clearance guidelines are:

- 1) An individual has tested positive for COVID-19, has been diagnosed/confirmed with COVID-19, or has symptoms of COVID-19, may return when they meet the following criteria:
 - a. Must have isolated for a minimum of 10 days* after symptom onset (or specimen collection date if asymptomatic), **AND**
 - b. 24 hours with no fever without the use of fever-reducing medications, **AND**
 - c. Other COVID-19 symptoms have improved (for example, cough, shortness of breath, etc.) **AND**
 - d. Must provide a doctor's note clearing the individual to return to programming, **OR**
 - e. ⁽¹⁾ 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart **AND**
 - f. Must provide a doctor's note clearing the individual to return to programming.

⁽¹⁾ Note, the CDC and IDPH generally no longer recommend the test-based strategy of two (2) negative tests in the majority of cases.

If at any time the medical provider confirms the cause of the fever or other symptoms are **NOT** related to COVID-19 and approves the return to programming prior to the recommended timeframes above, the individual must present a note from their medical provider **PRIOR** to their return.

- 2) An individual is asymptomatic and tests positive for COVID-19, may return when they meet the following criteria:
 - a. Must isolate for a minimum of 10 days from the date of the positive test results, **AND**
 - b. A doctor's note is provided clearing the individual to return to programming.

*A limited number of persons with severe illness or who are severely immunosuppressed may produce replication-competent virus beyond 10 days; this may warrant extending duration of isolation and precautions for up to 20 days after symptom onset or first positive test (if not symptoms).

3) An individual that has “close contact” with the following:

- a. A person who has tested positive for COVID-19; or has been confirmed/diagnosed with COVID-19 may return when the following is met:
 - i. 14 days self-quarantine from the date of the last close contact;
- b. A person who has tested positive for COVID-19; or has been confirmed/diagnosed with COVID-19 AND the individual can avoid further close contact may return when the following is met:
 - i. 14 days self-quarantine from when the person with COVID-19 began home isolation away from other members of the household;
- c. A person who has tested positive for COVID-19; or has been confirmed/diagnosed with COVID-19 AND has had additional close contact with someone else who tested positive for COVID-19 or has been confirmed/diagnosed with COVID-19 may return when the following is met:
 - i. Restart self-quarantine for 14-days from the last day of close contact with anyone who has COVID-19. Any time a new household member gets sick with COVID-19 and close contact occurs; quarantine will need to be restarted.
- d. A person the individual lives with tested positive for COVID-19; or has been confirmed/diagnosed with COVID-19 AND cannot avoid continued close contact (e.g., shared kitchen/bathroom, etc.) may return when the following is met:
 - i. Quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation.
- e. A person who is suspected of having COVID-19 and is waiting for test results may return when the following is met:
 - i. Quarantine for 14 days from the last close contact; **OR**
 - ii. The individual waiting for the test results has one negative test.

If the individual with close contact develops symptoms, they should follow isolation rules in 1) above.

If an individual had close contact with another person that had close contact with someone who tested positive or was confirmed/diagnosed with COVID-19, no quarantine or isolation is needed for the individual.

Health Hygiene and Infection Control Prevention Practices

All participants, employees, volunteers, visitors, contractors, and patrons will:

- Wash their hands with soap and water frequently for the recommended 20 seconds. This includes after touching items and surfaces, after using the restroom, coughing, sneezing, before eating or food preparation, after putting on or removing mask or face covering, before and after using shared items.
- Wear masks or face coverings over their nose and mouth when entering the premises and when in the presence of others. This includes common areas such as hallways, stairways, restrooms, classrooms/programming space, waiting areas, bleachers. Modifications can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering so long as the modification does not create a direct threat of safety for others. Brief exception for participants wearing masks or face coverings are made when eating, playing a wind instrument, or when outside. During these periods, participants will be required to adhere to social distancing.
- Maintain a distance of 6-feet apart from other individuals. However, personal trainers must maintain a 10 ft. distance while training clients.
- Cover their mouth and nose with a tissue or use the inside of the elbow when coughing or sneezing. Trash containers are located throughout the facility. Avoid touching the eyes, nose, and mouth.
- Use hand sanitizer regularly.

In addition, the District will:

- Engage in daily cleaning and sanitizing of high touch areas and surfaces at the facility, and deep cleaning and sanitizing when necessary.
- Limit the number of people allowed to gather in rooms and communal areas at a time.
- Use signs, tape marks, or other visual cues on the floor, placed 6 feet apart, to indicate where to stand for people in common areas and entrances.
- Install barriers for employees that interact with the public and work areas with close workstations.
- Post signage to encourage proper hygiene practices.
- Take other safety measures as needed to enforce its COVID-19 related policies and procedures.

QUESTIONS & CONTACT INFORMATION

STAFF MEMBER	TITLE	EMAIL CONTACT	AREA LEAD
Diane Hirshberg	<i>Human Resource Manager</i>	dhirshberg@wheatonparks.org	Wheaton Park District Designated COVID Contact
Mary Beth Cleary	<i>Director of Athletics</i>	mbcleary@wheatonparks.org	Youth Sports
Vicki Beyer	<i>Director of Recreation</i>	vbeyer@wheatonparks.org	Recreation Programs Day Camps
Michelle Artis	<i>Fitness Manager</i>	martis@wheatonparks.org	Parks Plus Fitness Center

RESOURCES

Restore Illinois Phase 4 Guidelines:

<https://dceocovid19resources.com/restore-illinois/restore-illinois-phase-4/youth-and-recreational-sports-guidelines/>

DCEO All Sports Policy:

<https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines4/youthsports.pdf>

DCEO Youth Sports Guidelines:

<https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines3/youthsports.pdf>

DCEO Youth Sports Toolkit:

<https://dceocovid19resources.com/assets/Restore-Illinois/businesstoolkits/youthsports.pdf>

Centers for Disease Control and Prevention Considerations:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>