

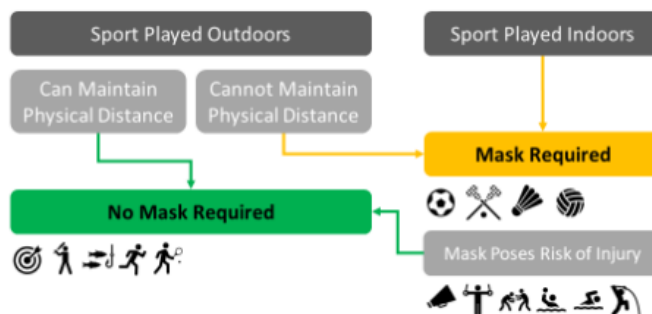


**WHEATON PARK DISTRICT  
ATHLETIC COVID-19 GUIDELINES**  
Effective: April 15, 2021; Revised April 12, 2021

**General Guidelines**

- Spectators and non-participant individuals should wear a face covering at all times that fully covers their nose and mouth and fits snugly against the sides of the face with no gaps, whether indoors or outdoors, except for:
  - when actively eating or drinking,
  - people with medical conditions or disabilities that prevent them from safely wearing a face covering,
  - individuals younger than 2 years of age, and
  - individuals who have trouble breathing or are unconscious, incapacitated, or otherwise unable to remove the cover without assistance.
- All participants must wear a face covering that fully covers their nose and mouth and fits snugly against the sides of the face with no gaps at all times, including during training, competition, or other active exercise, whether indoors or outdoors, unless
  - able to maintain at least 6 feet social distance throughout play when outdoors;
  - a medical condition prohibits the participant from wearing a face covering, or
  - wearing a face covering poses an injury risk, such as in the following cases:
    - tumbling or performing lifts, stunts, tosses, pyramids, and other similar activities in competitive cheer or competitive dance;
    - performing tumbling exercises or while using different apparatuses during gymnastics training or competition;
    - during wrestling contact;
    - participating in water sports; or
    - participating in pole vault.

**Figure 1. Mask Requirement and COVID-19 Testing for Sports**



- All participants, attendees, and other individuals involved with sports activities should refrain from shouting, singing, or chanting.
- Post-activity group snacks are suspended.
- All attendees should refrain from handshakes, high fives, fist bumps, hugs, “go-team” hand raises, etc.
- All attendees should refrain from spitting or blowing of the nose without the use of a tissue.

**Coach Expectations - In addition to the General Guidelines listed above, coaches are required to do the following:**

- Sport organizers or coaches should maintain attendance log of participants for contact tracing purposes. Sports organizers should maintain attendance logs of all facility rentals, spectators, and employees for contact tracing purposes.
- 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.
- 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).
  - If practical, sanitize shared equipment during use (e.g., between drills) and encourage frequent hand sanitizing or hand washing, including during gameplay (e.g., between quarters, at time outs, when returning to the bench).
  - Participants should use their own equipment (e.g., helmet, bat, gloves) as much as possible.

**Player Expectations - In addition to the General Guidelines listed above, players are required to do the following:**

- Participants should wash hands with soap and water or use hand sanitizer before participating and, when practical, during gameplay (e.g., between quarters, at time outs, when returning to the bench).
- Athletes should shower and wash their work out clothing immediately upon returning home.
- 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).
- Participants should not share athletic towels, clothing, or shoes.
- Participants should place personal belongings at least 6 feet away from others’ personal belongings.
- Sports organizers and venues should configure the area of play to allow for at least 6 feet social distance between participants, whenever possible depending on the sport played, both during active gameplay and for other participants not actively exercising or involved in the activity (e.g., on the bench or sidelines, in the stands).
- If a sporting facility has stations for individual recreation activities, sport organizers should ensure at least 6 feet between stations. If stations cannot be moved, sport organizers should limit the number of open stations to ensure participants can maintain at least 6 feet social distance whenever possible.



**Parent/Guardian/Spectator Expectations – In addition to the General Guidelines listed above, parents/guardians are required to do the following:**

- Spectators for activities will be permitted but will be based on the nature of the program and on the venue that the activity is taking place. All spectators would need to have 30 feet social distancing between them and the participants and 6 feet social distancing between spectators who are not members of the same household or party. In the case 30 feet is not practicable for the venue, spectators are seated on the opposite side of the playing space (e.g., field, court) from participants not actively engaged in play and at distance at least 12 feet from participants.
  - Gatherings limited to the lesser of 50 persons or 50% capacity are allowed when indoors in venues with capacity less than 200 persons.
  - Gatherings of up to 25% capacity are allowed when outdoors or in indoor venues with capacity of 200 or more persons.

**Source:**

Restore Illinois Phase 4 Guidelines:/ All Sports Guidance updated April 12, 2021.

[https://www.dph.illinois.gov/sites/default/files/All%20Sports%20Policy%20-%20Updated%204\\_12\\_2021.pdf](https://www.dph.illinois.gov/sites/default/files/All%20Sports%20Policy%20-%20Updated%204_12_2021.pdf)

