



Big D Sports Return-To-Play Guidelines include best practice for our adult coed sports leagues during this unprecedented time. These guidelines complement and do not replace the guidelines mandated by municipalities, parks departments and private facilities. Big D Sports intends to follow all guidelines to make our leagues as safe as possible for you. ***Everything is still subject to change, and we will continually adapt as needed.***

Please click here for complete **Dallas Parks & Recreation** requirements for league play.

<https://bigdfun.com/wp-content/uploads/2020/08/COVID-19-Athletic-League-Play.pdf>

Guidelines for All Games

- Follow all CDC, state and local guidelines.
- All staff and officials/umpires of Big D Sports will wear a face mask.
- All players, staff and referees should stay home if they have any of the following symptoms:
 - Temperature above 100.3
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Nausea or vomiting
 - Diarrhea
- Players (including subs) must be on our official roster sheets and have accepted the waivers **online** before they are allowed to play. Signing the roster sheet at the field will not be allowed.
- **“Leave No Trace” Policy** – Teams must leave nothing at the field including the dugouts and sidelines. This includes trash, drinks, equipment, clothing, personal belongings, etc.
- All shared items must be disinfected between each use (when possible).
- Maintain at least six (6) feet of physical distance between all staff, participants, and spectators (when possible).
- Teams may not share sidelines, dugouts, or baselines. Teams must physically separate when off the field.
- Anyone not on the field of play must wear a mask, including walking to the field/sideline/dugout, and all spectators.
- No group celebrations
- No post-game handshakes/hi-fives.
- Do not touch or share anyone else’s equipment, water, food or bags.
- No sunflower seeds, smokeless tobacco, or spitting.
- No licking of fingers/hand or spitting into hand/gloves.
- **“Come, Play, Leave” Policy** – no gathering or hanging out after your game is completed
- Cover your mouth and nose with a face mask when around others while not playing.