



7-29-2020

Most recent guidelines under Phase IV and including sports participation developed in coordination with the Illinois Department of Public Health, the Illinois Department of Commerce and Economic Opportunity, and the Illinois State Board of Education:

Parks are open and require proper social distancing.

Any type of gathering in the parks must be limited to a maximum of 50 people and requires proper social distancing.

30' of distancing should be maintained between groups.

Playgrounds are open and require proper social distancing.

Social distance of at least 6-ft. should be maintained between non-household individuals unless participating in activities permitted under Phase IV guidelines

When exercising outdoors, participants should wear face coverings over their nose and mouth whenever not actively exercising or participating in practices or competition

When exercising indoors, face coverings should be worn at all times, including while exercising or participating in practices or competition.

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

- 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

Lower Risk

- Archery
- Badminton
- Baseball *
- Bass Fishing *
- Bowling
- Climbing
- Crew
- Cross Country*
- Cycling *
- Disc Golf
- Golf
- Gymnastics *
- Horseback Riding
- Ice Skating *
- Ropes Courses *
- Sailing, Canoeing, Kayaking *
- Sideline Spirit *
- Skateboarding
- Softball *
- Swimming/Diving *
- Tennis
- Track and Field *
- Weight Lifting *

Medium Risk

- Basketball
- Fencing
- Flag Football or 7v7 Football
- Paintball
- Racquetball
- Soccer
- Volleyball
- Water Polo
- Wheelchair Basketball

Higher Risk

- Boxing
- Competitive Cheer
- Competitive Dance
- Football
- Hockey
- Lacrosse
- Martial Arts
- Rugby
- Ultimate Frisbee
- Wrestling

Please bring and use your own hand sanitizer when visiting parks.

Drinking fountains are disabled so please plan accordingly.

Please continue to be vigilant in preventing spread of virus and practice good hygiene as recommended by IDPH and CDC

Do not enter any park if you have any COVID-19 symptoms or exposure risks, per IDPH and CDC

We thank you for your support and patience. We appreciate your assistance in self-policing park usage to follow the CDC's guidance on personal hygiene and safety precautions.

Have fun & Stay safe!