

# Guidelines to Playing it Safe!



## Practice Good Hygiene



Stop hand shakes and use **non-contact methods**; this includes post-game handshakes



Wash hands **regularly** for at least 20 seconds; Use sanitizing wipes after contact with **shared equipment**; Shower and wash clothes **immediately** following practices/games



**Disinfect surfaces** like doorknobs, gates, and shared equipment



**Avoid touching your face** and cover your coughs and sneezes



Players/Coaches must bring their own water/beverage to consume. **No shared fountains/stations/coolers may be used**

## Sanitize Regularly

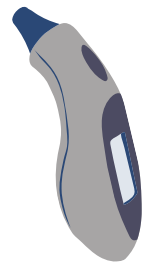
Coaches should **sanitize** shared equipment before and after each practice/game

Players are encouraged to use sanitizer **before and after** each at bat and **when going out to, and coming in from**, the field

**Maintenance equipment and dugouts** should be sanitized daily

## Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home
- Your temperature is **100.4 or above**



## Practice Social Distancing



- **Players/coaches** should space their items at least six feet apart along a fence during practice
- Players should remain spaced out as much as possible during practices; **workout pods/groups** are encouraged
- Use of bleachers should be **limited**
- Dugouts are permitted **during games only**; players/coaches should spread out as much as possible unless actively participating in the game
- Fans should **bring their own chair or stand** while practicing social distancing
- **Use of masks** should follow local school district policies

# What To Do vs. What Not To Do



## Do...

- stay home if you or a family member are feeling sick
- notify your coach if you or a direct family member is showing symptoms of COVID-19
- wash your hands regularly for at least 20 seconds
- use sanitizer before and after each at bat and before going out to, and after coming in from, the field
- use your own gloves, helmets, and bats as much as possible
- sanitize any shared equipment before and after each practice/game
- sanitize maintenance equipment and dugouts daily
- practice social distancing
- bring your own water/beverage
- limit use of bleachers for all games
- limit dugout to essential personnel (players, coaches, trainers, umpires)
- limit press box to essential personnel as determined by local school
- acknowledge your opponent following the game with a tip of the cap or other non-contact method

## Do Not...

- attend practice or a game if you or a family member are feeling sick
- attend practice or a game if your temperature is 100.4 or above
- use dugouts during practice
- allow parents to attend/watch practice
- touch your face or mouth
- congregate in a large group (waiting to bat, mound visits, etc.)
- allow the use of plastic face shields
- use shared water coolers or fountains
- share equipment, if possible
- spit sunflower seeds
- shake hands with the opposing team following the game
- open concession stands



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# 2020 Baseball Game Guidelines



## STOP! DO NOT ATTEND OR PARTICIPATE IF:

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Dugouts should be limited to essential personnel - players, coaches, trainers, and umpires



Players must bring their own water/beverage. No shared water coolers or fountains allowed



Spectators are encouraged to bring their own chairs or stand; limit use of bleachers



Coaches must sanitize shared equipment before and after each game



Players should use their own gloves, helmets, and bats as much as possible



Sanitize before and after each at bat and before going out to, and after coming in from, the field



Implement other reasonable measures to ensure social distancing of all in attendance



Spitting sunflower seeds is **STRICTLY PROHIBITED**



Teams should not shake hands following the game. A non-contact method should be used



No concession stands are permitted

## ADDITIONAL GUIDELINES

- Masks are not required; if an individual on the playing field would like to wear a mask, it is recommended that the mask is a solid color
- Interactions with umpires should be limited and done while social distancing

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Parents must remain in their cars or drop off and pick up players before and after practice



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Players and coaches are encouraged to bring their own hand sanitizer



Coaches are responsible for ensuring players practice social distancing as much as possible



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## ADDITIONAL GUIDELINES FOR COACHES

- Coaches should be knowledgeable of their students with pre-existing health conditions and work with school nurses or other health officials to take additional precautions as needed
- Coaches are responsible for tracking absences for the purpose of noting potential COVID-19 cases
- Contact public health if a positive case of COVID-19 is reported



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# DO NOT ATTEND IF:

- You have been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days
- You are experiencing any of the following symptoms:
  - Fever ( $\geq 100.4$ ) or chills
  - Cough
  - Shortness of breath
  - Fatigue
  - Muscle or body aches
  - Headache
  - Loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea





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#StopTheSpread



# Handwashing 101

**Source:**  
World Health  
Organization

**01**

Wet your hands  
before applying  
soap.



**02**

Bring your palms  
together and rub  
soap all over the  
palms and backs of  
your hands, including  
between the fingers.



**03**

Wash your hands for  
at least 20 seconds.



**04**

Wipe your hands  
with a clean towel or  
paper towel and  
avoid rubbing too  
vigourously.

