

BEST PRACTICE GUIDELINES FOR RESUMING BASEBALL ACTIVITIES

A. Phase 1 Practices

- 1. All coaches, players, parent volunteers will adhere to government guidelines and restrictions regarding social distancing. During this initial phase, that means keeping 6ft distance on the field and off, during practice.**
- 2. Coaches and players will be asked to self-monitor symptoms and health issues before coming to practice. Anyone experiencing symptoms of any illness is asked to stay home. Players and coaches are encouraged to bring a mask in their equipment bag, for any situation where 6ft distance cannot be maintained, but masks will not be required to be worn during practice.**
- 3. Teams will designate a safety coach, who will assist the manager in compliance with these safety guidelines.**
- 4. Players' own equipment bags will be stored outside the dugout, in an area designated by the coaches, to be spread 6 ft apart.**
- 5. No sharing of any equipment besides baseballs, and if necessary, bats. To the extent bats need to be shared, the designated safety coach will wipe down the bat handle in between uses. Players are encouraged to have their own helmet with a faceguard. For players that do not have their own helmet, each manager will have a bag of helmets, but no helmet will be worn by more than one player on a given day. The manager and/or safety coach will wipe down the "team helmets" after each practice. Players are also encouraged to have their own batting gloves.**
- 6. Players and Coaches are asked to bring their own water bottles/drink. There will be no team water cooler.**
- 7. No sunflower seeds, big league chew, or snacks allowed during practice. Players can bring their own personal snack to eat before or after practice.**
- 8. Players are encouraged to arrive not more than 10 minutes prior to their scheduled practice time, and must remain off the field of play until the prior practice has ended, and that team has exited the field. Social distance should be maintained while on the field, or on school property while waiting for practice to begin.**
- 9. No physical contact among players; high fives, hugs, fist bumps are all discouraged.**