

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

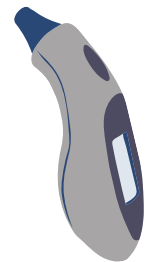
Coaches should **sanitize** shared equipment before and after each practice/game

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