

# 2020 Baseball Practice Guidelines



## STOP! DO NOT ATTEND OR PARTICIPATE IN PRACTICE IF:

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



No dugouts may be used. All items should be lined up against the fence at least six feet apart



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



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



Coaches must sanitize shared equipment before and after each practice



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



Players and coaches are encouraged to bring their own hand sanitizer



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



Spitting sunflower seeds is **STRICTLY PROHIBITED**

## 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