

# 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

