## 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.

**Sources:** [EDUCATEIOWA.GOV](http://EDUCATEIOWA.GOV) | [CDC.GOV](http://CDC.GOV)