



COVID-19 Baseball/Softball Practice Guidelines

Our intent:

- to provide the information and guidance necessary to assure and protect the health and safety of everyone involved, while also equally maintaining the integrity of practicing the game of baseball/softball as much as reasonably possible.
- to comply with local, state, & national guidance.

Listed below is a series of guidelines and strong recommendations for teams, coaches, players, and parents when participating in baseball/softball practices at JC Parks complexes and fields. More guidance will be shared at a later date regarding baseball/softball games. The cooperation of everyone involved will prove critical in helping to ensure compliance. We appreciate your cooperation and understanding.

- All teams, coaches, players, & parents should:
 - maintain a minimum of 6 feet social distancing when conducting team and individual activities, using restrooms, and walking through the venue.
 - bring sanitizer, disinfectant wipes, etc., make it available to all coaches & players, and use it frequently throughout practice to assist in efforts to mitigate the possible spread of the virus.
 - not attend practices if they are ill, displaying signs of illness, deemed high-risk, or the most vulnerable to contracting the virus (i.e. Senior Citizens and others with known medical conditions.)
 - wear Personal Protective Equipment (i.e. a face mask) if they choose.
 - eliminate the sharing of equipment (i.e. helmets, catcher's gear, etc.) or at minimum, sanitize it thoroughly in between use.
 - not use, or severely limit the use of the dugouts. Instead we strongly recommend all individual and team equipment be spaced out at least 6 feet apart along the fences. If dugouts are used, they should be sanitized and cleaned by each team in between each use.
 - sanitize or wipe down all baseballs/softballs before and after common use.
 - keep close gatherings (huddles, etc.) to a minimum of 6 feet apart.
 - not attend practices as a spectator. Parent are encouraged to drop their players off with the coach, leave the park, and then come back to pick them up when practice has concluded.
 - not chew gum or spit sunflower seeds due to the nature of this respiratory virus.
 - not share food and drinks (i.e. team water jugs.) Instead, use individual water bottles or jugs that are clearly marked with their names.
 - take care of any player injuries as normal. Coaches should keep parent contact information readily available if needed.

This is not an all-inclusive list, but instead a number of measures that can be taken to minimize the potential spread of the virus. These measures are easily implemented and highly effective and should lead to a healthy and safe environment where athletes can play, have fun, and enjoy the game.

Thanks again for your cooperation and understanding.