



COVID-19 SAFETY GUIDELINES FOR PLAYERS AND PARENTS

Preparation at Home

- **Assess your health.** Players should not attend practices or games if they:
 - 1 - Are exhibiting any symptoms of COVID-19 including mild to severe respiratory illness with fever, cough or difficulty breathing, or other symptoms identified by the CDC.
 - 2 - Have been in contact with someone who has tested positive for COVID-19 in the last 14 days.
 - 3 - Per State of Maine guidelines, athletes and families who travel outside of the state must self-isolate for 14 days before returning to play.
- **Double-check you have all gear** before leaving home. Players will not be allowed to borrow equipment from other players. While many players have 2-3 bats, please try to bring only one bat.
- **Bring plenty of water or sports drink**, it will be hot most nights, and the Snack Shack will be closed all summer.

Arrival at the Field

- **Be on time.** Please try not to arrive no more than 10-15 minutes before the announced arrival time. If you need to arrive earlier, please give advance notice to your coaches.
- Upon arrival, be sure to get all of your gear, water bottle, sanitizer, etc. together and make just one trip to the field.
- **Proceed directly to your ready zone.** Each player will be assigned a numbered “ready zone” along the 1st or 3rd base fence.
- Players will leave all equipment not currently being used in their ready zone except their bat.
- Stay in your assigned ready zone until told to do otherwise by a coach. It is different and hard not to go onto the field or warmup with friends but it is critical to stay in the ready zone.
- When prompted by the coaches, players will bring their bat to the on-deck cage, one at a time, and place it in their numbered bat slot in the bat racks.
- After stowing their bats, players should follow coaches instructions on where to go, and should never congregate closer than 6 feet apart.

Social Distancing & Player Conduct

- **Follow directions for spacing and stay at least six feet apart**, except when during the course of normal play it is necessary to be closer. For example: batter and catcher at home, runner and fielder going to the same base, two fielders playing a batted ball.
- In addition to the ready zones, visible markers will be used on the field to indicate appropriate spacing.
- Do not make physical contact with others, such as shaking hands or giving a high five. Players will need to develop a new awareness of where they are at all times.
- Avoid touching your face.
- No sharing food, drinks, gum, seeds, etc.
- Avoid touching gates and doors, etc. when possible. A player may lean on the fence at his ready zone. Fences will be sanitized between games.
- **Use hand sanitizer** between innings. A bottle will be provided at the gate entrance, but players may use their own if desired.
- During games, players should wear helmets whenever in their ready zones.
- Players should not leave the ready zone unless directed by a coach. For example, a foul ball is hit over the fence, the coach will ask one player to retrieve the ball.

After Practices & Games

- *No traditional post-game handshakes* this year. Teams may establish an alternative practice to handshakes.
- Players go to ready zones and collect belongings.
- Players will use hand sanitizer before rejoining their families.
- No extra-curricular or social activity should take place. No congregating after practices or games.

Spectators

- Parents should leave one empty spot on either side when parking.
- Parents may remain in their vehicles to watch game.
- Parents may sit or stand along the outfield fence but must stay 6 feet apart from other families. Spacing will be marked.
- Approximately 3 families from each team may watch the game from behind the plate on their respective sides. Families must remain in assigned zones and apart from other families. Teams will determine a fair way to rotate families who wish to watch games in this area.
- Spectators should not approach players or player areas during the game.
- Spectators who collect baseballs that have gone over the fence should return them to coaches when asked for by the coaches. Do not give them to players.
- Exception: In the event of an injury, parents may be directed to help their player on the field.