



COVID-19 SAFETY CHECKLIST FOR PLAYERS

Reasonable Rules To Remember When Playing Ball During A Pandemic

At Home

Assess your health. Stay home if you're sick. Do not attend practices or games if you. . .

- 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 Centers for Disease Control and Prevention.
- 2** - Have been in contact with someone who has tested positive for COVID-19 in the last 14 days or have been required to quarantine at home by your school.
- 3** - Have recently traveled outside of the state to a state the State of Maine CDC has designated as a COVID-19 risk.

At The Field

- 1 - Be on time. Don't be too early!** Give your coaches a chance to arrive at the field first so they can set everything up before you and your teammates get there.
- 2 - Stay out of the dugout! Get into your "ready zone."** You and your teammates will be less likely to accidentally cough or sneeze on each other if you're not all bunched up together on the bench. When you arrive at the field, put your equipment in one of the special "ready zone" spots spaced out along the fence on the first base line or the third base line. Leave your stuff in your "ready zone" at all times so you can go get it when you're good and ready. Get it? Except your bat! Put your bat in the on-deck area of the dugout so it will ready and waiting for your when it's your turn to bat. The only one allowed in the dugout area is the player who is on-deck waiting to bat next. Got it? Good.
- 3 - Wear a facemask. Don't share your food or your water bottle. Use hand sanitizer. Have fun!** You've learned how to do all this in school. You can do it on the ball field, too.

Social Distancing, Social Distancing, And More Social Distancing

- 1 - Follow directions for spacing and stay at least six feet apart,** except during the course of normal play when you're sliding into second base, for instance, and the shortstop is already standing there waiting for the throw, getting ready to try to tag you out. Or better yet, let's imagine when *you're the shortstop standing on second base* and some *other* kid is sliding in. In that case, apply the tag, get the runner out – and *then get yourself out of there, too*, before everyone starts coughing from all that dust! There isn't one good reason for you and the runner to stand around the base talking about the play once it's over, and there are COVID-19 reasons not to.
- 2 - Do not make unnecessary physical contact with others,** such as shaking hands, giving high fives, or getting tagged out.
- 3 - Do not line up at home plate and say "good game" to everyone on the other team with fist bumps or elbow bumps.** Be safe. Stay on your side of the field after the game and simply wave or give a little tip of your cap to your worthy opponents. Socially. Distanced. Sportsmanship. So we can all have a good game.