

Covid-19 Coaches FAQ

Important contact info:

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NDBA's Return to Play sub-committee:

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Field manager:

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Is there a Coaches manual?

Yes. All head coaches will be given a coach's manual.

RTFM – Read The <blank> Manual

What is contact tracing?

Contact tracing is the process of identifying, assessing, and managing people who have been exposed to a disease to prevent onward transmission

Before the start of every practice you must fill out the player's illness questionnaire and who drove them to practice. Your coach's manual contains fillable sheets. Any player that fails the illness questionnaire is not allowed to practice. This information must be kept for 30 days. If anyone gets sick this contact information will be vital.

Is there a suggested practice format?

As of June 26,2020 we're constrained to max 10 players, 2 coaches on the field during practices.

Split squad practice format:

5:00pm practice start with 6 players, 2 coaches

6:15pm practice ends, 6 players leave the field and parking lot

6:30pm practice starts with the other 6 players, 2 coaches

7:45pm practice ends, the other 6 players leave the field and parking lot

This format is a good place to start while everyone gets comfortable with the covid19 protocols and guidelines.

Are there constraints put on my practice times?

Yes.

Your practices need a fixed end time. That end time needs to be communicated to your parents. Reduces the mingling about at the park for pick-up.

There must be a minimum of an hour blackout time between team practices at our parks. This will be enforced by the Scheduler.

How to manage the field equipment?

Only 1 person allowed in the equipment room at a time.

Have a dedicated field equipment person on your team. They pull-out all the equipment required for the practice. Limit the number of people touching the field equipment. Wipe down the field equipment after practice before returning it to the equipment room.

The equipment rooms will contain PPE and cleaning supplies.

Are the dugouts accessible?

No.

Players are to hang their equipment bags up on the inside of the fence at a minimum 6ft apart. Its suggested that all players bring a chair to sit on.

Hand sanitizer?

All players must bring their own hand sanitizer to the park.

After each drill have the players return to the equipment bag and clean their hands.

Where is the PPE?

There is PPE and cleaning equipment in a black milk crate in the equipment rooms.

In addition, each coach will be given a bag with PPE, ball cleaner and a first aid-kit.

How to manage the catcher's gear?

If catcher's gear is being shared it must be cleaned between uses.

Ideally each catcher will have a dedicated set of catcher's gear. Talk to the equipment manager Tim Fehr, equipment@ndbaseball.com about your specific needs.

How to deal with the baseballs?

The baseballs are the one piece of equipment that will be shared. It can't be avoided.

If you are running the split squad practice ideally you'd have 2 sets of balls. 1 for each half of your practice.

You will be given a ball cleaner. The balls must be cleaned between practices.

Are player huddles allowed?

No.

Talk to your players when they are sitting in their chairs along the fence.

Lay out cones 6ft+ apart. Ask players to stand by a cone for the coach's talk.

Social distancing drills?

Player/coaches must maintain 6ft social distancing during practice. This will eliminate some practices you perform in a normal year.

Create a practice plan. Prepare in advance for each practice. Best not to “wing it”.