

## Town and Country Baseball Practice Guidelines

We will be following guidelines outlined by the CDC, State and local health and medical professionals that are setting the standards for recovery efforts, regarding the COVID-19 epidemic, and to safely hold events at the Town and Country Optimist facility. The circumstances around COVID-19 are constantly changing so Town and Country Baseball will make every effort to share CDC, State, and Local information in advance and appreciate the understanding and flexibility as we update practice policies to adhere to safety measures. If you have questions about returning to training at Town & Country, parents should communicate their concerns to the TC office and baseball organization.

### Pre baseball practice Guidelines:

- If parents are not comfortable with the measures being taken at Town & Country (TC), they do not have to attend the event. Please address concerns.
- If players, coaches, or spectators are feeling sick, they should not attend an event at T&C and advise coaches after self-quarantine measures have been taken (14 days).
- If a player, coach, or spectators have been in contact with someone who has been feeling sick, they should not attend any events at T&C and advise coaches after self-quarantine measures have been taken (14 days).
- If a player, coach, or spectator starts to feel sick at an event at T&C they should leave the event and advise coaches after self-quarantine measures have been taken (14 days).
- Players, coaches, and spectators should bring their own hand sanitizer and use before practices, during practices and after practice.
- Players should bring their own water and not share. To avoid mix up, water containers and water bottles should be labeled for each individual.

- No sharing of equipment, including gloves, bats, helmets, baseball caps, catcher's equipment, towels, uniforms etc. (all equipment) Baseballs will be cleaned regularly.
- No sunflower seeds nor gum.
- Wash hands with soap and water and use an alcohol-based hand sanitizer when soap and water is not available.
- Players, coaches, spectators may wear masks during practice, but is not required.
- 6 feet social distancing guidelines will be followed inside and outside of the baseball fields. Including the TC parking lot and campus.
- Asking players to avoid touching their face while at practice.
- No shaking hands or touching of other players, coaches. No hugs or contact of any sort.
- Players, coaches, and spectators should adhere to guidelines from the CDC, State, and Local medical authorities.
- Future safety recommendations will be shared as soon as it's available.
- Anyone with serious underlying medical conditions are strongly encouraged not to attend practices at this time.
- Regularly checking health status before attending events.
- T&C restrooms may not be available at this time. If they are available, social distancing should be practiced.
- All players, coaches, and spectators should practice covering mouth and nose with tissue or sleeves when coughing or sneezing.

#### Baseball Practice Guidelines:

- No players will be allowed in the dugouts
- No parents will be allowed in the stands at this time
- Players should place their equipment along the outfield fences, spaced 6-10 feet apart from each other.

- Team discussions should be done with practicing social distancing from 6-8 feet apart.
- Team warm ups: 6-8 feet apart while throwing, stretching, and running. Use sanitizer after warm ups.
- Teams should be using extra buckets to identify baseballs that need to be sanitized after each drill has been completed. Coaches need to inform kids which balls are good to use and ensure they have a method for cleaning.
- No more than 5 kids to a group or drill will be allowed. Each drill will practice social distancing from 6-8 feet apart.
- After each drill, if players need to move to another coach for another drill, they should all use hand sanitizer before going forward.
- For practice that include sliding, tagging, pick-offs, pick coverage, or any other training that will require close proximity to someone else will not be allowed at this time. Use other methods to get these points across.
- No scrimmaging at this time at T&C. There will be game structure policies sent out in the near future.