



Player Pre Training Checklist

Before sessions

- * Wash your hands with disinfectant/soap & water for at least 20 seconds before going to baseball
- * Bring your own water bottle, hand sanitizer and disinfectant wipes and keep them in your bag in the area designated for you on the field. THESE MUST BE CLEARLY MARKED WITH YOUR NAME.
- * Clean and sanitize your equipment including water bottle before you arrive.
- * Players should come dressed and ready (there is no change room usage).
- * Ensure you have enough water to last the duration of your practice
- * Masks are optional.
- * If you cough or sneeze, do so in a tissue or in your sleeve but not your hands.
- * Avoid touching door handles, gates, benches, and all other objects where viruses could survive. If you touch something, make sure to wash your hands.
- * Always follow posted signs at the park (Entering and exiting the park, hanging your bag etc)
- * If any participants display any symptoms of illness, they must be sent home.
- * Remind the players of the requirements for social distancing and equipment/gear handling.
- * Avoid any physical contact with players, no handshakes, fist bumps.
- * Remind players there is no use of clubhouse/change rooms, dugouts or batting cage.
- * Washrooms are open and managed by the District. Players must wash hands and sanitize hands before re-entering field.
- * Each coach must carry a mask and gloves in their bag, should a player get injured, needs assistance and physical distancing would be difficult. (provided by MSL and will be stored in First Aid bags in equipment bins)

DURING SESSIONS:

- * Arrive 10 minutes before your scheduled time and wait until the field is clear.
- * Follow posted signs at the park.
- * Place your player bag (which includes your water bottle, hand sanitizer and disinfectant wipes) in the designated area.
- * Comply with all physical distancing measures and recommendations issued by the provincial government health authorities.
- * Avoid physical contact with other players. Do not shake hands or fist bumps with other players
- * No gum, spit or spitting.
- * No sharing of food, water, or equipment.
- * If you do not feel well or are displaying symptoms of COVID-19 you must stay home
- * If you have travelled outside of Canada, you are not permitted at the park/field or to participate until you have self-isolated for a minimum of 14 days.
- * If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19 you must stay home.
- * If you are unsure if you have symptoms you should use the self-assessment tool COVID Self Assessment Tool or call BC 811.

AFTER SESSIONS:

- * Sanitize hands upon leaving the field.
- * Exit field following signage and leave field as soon as possible
- * Wash your hands when arriving home with soap and water.
- * Wipe down your personal gear (bats) etc. and wash practice clothes.