



GENERAL HEALTH AND PERSONAL HYGIENE GUIDELINES

Please note that all of the below Personal Health and Hygiene Guidelines are intended to be required for anyone involved in youth or amateur baseball which includes, but is not limited to; athletes, coaches, umpires, administrators, volunteers and spectators.

- Anyone displaying ANY illness symptoms **MUST NOT** attend
- Attendance must be taken and documented each event (including how arrived to and from field) and Symptom screening in place
- Disinfectant wipe down of all surfaces athletes can be exposed before every event.
- Reminder to all participants daily to avoid touching of eyes, nose or mouth
- No sharing of water bottles or food of any kind
- No spitting.
- No chewing gum or sunflower seeds.
- No sharing of any personal equipment or items if possible - if shared need to disinfect before, during, and after
- Ride sharing to be discouraged whenever possible.
- Baseballs need to be disinfected after each practice, and hand washing practices need to occur between drills
- 2m physical distance required between participants
- No non-essential travel
- Only 10 players and 2 coaches allowed at an event
- Increased hand hygiene – player must have **personal hand sanitizer** and use before enter field, after each drill, after bathroom use, and when leaving field
- Preferred outdoor activity only (Batting cage 1 player/coach at a time)
- Limited spectators – Maximum 1 adult per player
- No contact-type activities
- Dugouts are closed for season
- Equipment room – limit equipment use, 1 key holder in room only, all materials need to be wiped down and cleaning log signed after use
- Minimum 1 hour break between team practices at any field
- PPE equipment will be supplies to coaches and will be in Equipment room
- All government expectations and requirements to be met, including viaSport phase 2 guidelines
- All BC Minor Personal Health and Hygiene Recommended Guidelines to be reviewed and enforced
- Any first aid treatment needed – coaches must sanitize, mask, and glove up before administering first aid
- Follow all Baseball Phase 2 “Return to Play” Guidelines and Recommendations