



BASEBALL SASKATOON COVID-19 RETURN TO TRAIN/PLAY

PLAYER CHECKLIST

This checklist has been created to help you, as a player, stay within the guidelines of Baseball Saskatoon's Return to Train/Play for practices, tryouts, camps, clinics, games and training sessions for 2020.

- Do not attend if you have any flu-like symptoms, coughing, sneezing, fever, etc.
- Do not attend if you have been in contact with anyone who is sick or not feeling well
- Social Distancing is always in effect.
- Practice physical distancing by staying a minimum of two (2) meters or 6 feet away from other people, if possible, except for brief exchanges.

WHAT **NOT** TO DO:

- No using saliva to moisten hands or fingers
- No sharing of water bottles
- No sharing of food of any kind
- No spitting
- No chewing gum
- No sunflower seeds
- No sharing of personal helmets or other equipment
- No sharing of catcher's equipment unless sanitized prior to use
- No sharing of personal items like sunglasses
- Offensive players should avoid touching the baseball
- Do not shake hands or high five to celebrate, a tip of the cap will do
- Do not loiter in the parking lot before or after your session

WHAT YOU **NEED** TO DO:

- Follow all Signage instructions
- Always maintain Social Distancing, except for brief exchanges
- Use the expanded dugout space to keep you and your equipment distanced from teammates
- Limit the touching of your own face while in public
- Sanitize your hands before, after and during each training session
- Shower and wash clothes when you get home after each training session

Thank you for your dedication and cooperation. Have a great summer of baseball!