

## KINO BASEBALL LEAGUE + SUN BELT COLLEGE LEAGUE

### COVID19 SAFETY AND HEALTH PRACTICE PLAN

#### “PLAYER PRACTICE POINTS”

The following are excerpts from the league’s main COVID19 safety and practice plan that are emphasized points of practice and reminders. Please understand the entire plan is a living document and changes can be made at any time.

#### 1. SELF ASSESSMENT/EVALUATION OF SYMPTOMS BEFORE YOU COME TO THE PARK

- a. If you have any of the CDC identified symptoms—**STAY HOME**.

#### 2. PHYSICAL DISTANCING:

- a. You can talk to anyone without a face covering as long as you are six feet away from the group or person.
- b. During a visit to the mound players and coach are NOT PERMITTED to go onto the dirt portion of the mound. Stay on the grass. Pitcher may come down a bit but is required to maintain physical distancing.
- c. If a teammate gets injured on the field, the normal reaction is to attend to your teammate. The coach comes out to attend to the player is required to wear a face covering. Once the coach, athletic trainer or paramedics show up you are required to back away in maintaining the physical distance requirement.

#### 3. MONITORING OF COMPLIANCE:

- a. Your coaching STAFF, league officials and others will be monitoring conditions and compliance with safety and health plan. There could be times that you may be given a reminder if you stray away from the safety requirements.
- b. If anyone becomes belligerent and does not wish to comply with the practices, then they will be asked to leave the facility. If refusal to leave the facility is an option that the individual takes, then law enforcement can be contacted to come and escort off the facility.
- c. Any further disciplinary action will be determined by the team and the league.

#### 4. HYGIENE/HYDRATION:

- a. Bring plenty of water/power drinks, etc. with you. There is going to be no concessions on site.
- b. Provide and bring either hand sanitizer or container/jug of soap and water with cloth or paper towel to wash hands periodically.
- c. Wipe down your equipment after use with soap and water and dry with a separate cloth or paper towel not used for hand drying.
- d. NO SPITTING, seeds, gum, etc. This is a behavior that is going to take time to get disciplined on. You will receive reminders galore on this one.
- e. NO putting fingers to your mouth. (All players). Again, another behavior change, and challenge.

#### 5. PITCHERS:

- a. **NO** putting fingers to your mouth.
- b. Pitchers are permitted to bring a damp cloth towel in their rear uniform pant pocket to be used if they need to moisten fingers to grip the ball or to wash hands off.
- c. If you go to your mouth on the mound, the umpires will call a “Ball” on the batter, and you will be warned. If you receive a second warning in the same game, you will be removed from the game as a pitcher.
- d. It will be required that ball is to be tossed out of play if you put your fingers to your mouth and you will be required to come off the mound to wash your hands before you can go back into the game or if you are removed and no longer eligible to return to the game.

#### 6. WHEN TO WEAR FACE COVERING:

- a. When physical distancing requirement cannot be met.
- b. Required while in the dugout with players and coaches
- c. Required when on the coaching lines.

7. **BASEBALLS:**

- a. Required: When team is on defense your team will provide the umpire four (4) game baseballs to be used. As additional baseballs may be needed during the inning the defensive team will provide.
- b. When then the inning is over the umpire will return the baseballs back to the defensive team.
- c. Coaches are required after the inning is over wipe down the baseballs after they receive them back from the umpire.
- d. Required: Do not mix game baseballs with practice baseballs.
- e. Coaches are required to wipe down practice baseballs periodically and after practice as been completed before putting into the bucket.
- f. Foul Balls: Each team will be responsible for shagging down foul balls that go out of play. Ball that is returned to the defensive team is to be wiped down before it can go back into play.
- g. Required: Wash hands when handling baseballs.
- h. NOTE: The practice is not going to micro-managed by the league, umpires or any other official. It is a required practice that illustrates sound health management and care for all players and coaches.

8. **EQUIPMENT:**

- a. **NOT PERMITTED.** Sharing of your equipment, uniform, caps, glove, cleats, etc. with any other player or coach.
- b. Wipe down equipment with your soap/water and towel after use. Do not use disinfectant on your equipment.

9. **IN-BETWEEN INNINGS:**

- a. No huddling with teammates and coaches as you come off or getting ready to go onto the field.

10. **POST GAME:**

- a. No hand- shakes, hugs, fist pumps or any physical contact with players and coaches.
- b. No team meetings permitted on or off the field after the game. Pick up equipment, dispose of trash and leave the park.
- c. No loitering in common areas or parking lot.
- d. Do not mix in your uniform to be washed with your family laundry. Keep it separate for washing.

We are in usual times and it requires measures that we need to adapt to the best of our ability. Time management is going to be important on how you can handle these practices. The “awkwardness” of all of this is knowing that it will end. Possibly during this season, we may be able to relax some of these practices depending on the stages that federal, state and county officials determine.

The bottom line we are playing and we more fortunate than a lot of leagues throughout the country.

Web sites: Full League Plan is posted at [www.kinobaseball.com](http://www.kinobaseball.com) and [www.sunbeltcbl.siplay.com](http://www.sunbeltcbl.siplay.com) web sites under the “Policy” menu tab

