



Safe Practices: Hygiene, Sanitation and Illness Policies  
Guidelines for JSB Board Members, Coaches, Players and Volunteers  
Based on recommendations by the State of NH, CDC and OSHA

## FOR COACHES, PLAYERS AND VOLUNTEERS

### 1. Be screened before taking part in practice or games for COVID-19 related symptoms.

- Players' parents/guardians must sign participation waivers outlining the additional risks due to COVID-19.
- Coaches, players and volunteers who are particularly vulnerable to COVID-19 according to the CDC, either due to age or underlying health conditions are encouraged to consider their individual risk and whether they are safer to remain at home.
- Screening will take place before entering the designated playing field. Players will stand 6 feet apart as they wait to be screened.

### 2. Increase hygiene practices:

- Coaches leading training sessions shall keep hand sanitizer with team equipment.
- Use sanitizer before and after practice/game and during when possible.
- Wash hands more frequently.
- Avoid touching the face, eyes or mouth.
- Practice good respiratory etiquette (including coughing and sneezing into your elbow).

### 3. Wear a face covering when possible:

- Players and coaches who are not on the field (including the coach's boxes) should consider wearing a face covering.

### 4. Implement workplace cleaning and disinfection practices:

- Coaches leading training sessions shall keep hand sanitizer with team equipment.
- Sanitize equipment at the completion of sessions. Baseballs/softballs will be sanitized at the ball-washing unit.
- All mouth-based activities traditionally encountered with sports shall not be allowed (including, but not limited to spitting, chewing gum, licking fingers, and chewing/spitting sunflower seeds).
- Throw away all trash in designated trash bags.

### 5. Mitigate exposure with social distancing guidelines:

- Do not intermingle participants from separate groups.
- All training sessions/classes shall take place outdoors.
- Training sessions/classes shall be planned and developed to maintain the minimum six feet of physical distance between all participants and coaches. In circumstances where this is not possible, coaches shall wear face masks as outlined by the CDC.
- Players will sit and leave equipment in designated areas. Bags shall be six feet apart.
- During Phase 1, only coaches and players will be allowed in the field area. There will be designated parking areas for parents. During Phase 2, spectators will be allowed to stand six feet from the designated playing area (which includes fencing), following social distancing guidelines.
- Athletes should not touch other players' bags, equipment or water bottles. Athletes should bring their own water bottles. No sharing or common use water bottles or drinking stations.



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### **COACHES, PLAYERS AND VOLUNTEERS CHECKLIST**

- Return signed waiver before first practice.**
- Go through screening before each practice and game for COVID-19 related symptoms.**
- Maintain six foot distance as you wait to be screened and enter field.**
- Report to your designated warmup area.**
- Use personal or team hand sanitizer before, after and as much as possible during practice or games. Avoid touching face, eyes or mouth.**
- Put equipment in designated area and maintain six foot between another player's equipment.**
- Bring your own water bottle.**
- Do not share equipment or water bottles.**
- Do not use the dugout during practice.**
- Maintain six foot distance as much as possible during practice. If not, wear a mask when possible.**
- Refrain from spitting, chewing gum or using seeds.**
- Practice good respiratory etiquette (including coughing and sneezing into your elbow). Consider wearing a mask when not in field of play.**
- Throw away all trash in team trash bag.**
- Coach will sanitize bucket of balls after practice.**
- Stay in assigned group throughout practice and do not intermingle with another group.**
- Make sure dugouts are not used.**