



**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 FAMILIES

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. 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.

4. 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.

The Junior Swamp Bats reserve the right to remove you from an event or, in certain instances, the program for intentional and repeated violations of these guidelines.



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FAMILIES CHECKLIST

- Sign waiver for your player and make sure he/she brings it to first practice.**
- If your player is not feeling well, keep them home.**
- Make sure your player washes his or her hands before coming to the field.**
- Make sure your player has their own equipment for each practice. They will not be able to borrow another player's equipment and there will be no team equipment other than baseballs or softballs.**
- Make sure your player brings their own water bottle.**
- Make sure your player brings their own hand sanitizer.**
- During Phase 1 (practice only), only coaches and players will be allowed in the field area. There will be designated parking areas for parents.**
- During Phase 2 (games and practices), spectators will be allowed to stand six feet from the designated playing area (which includes fencing), following social distancing guidelines.**