



# 2021 SEASON PLAYER CHECKLIST

Do not attend if any of the following is true:

- You display **ANY** of the common COVID-19 symptoms: fever, cough, headaches, aches and pains, sore throat, chills, runny nose, loss of sense of taste or smell, shortness of breath or difficulty breathing.
- You have travelled internationally within the last 14 days.
- You've had close contact with a confirmed or probable COVID-19 case, that you are aware of.

Government of Saskatchewan's rule on social distancing (6 feet) and sanitizing are always in effect.

## **What NOT to do:**

- No using saliva to moisten hands or fingers
- No sharing of water bottles or food of any kind
- No spitting
- No chewing gum
- No sunflower seeds
- No sharing of personal helmets
- No sharing of catcher's gear
- No sharing of personal items, like sunglasses
- No congratulatory gestures such as high fives and handshakes
- Don't arrive more than five to 10 minutes before you are scheduled
- No sharing of any other equipment unless disinfected between personal uses.

## **What you MUST do:**

- Make sure you and anyone attending with you signs in with your coach
- Follow all signage at the ball diamond
- Wash your hands before and after each game or practice
- Use hand hygiene / sanitizer during each game or practice
- Disinfect their equipment after each game or practice.
- Wash your uniforms or clothing after each game or practice.
- Have a shower or bath at first opportunity after each game or practice

**Thank you all for your cooperation.**

**If you have any questions, please contact us at [communications@mjlittleleague.com](mailto:communications@mjlittleleague.com)**