



## Player's Checklist: Phase 1 – Return to Train

This checklist has been created to help you, as a player, stay within the guidelines of the Baseball Sask Return to Train and Play Protocol for practices, tryouts, camps, clinics, 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. Key baseball training situations to avoid, include Catcher/Hitter, 1st base/runner, Tag plays/drills

### 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
- No sharing of catcher's masks
- No sharing of any other equipment
- No sharing of personal items like sunglasses
- Offensive players never touch 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
- Limit the touching of your own face while in public
- Wash your hands before, after and during each training session
- Shower when you get home after each training session
- Wash your clothes and uniforms when you get home after each training session
- Follow all First Aid protocols and safeguards for any required treatment, including social distancing

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