



PLAYER PRE-TRAINING CHECKLIST

HEALTH ASSESSMENT REMINDER

- Stay Home if you do not feel well or are displaying symptoms of COVID-19 as per the Health Check
- Stay Home if you live in a household with someone who has COVID-19, or is showing symptoms
- Anyone who has travelled outside of Canada or been in contact with someone who has travelled outside of Canada, may not participate or visit the park/field until you have self-isolated for a minimum of 14 days
- If you are unsure if you have symptoms you should use the self-assessment tool COVID Self-Assessment Tool or call 811

BEFORE ATTENDING BASEBALL

- Use the washroom at home
- Wash your hands with disinfectant/soap & water for at least 20 seconds before going to baseball
- Clean and sanitize your equipment including water bottle before you arrive
- Ensure you have enough water to last the duration of your practice
- Bring your own equipment, water bottle, hand sanitizer and disinfectant wipes and keep them in your bag in the area designated for you on the field. THESE MUST BE CLEARLY MARKED WITH YOUR NAME

DURING BASEBALL

- Arrive on time and be sure to use the 1st base line entrance or 3rd base line entrance as directed by your coach
- Follow all signs posted at the park
- Follow your coaches instructions at all times
- Place your player bag (which includes your water bottle, hand sanitizer and disinfectant wipes) in the designated area.
- Stay 2 m away from your team mates
- Avoid any physical contact with players; no handshakes, fist bumps
- Always cough or sneeze, into your sleeve or a tissue, not your hands and sanitize after
- Avoid touching door handles, gates, benches and all other objects where viruses could survive. If you touch something, make sure to wash your hands.
- No gum, spit or spitting

- No sharing of food, water
- If you don't have a needed piece of equipment ask your coach