

# NORTH MANCHESTER HOOKSETT LITTLE LEAGUE 2020 SEASON PLAYER INSTRUCTIONS FOR COVID-19

NAME: \_\_\_\_\_ TEAM: \_\_\_\_\_

I will abide by the following rules for me to play NMHLL this summer:

1. No spitting, seeds, gum, or licking my fingers at any time when at the ball field.
2. If I need to cough or sneeze I will face into my elbow or use a tissue; if I use a tissue I will throw it in the trash right away.
3. I will not touch, use, or ask to use another player's equipment.
4. I will wear a face covering when asked.
5. I will use the hand sanitizer in between innings and whenever the coach tells me.
6. I will stay in my assigned space and keep my equipment in this space whenever at the ball field.
7. I will stay 6' away from teammates and coaches as possible.
8. No handshakes, high/low fives, fist/elbow bumps or other touches are permitted. I will cheer for my teammates and the opposing team using baseball cap "tips", thumbs up, and clapping.

In addition to following Stay at Home 2.0 and following the CDC guidelines

1. All parents/guardians will be asked to give their own child a temperature check before practice and if above 100.4 asked for the child not to attend practice
2. All players and coaches will be screened by coach or team parent before entering the field of play
3. There will not be more than 10 people in a group at one time (we are going to stick to the ration of 8 players 2 coaches or 7 players and 3 coaches)
4. Parents/guardians and siblings are not allowed onto the field and must remain along the outfield fence to watch practice (or stay in their cars)
5. All spectators must adhere to the CDC guidelines of social distancing
6. Parents/guardians are going to be encouraged to limit the number of people brought to the field during practice time
7. Bathrooms will be available with the following guidelines
  - o Coach or Team parent will hold key(who ever does will be assigned person)
  - o Will be unlocked before every use and re-locked by assigned person after every use
  - o Will be sanitized by assigned person and person using it
8. NO concessions will be opened
9. NO seeds or gum chewing
10. Each player will supply their own
  - o helmet
  - o glove
  - o hand sanitizer
  - o mask (in case unable to social distance while not actively participating)
  - o camp chair(recommended so that the kid can put their equipment next to it)
  - o water bottle
  - o bat
  - o batting gloves (if using them)
11. When practice is over there will be no congregating in the parking lot as we will only have 15-30 minutes to get them out and the next group in
12. Team parent or coach will sanitize common area's before and after the use of the facilities
13. If catchers equipment is being used it will be sanitized between uses as well as before and after practice

I will follow all the rules of my coach and parents to stay safe. I know that if I break the rules I may be removed from the team and will not be able to play baseball this year. **I ACKNOWLEDGE THAT EVEN WITH THE PRECAUTIONS AND SOCIAL DISTANCING SET FORTH THAT IT IS NOT POSSIBLE TO REMOVE ALL RISK. I ASSUME FULL RESPONSIBILITY FOR THAT RISK AND HOLD NMHLL HARMLESS**

Player Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_