



FME Little League – Phase 2 Welcome Back to Practice

Before you leave for practice...

- Check your temperature (Must be under 100.4F)
- Bring your gear (Glove, Helmet, Batting Gloves, Bat, etc.)
- Label and bring your water bottle
- Bring hand sanitizer

Player responsibilities...

- Sanitize hands when arriving and leaving the field
- Wear a face covering when arriving or leaving the field
- When on the field, face coverings are optional
- No sunflower seeds, chewing gum, snacks, or spitting
- Use your own water bottle
- No group celebrations including high fives, fist/elbow bumps, handshakes, chest bumps, group huddles, etc.

Coaches responsibilities...

- Face coverings should be worn to and from the field
- When on the field, face coverings are optional, but recommended
- Only coaches handle team equipment (ex: cones, nets, bases)
- Will ensure hand sanitizer is used by team before and after practice
- Will ensure Team Safety Officer performs health check prior to practice beginning
- Will wait for prior team to exit field before entering. No congregating at fields allowed
- Ensure team exits immediately after their time is done to avoid congregation with the next team
- Will ensure team equipment is sanitized (baseballs/softballs, catcher gear, etc.)

Parent responsibilities...

- Sign return to play waiver
- Check player's temperature before practice
- Drop player off at field. Please stay outside of the field area or in your car and do not congregate with others
- Sanitize player's equipment after practice

Team Safety Officer responsibilities...

- Will default to the head coach if not assigned
- Before each practice document health check questions:
 - Any symptoms of COVID-19 including fever of 100.4F or higher
 - Has tested positive with COVID-19 in last 14 days.
 - Close contact with any confirmed case of COVID-19
- Ensure hand sanitizer and disinfecting wipes are available
- Disinfect high touch areas before and after practice
- Ensures team abides by regulations (groups of 5 or less, social distancing, etc.)

Phase 2 Guidelines

Per Washington State guidelines practices must:

- Be limited to groups of 5 players per coach
- Each group must be in separate areas of the field
- Players must maintain at least 6 feet apart with no contact

Health Guidelines

- If you or a member of your household are sick, please stay home.
- Check your temperature and stay home if 100.4F or higher
- No one may attend practice if they have been exposed to a person with a positive COVID-19 test and must remain out for 14 days after exposure
- Anyone testing positive within 14 days of attending practice or event must notify FMELL safety officer immediately.

Equipment

- Players must have their own bats, gloves, helmets, etc.
- Equipment bags shall be spaced outside the dugout at least 6' apart.
- Players shall keep unused equipment in their bag
- Baseballs/Softballs should be maintained within the group
- Balls should only be retrieved by players or coaches in that group (No parents)
- Catchers must have their own protective gear.
- Only one catcher may use team gear per day.