



SAFE PRACTICES

EAST HILLS BASEBALL CLUB ASSOCIATION INC.

Due to the effects of COVID-19 on all of our lives, the East Hills Baseball Club Executive will continue to take the advice of NSW Health, NSW Office of Sport, BNSW and our local Council directives to ensure the health and safety of all of our members, their families and friends and wider community.

Return to Baseball Protocols

We must all work together to ensure that all hygiene protocols are followed when attending training and games. All EHBC Executive, Coaches, Managers, and volunteers must always be vigilant and remind members to follow these protocols.

- 1) If your player or anyone in your household, is sick in anyway, or if you encounter anyone who is sick please **do not** attend training or games. If you have COVID19 like symptoms, please notify your **Coach/Manager immediately** and get tested and isolate for 14 days.
- 2) **Social distancing of 1.5m** between people and a minimum of **4m²** per person to always be maintained
A **training schedule** will be created to allow minimal cross over between teams.
- 3) Players must enter the field not more than **5 minutes** prior to commencement of training. Players arriving prior to this must stay in the car in which they arrive or in the designated waiting.
- 4) Coaches and officials **must not enter** the field more than **15 minutes** prior to training/games.
- 5) All players, coaches, managers and officials **must sanitize their hands** before training/games and **must** complete an Attendance Sheet.
- 6) Only **Coaches and Managers** are to attend training. Parents and caregivers must wait in the car or the designated waiting area.
- 7) Every team will have their own bottle of **Hand Sanitiser** (provided by EHBC) that will be available at all training and games. Sanitizer is available from the EHBC Canteen.
- 8) Dugout benches **must be** wiped down with sanitizer or disinfectant between each training session or game.
- 9) **No** handshaking, or personal contact of any sort. **No** spitting, or saliva on baseballs.
- 10) When playing each team will **only use their teams ball/s** for their innings played.
- 11) **Balls will be sanitized in between each innings.**

- 12) Players are to bring their own water bottles. **No shared drinks are allowed.**
- 13) It is recommended that players use their own equipment, if not equipment **must be** sanitized in between use.
- 14) At training/warm up for games players working in pairs, this pair needs to be consistent (where possible) across all sessions
- 15) Players and umpires are to arrive at games/training **dressed ready** to play.
- 16) **Only one parent or caregiver** may attend games.
- 17) **No bat boy/girl** during training or games.
- 18) An attendance sheet **must be** completed at each training session and game and must be forwarded to **Michele Pendergast 0476 133 609** or email shellsean7@gmail.com directly after event. These Attendance Sheets must be kept for one month and must be available on request. Attendance Sheets are available from the EHBC Canteen, EH Team Ap – Documents, or EHBC website. Or use QR code.
- 19) Toilets are available but a maximum of two people in either the men's or women's will be observed.
- 20) All participants are to vacate the grounds upon completion of their training session or game.

Everyone please:

- **Don't come to training or games if you are sick in anyway**
- **Wash your hands often with soap and water for 20 seconds**
- **Wash or sanitise before eating**
- **Avoid touching your eyes, nose and mouth**
- **Cough or sneeze into your elbow**

If we all work together, we can keep everyone safe and continue to play the great game of baseball safely.
If you have any concerns please do not hesitate to contact me or our Secretary, Jenny McDonald

Peter Archer
President
East Hills Baseball Club
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