



## COVID-19 PROTOCOL

**IMPORTANT: If you are experiencing any of the following symptoms, please do not attend practice.**

COVID 19 SYMPTOMS: fever or chills, cough, shortness of breath or difficulty breathing fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

1. Everyone **MUST WEAR MASKS** that cover the nose and mouth, including players, coaches, parents, and volunteers on the field during practice and within the North High School facility. This includes during heavy exertion (ie. Running, conditioning) as tolerated by the athlete.
2. Social distancing of 6 feet during team activities. Dugouts will be **NOT BE USED**.
3. **NO EATING, NO SEEDS or GUM CHEWING** is allowed during practices. Personal water bottles are permitted (no team water jugs).
4. **NO HIGH-FIVES** or hand shaking is allowed.
5. Any shared equipment (ex. Catcher's gear) must be sprayed with disinfectant before/after individual player use. Sharing equipment is **HIGHLY DISCOURAGED**.

**NOTE:** Should City or State guidelines change during our practice season, adjustments and/or modifications will be made and all participants, coaches, and volunteers will be notified.

**It is each person's responsibility to make sure we keep each other safe!**