

# Return to Baseball: Covid 19

Emory Baseball Medicine

# Return to Baseball: COVID 19

- The following guidelines and recommendations were developed to help facilitate a safe return to baseball strategy for baseball athletes in an effort to minimize and manage risk factors leading to the spread of Covid 19.
- All participants must understand there is risk of contracting the coronavirus and be willing to commit to minimize risk factors in order to have the best outcomes for returning to baseball during the coronavirus pandemic.

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- Phase 1: Baseball with minimal risk
  - Follow strict social distancing guidelines
  - Practice by yourself or 1 other asymptomatic person
  - Throw against a wall or into a net
  - Hit balls off a tee
  - Private lesson with an asymptomatic coach wearing a mask and maintaining social distance guidelines

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- Phase 2: Baseball with Intermediate Risk
  - Play catch with an asymptomatic partner
  - Avoid touching face
  - Wash hands / sanitize hands before and after session
  - Play soft toss (outside is best)
  - Hit ground balls / pop flies to each other
  - Maximize social distance
  - Avoid groups of 10 or more

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- Phase 3: Baseball with Highest risk
  - Begin practicing in larger groups and progressing to full team practice
  - Don't share helmets , bats , gloves, eye black, sunflower seeds, etc...
  - Wash hands before and after practice
  - Maintain social distance
  - **DO NOT TOUCH FACE**

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- Baseball Field Precautions
  - If screening, have a designated checkpoint at field entrance.
  - Remove items that the virus can survive on i.e. trash cans, coolers, towels, etc.
  - Prop open dugout gates to minimize touching them
  - Consider closing concession stands
  - Wipe down bleachers before and after each game
  - Increase frequency of bathroom cleaning

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- Essential DO's and DONT's
  - DON'T high five or hand shake
  - DON'T touch face, door handles, fences
  - DON'T share bats, helmets, towels
  - DO maintain 6 feet social distance when possible
  - DO wash hands before and after game with soap and water for 20 seconds and use sanitizer during game
  - DO limit the number of baseballs used and sanitize them as best as possible

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Promote Behaviors that reduce the spread:

- Stay home when sick
- Healthy hygiene
- Cloth face coverings
- Adequate supplies (cleaning, sanitizer, soap)
- Posting signs / messaging (social distancing)

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## Maintaining Healthy Operations

- Protections for staff / players at higher risk
- Cohorting: work in small groups / keep same groups.
- Staggered arrivals / drop offs
- Designated COVID 19 screening point (temp chk)

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- DISCLAIMER
  - These are general recommendations meant to be used as a guide
  - Every baseball organization / athlete should be aware of the constantly changing local, state and national guidelines and public health orders as well as medical guidelines by their treating and advising MD's.