



Alpharetta Youth Baseball Association

Subject: AYBA Return to Play – COACHES GUIDELINES FOR PRACTICES

Date: May 10, 2020

Purpose: Define the procedures and requirements to play Baseball safely in the AYBA program with COVID-19.

AYBA needs to make sure that coaches are prepared and understand the new methods of coaching in today's environment. This document is to provide you with the tools and processes to coach your team and hopefully reduce or eliminate any anxiety to coaching. **No child should be allowed to practice unless you have received their signed Covid Waiver. Once you receive your waivers, be sure to turn them into Coaches Closets in a clearly marked envelope with your name and age group OR email them to Registration@alpharettayouthbaseball.org**

Initial Communication with your Team and Parents:

1. Everything in the "Players Responsibility" section
2. Parents must take responsibility to NOT bring their child to the park if they show any signs of being sick or not feeling well
3. Parents should send with their kid's hand sanitizer so they can clean their hands frequently during games and practices
4. Parents should not congregate in one area to watch their child play, they should remain 6ft apart from one another
5. Limit the number of people on the bleachers to ensure 6ft separation can be observed
6. Waiver signs not signed and handed in or emailed to coaches before the first game, cannot play until they are received by the coach
7. AYBA is doing everything we can to enforce social distancing but still be able to play the game of baseball. If they have any concerns or questions, they should contact a board member.
8. Make sure parents are cleaning their child's bat, helmet, mitt and any other equipment
9. Make sure to tell parents that their child's cap should have their name on it, as well as their helmet, bat and mitt so someone else doesn't use it
10. Make sure parents tell their child that they should not be sharing their equipment with anyone else
11. We will be providing an additional face mask for the 7/8 year old's so you can limit the number of kids in that position and only have two playing it during a practice and game
12. Coaches should be cleaning or disinfecting the catchers gear and face masks after each event and before the next event

Practice Management: *Each drill should only last 10 to 20 minutes at the most and you should have at least two or 3 drills going on at the same time to enforce small groups.*

1. Plan your practice before arriving to the park, the board has provided example practice plans and can provide you with more if you need them. YouTube is also another great resource to use for practice plans.
2. Your first couple practices should be nothing but drills to get the kids back in shape, many of them have not played in months, stay away from situational practices until the kids are ready.
3. Common drills:
 - a. Fly ball drill
 - b. 2-step or 3-stp backwards flyball drill,
 - c. Outfield cutoff man drill,
 - d. Fielding drills (there are many of these),
 - e. Underhand flip force out drill,
 - f. Charge/drop drill,
 - g. 4 square drills,
 - h. 4 point body toss drill
 - i. long ball toss,



Alpharetta Youth Baseball Association

- j. catching drills,
 - k. hitting drills,
 - l. hand & eye coordination drills,
 - m. cutoff drills
 - n. relay drills
 - o. throwing drills (target practice, long toss, base to base, around the bases
 - p. Running drills, stealing drills
 - q. These are all just examples but there are so many more easily found on YouTube or on the internet
4. At your practice,
 - a. Limit Parent helpers to one or two that will be consistent, Do Not have multiple parent helpers that switch in and out all the time, Consistency with contact tracking is very important.
 - b. break your teams into two groups,
 - c. they should remain with one coach for several practices,
 - d. practice on opposite sides of the field doing drills and practicing in separation when possible,
 - e. make sure team meetings, kids are spread apart 6ft
 - f. make sure there is no high-five's or handshakes or fist bumps
 - g. do your very best to keep kids separated by 6ft when possible, knowing there will be plays they have to tag or touch.
 5. At the end of your practice, please leave the field on time and make sure the parents leave the park with their child asap. The next team will be coming to the field 30 minutes later and we don't want two teams passing by if we can prevent it, so please don't practice beyond your practice time.
 6. After practice, disinfect your teams equipment if they were used, specially face masks. Try to prevent sharing face masks (Applies to the 6/7/8 age groups).

What you need to enforce with Players Responsibility:

1. Will NOT come to the fields or event if they feel sick, have a fever, runny nose or not feeling well.
2. Refrain from touching their face during baseball events.
3. Not share their baseball equipment with other players or borrow someone else's equipment.
4. Will keep their property, equipment, hats with their baseball bag or bucket and not laying around the dugout.
5. Will label their hat and mitt with their name so they can easily identify it and prevent kids from touching other player's equipment and hats.
6. Not touch other players unless it is a play where they are required to.
7. No seeds or gum on any field, practice and game on any field.
8. Use hand sanitizer when possible during the event, provided by the coach or brought by themselves.
9. Wash hands before and after practice, following CDC guidelines.
10. Maintain safe distances from other players while in the dugout.
11. Will not give other players or coaches high-fives, fist bumps or handshakes while at any baseball event.
12. Will not do team huddles.
13. Will not do end of game handshakes.

Game Time Responsibilities:

1. No Seeds or Gum by anyone at game time on any field!
2. Do not share phone or tablet for scoreboard application or game changer
3. Spread out team meetings and huddles
4. Mound meetings should only be pitcher and catcher if needed but each person should be 6ft apart or at surrounding the base of the mound
5. Kids backpacks/equipment bags should be hung on backside of dugouts and down the outside of the foul lines spread 6ft apart from one another
6. When playing offense, kids should be next to their bag hanging on the fence, parents and friends should not be near them during game time

7. 3 kids who are up to after who is on deck and the next two kids can go to the dugout to wait for their time to bat
8. Plate meetings with the umpires should be done 6ft apart and no handshakes
9. Home team provides game balls in plastic wrap if possible
10. Umpires will spray baseballs between each inning with disinfectant spray
11. At the end of the game, each team should line up on their foul ball line starting at the batter's box and spread out 6ft, then they can all say, 1-2-3-Good Game! No 1st and 3rd lineup to shake hands or high-five's at the mound.

The most important thing to remember this Summer season is to use common sense. Be aware and follow the AYBA policies as parents have also been asked to also follow them.