

## **Post 320 Return to Play Guidelines**

Hello 320 players and parents,

As you are all probably aware, Mayor Allender's proposal for moving forward and allowing businesses to open up was effective Thursday, April 30. Based off that proposal we will begin structured activities at Post 320.

### Guidelines for Baseball Moving Forward

With the recent proposal to open businesses and other establishments in Rapid City, the Board at POST 320 recognizes these requirements as outlined in RC Ordinance 6412.

§ A minimum six-foot space will be maintained between players.

§ Coaches will use the field and will remain outdoors as much as possible. Players working in the net areas, will be limited to two players in the nets at a time, using social distancing guidelines.

§ Capacity limits of the facility will be set at 10 players in the facility. We recognize we have enough room under the RC 6412; however, we are choosing to stay within the 10-person guideline.

§ Players will be regularly reminded about social distancing guidelines.

§ Post 320 will provide hand sanitizer locations throughout the facility. However, it is recommended that each player have a bottle of their own hand sanitizer.

§ Work out equipment will be cleaned regularly and disinfected.

§ If a player is not feeling well, they will be encouraged to stay away from the facility.

§ Practice is optional at this time. Players having to miss for school, "zoom" meetings, or choosing to stay away for health reasons will not be penalized in any fashion. If you are going to miss a practice for any reason, please reach out to Coach Humphries and let him know.

Coach Humphries and his coaches understand there must be strict adherence to these guidelines as provided by the City of Rapid City.

The Board recognizes there will be some parents and families who are at this time still uncomfortable participating in activities with POST 320. This is understandable and will not be held against any player or family moving forward. If you choose to stay at home, please let Coach Humphries know. The Board understands and we will work with families and players on these new and fluid changes.

At this time, Coach Humphries and his staff developed a schedule to get players into the facility at different times and intervals. This will be based on player positions, rather than likely teams. Based on the need to have all positions filled, there may be a time when a younger 15-year-old player may be practicing with Seniors and College freshmen. Please be flexible and understand the coaching staff is doing their absolute best to get kids ready for a possible season of baseball.

With all of this in place we must remind ourselves this a very fluid situation. Should the City make changes, or should there be other mitigating factors, we must be willing to change quickly and adapt. The POST 320 Board knows the safety of the community as a whole is the primary concern. The Board is committed to providing a safe environment for our players and families, and we will make any changes should that need arise.

Here are the rules: Players **MUST** wash their hands or use hand sanitizer prior to the start of practice. Players **MUST** wash their hands or use hand sanitizer once practice is completed. Players will wipe down the equipment they use once they are done using it. Players will wait in either their vehicles or the parking lot until their group is summoned by one of the coaches, remember to keep your social distance while waiting.

There are 7 groups and they will have staggered start and end times (see below). On **M/W/F** groups will do 45 mins of practice on field then do 45 mins of Physio training. For example, Group 1 starts at 1:30 pm then at 2:15pm they will transition into their Physio training and at the same time Group 2 will move from the parking lot to the field for practice. At 3pm Group 1 is done for the day; Group 2 will move to the Physio training and then Group 3 will move from the parking lot to the field for practice. That timeline will continue through all 7 groups. **T/Th** groups will only be doing 45 mins of practice on the field.

---

Parent Signature

---

Date