



BASEBALL BC GENERAL HEALTH AND PERSONAL HYGIENE GUIDELINES
As adopted by BC Minor Baseball

Please note that all of the below Personal Health and Hygiene Guidelines are intended to be required for anyone involved in youth or amateur baseball which includes, but is not limited to; athletes, coaches, umpires, administrators, volunteers and spectators.

- Anyone displaying ANY illness symptoms **MUST NOT** attend.
- Disinfectant wipe down of all surface's athletes can be exposed before every event.
- Reminder to all participants daily to avoid touching of eyes, nose or mouth
- No sharing of water bottles.
- No sharing of food of any kind.
- No spitting.
- No chewing gum or sunflower seeds.
- No sharing of any personal equipment or items
- Ride sharing to be discouraged whenever possible.
- All participants encouraged to disinfect their equipment after each event.
- All participants encouraged to wash all clothing and selves after each event.

As you are aware, on Monday, May 25th, the PHO has issued a "Restart" for the province;

<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions#adult-youth-sport>

Under Step 1 May 25, - Sports and Exercise:

Adult and youth outdoor group and team sports

Outdoor group sports for adults and youth are allowed, including:

- Games
- Tournaments and competitions
- Practices

Gatherings and Events.

NDBA is moving into Phase 2 Stage 2 in their Return to Play (as per PHO announcement on May 25th, 2021)

(RTP) Guidelines, <https://www.baseball.bc.ca/return-to-play>

In Phase 2 Stage 2, the following activities are currently permitted:

Team training/development (practice)

- Live batting practice
- Scrimmage and Inter-squad games
- In Club gameplay

The following activities are not permitted:

- Travel for competition
- Tournaments

There has been many conversations surrounding “In-club play” and how it is defined. BC Minor interpretation is currently defined as playing teams within their local association. Here are some examples and key guidelines;

- Teams may compete within their home association teams at the same age division. (9U/11U/13U/15U/18U)
- This respects the “In Club Play” and the Cohort grouping we experienced last year
- Teams may NOT compete with teams outside of their home association
- This respects the “In Club Play” and the Cohort grouping we experienced last year
- Teams may NOT compete with teams outside of their age division (11U cannot play 13U)
- This respects the Cohort grouping we experienced last year and safety issues.
- Teams may compete with teams at all levels within their age division (15UA may play against 15UAA)
- This is new but temporary.

Another change, or lack thereof, is the lack of language regarding quarantine periods in the Provincial Steps.

We, BCMBA, believe this to mean that there will be no quarantine period when we go to the next Phase or Stage. Thus, single-season teams will be able to break out of their local club play to begin their Single Season Interlock schedule without serving a quarantine period.

Reminder of additional restrictions / requirements and measures required at this time are as follows:

- Spectators are not permitted at any sport activities. (This means no spectators at any games, competitions, training, or practice). This is expected to change on June 15th, 2021 – where up to 50 spectators will be permitted (but for now we are currently on pause and no spectators are allowed)
- Masks are required in all indoor public settings
- Players must remain 3 meters apart with not actively in game play
- **Strength training and dryland training are not permitted**, unless there is a COVID 19 Safety Plan in place for this type of activity that is strictly followed (see Regional Health Authority for your local requirements).
- All bleachers and stands should be closed to spectators to allow for athlete’s safe use while dugouts are closed. (This will also aid in managing the 50-person maximum at all events when we get there)
- Directional traffic flow plan and markers may be required in high pedestrian traffic areas
- No gathering should be permitted around the park until the scheduled start time of any event (please consider having arriving participants wait in their car until after the group ahead has vacated).
- Athletes should leave the park immediately after the practice or event

And as always;

- **Symptom screening and attendance tracking must be performed at every event/practice.**
- **Stay home if you're sick.**
- **All government expectations and requirements to be met, including viaSport Phase 3 Guidelines and the current PHO Orders.**

NDBA COVID-19 Safety Plan

1. Risk at venues

The following are areas where there may be risks, either through close physical proximity or through contaminated surfaces.

- Dugouts
- Stands
- Bathrooms
- Equipment rooms
- Parking lots
- Parent or player meetings (huddles)
- Batting cages
- Concessions

Equipment that may be shared by individuals and surfaces we have identified as “High Touch”.

- Player’s equipment (catcher’s gear, gloves, bats, water bottles, etc)
- Field equipment (bases, nets, balls, cones, etc)
- Field prep equipment (rakes, liners, shovels, etc)
- Field gates, building doors, locks, etc

2. Protocols to reduce the risks

First level (elimination)

The following protocols will be implemented to reduce the above listed risks:

- Dugouts – Eliminated not in use for the immediate
- Stands – Closed until further PHO guidelines are released
- Bathrooms – after bathroom use player/coach/ volunteer is to use hand sanitizer before returning to field and play. Only 1 participant permitted at a time. These are city run; therefore, NDBA will work with City to ensure proper cleaning and supplies are permitted during hours at park
- Equipment Rooms – controlled access by key holder, no more than 1 person in the locker or storage room, all equipment will need to be sanitized before it is returned – and checked off on the checklist
- Parking lots – Specified practice ending scheduled, and ensure a 1-hour time gap between field allotments
- Huddles – No closed huddles permitted as proper social distancing cannot be followed
- Team meeting – only to occur where physical distancing can be achieved. If indoors masks are mandatory
- Parent meetings – socially distance and no more than 1 parent in attendance
- Batting cages – controlled access by coach only and limited to 1 coach and 1 player per session
- Concessions – Closed until further notice

Second level protection (engineering): Barriers and partitions

- Dugout – Block off the area when cannot be locked – work with City of Delta for Annieville, Mackie, Westview parks
- Equipment room – Single Key holder
- Specified Personal Space – each player will be given a specific area (9 ft apart) for personal equipment, marked by a symbol, or marking. This will be that players designated space and all personal equipment will be stored there when not in use
- Batting cage – Coach controlled; 1 coach and 1 player per session

Third level protection (administrative): Rules and guidelines

- Follow the RTP guidelines as per the phase – See BC MINOR BASEBALL “RETURN TO PLAY” Guidelines.
- Documentation is posted on association website/social media platform/ and in coaches binders
- Each team will have their own PPE (Face masks, gloves, hand sanitizer) and first aid kit in their equipment bag.
- COVID-19 signage will be in view at all baseball facilities, and notes on website and social media platforms
- Daily training reminders to all players from coaches – social distance reminders, no sharing of equipment, as well as COVID-19 attendance check list to be filled out (on print/or electronic)
- Illness policy, Return to Play guidelines, Attendance Records, Safety Plan Document, and Declaration of Compliance are posted on website.
- Rules and Guidelines will be monitored by the division reps, health and safety members, and/or NDBA board executive member

Fourth level protection: Using masks (optional measures)

- Mask is mandatory in all inside public places and for when social distancing cannot be applied; ex. first aid treatment.

Reduce the risk of surface transmission through effective cleaning and hygiene practices

- Only single session of equipment
- Catcher equipment must be sanitized between players if equipment is shared
- All players MUST have personal hand sanitizer at the field for own personal use
- All coaches will be given PPE including; Mask, gloves, First Aid Kit, and hand sanitizer
- Field equipment will be sanitized after each use and will be documented on cleaning checklist by coach or appointed persons.
- Ball out of play – leaves the field and is picked up outside of the working group, will need to be sanitized before it goes back into play
- Single key holder for equipment room and only 1-person entry
- Limit the number working field equipment in use

Cleaning protocols

- Coaches will be responsible for cleaning/sanitizing the team equipment after each use
- Key holder will be responsible for the cleaning /sanitizing field equipment after each use
- Cleaning log will be posted in equipment room and will need to be signed off by a designated key person

- All players need to sanitize hands with personal hand sanitizer when first arrive at field, after bathroom use, after every drill, and when practice is over

3. Develop policies

- Refer to NDBA Illness policy, which is posted on our website www.ndbaseball.com, our social media outlets, and in coaches' binders
- Team attendance and check-in will be taken at each event and recorded by a team designated adult (via hard or soft copy)
- Documented Declaration of Compliance for all players/volunteers/coaches/etc will be on file

4. Develop communication plans and training

- Communicated by coaches, a daily COVID-19 reminder to players – social distancing, no spitting, hand sanitizer, etc.
- We have a communication plan to ensure everyone is trained in policies and procedures
- All participants have received the policies for staying home when sick – coaches binders
- We (NDBA or City of Delta) will have posted signage at the sport location, including social distancing reminders and effective hygiene practices
- Coaches or safety volunteers have been provided training on monitoring participants to ensure policies and procedures are being followed

5. Monitor and update your plans as necessary

- Health and Safety Sub Committee has been formed to collect data, reviewing policies and procedures, and will adjust as needed
- We have assigned a Health and Safety Director to oversee all policies, protocols, and guidelines. If further direction is needed, Director will seek involvement from other governing agencies.

6. Assess and address risks from resuming operations

- Amendments will be made as PHO directives change, or RTP guidelines are updated, and if training or additional resources are needed they will be available.

Be advised that personal information must not be included in the COVID-19 Safety Plan

Personal information is any recorded information that uniquely identifies a person, such as name, address, telephone number, age, sex, race, religion, sexual orientation, disability, finger prints, or blood type. It includes information about a person's healthcare, educational, financial, criminal or employment history. Visit www.oipc.bc.ca/about/legislation/ for more information