

LITTLE MOUNTAIN BASEBALL ASSOCIATION



RETURN TO PLAY GUIDELINES AND PROTOCOLS

Version 1.0 June 27, 2020



MESSAGE TO THE LITTLE MOUNTAIN BASEBALL COMMUNITY

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, viaSport and the Province of British Columbia have implemented the recommendations of provincial health officers as they apply to sport. Information, recommendations and guidance from provincial health and sporting authorities continues to change at a rapid pace. As a result, the development of Return To Play (RTP) Guidelines has been a challenging endeavor. We would like to thank our families for their ongoing patience and support as we try and navigate these challenging times.

On June 6, 2020, Baseball BC, the provincial sports organization (PSO) for amateur baseball in British Columbia, adopted its RTP Guidelines. As a result, Little Mountain Baseball Association (“LMB”) has developed and adopted the following RTP Guidelines. The adoption of these LMB RTP Guidelines is not a return to normal. However, it is an important first step in bringing our community back together.

Baseball BC’s RTP Guidelines have been developed for our sport in order to ensure:

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place in order to reduce the risks to each sport organization and its participants
- our sport is united and aligned on a plan to reopen throughout the province

While we hope things will return to normal in the not too distant future, currently the LMB RTP Guidelines will be the new normal until we are advised otherwise by public health authorities. If public health authorities and Baseball BC revise their guidelines and requirements, we will re-assess and modify our own guidelines accordingly.

The Little Mountain Baseball Association Board of Directors.



RETURNING TO PLAY WILL BE A COMMUNITY EFFORT AND WILL REQUIRE FULL COMMITMENT AND PARTICIPATION BY EVERYONE

Although we are doing our best to try and minimize the risk of exposure to COVID-19, so long as the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our guidelines.

LMB has always relied on the efforts and contributions of its community and volunteers to operate and provide programming for our children. However, returning to play at this time has required us to adopt greater restrictions and to will require even more assistance than in the past.

If you choose to participate in LMB league activities during this time, you will be required to follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at LMB facilities until you have self isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID19, please stay home.
- You will abide by, and volunteer to help implement, all LMB COVID-19 related policies and guidelines.
- Each player, coach, volunteer and parent or guardian (for minors) will be required to complete and return a Participation Agreement, a Waiver and Release and an updated Medical Form.

REFERENCES AND SOURCES OF INFORMATION

In preparing these LMB RTP Guidelines, we have consulted with and referred to the recommendations and guidelines of public health and provincial and local sports and recreation authorities as of the date of these LMB RTP Guidelines were published and released:

- Baseball BC Return to Play Guidelines, June 6, 2020: <https://www.baseball.bc.ca/return-to-play>
- viaSport Return to Play Guidelines for British Columbia, May 28, 2020: <https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>
- BC Centre for Disease Control Covid-19 Resources: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>



GENERAL PRINCIPLES

viaSport and the BC government have identified the following five principles for every situation during the COVID-19 outbreak. These five principles have been used to guide the formulation of the protocols and guidelines set out in this document:

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

Also guiding the development of this document is the phased return to play guidelines provided by Baseball BC:

Baseball BC RTP Summary				
	Phase 1 (Prior to June 7)	Phase 2 (June 7 to September)	Phase 3 (TBA)	Phase 4 (TBA)
Restrictions	No community programming	Maintain Social Distance (2M) No non-essential travel No group gatherings over 50 ppl	Refer to PHO & local health Authorities	Refer to PHO & local health Authorities
Participants	No community programming	Small groups only (10 athletes and 2 coaches) No or limited specators Moving to full team practices (TBA)	Group sizes may increase	Large groups allowed
Equipment	No community programming	No shared personal equipment Disinfect any team equipment before, during and after use	Minimal shared equipment Disinfect any shared equipment before, during and after use	Some shared equipment Enhanced cleaning protocols in place
Activity/Competition	No community programming	Small group training only to start Moving to full team practices (TBA) In club play or modified game play may slowly be introduced. (TBA)	Interclub or Regional game play may be considered. (TBA)	Provincial Competitions and larger scale events may return (TBA)

As of the date of publication of these LMB RTP Guidelines, British Columbia is in the second phase of Baseball BC's RTP guidelines.



GRADUATED RE-INTRODUCTION OF PROGRAMING

The initial reintroduction of programing at LMB will involve only small group practices and training given the current requirements of viaSport and Baseball BC. Gameplay and additional activities will be considered at a later date if permitted by updated viaSport and Baseball BC guidelines.

The reintroduction of LMB league activities will be conducted in a graduated approach in an effort to ensure that protocols are adhered to and are effective in meeting the requirements of Baseball BC, viaSport and provincial health authorities. At each step we will analyze and assess the effectiveness of our protocols prior to moving to moving forward with the next step of our plan.

We are starting with the reintroduction of league activities in the divisions with our oldest and most mature players. We believe that it may be more difficult for players in younger divisions to adhere to physical distancing. In addition, younger players generally require more adult supervision, which may make it more difficult to adhere to limitations on public gatherings.

The resumption of league activities will start with the Majors A division. Activities will begin for the Majors B division once the LMB Board is satisfied that the adopted practice and facilities protocols are sufficient and effective.

The re-introduction of team activities for our Minors division is currently being considered. We will assess whether we can safely provide programming for our youngest divisions (Mini-Minor A, Mini-Minor B, T-Ball and Blastball). Unfortunately, our Challenger Program will not operate in 2020.

PRACTICE PROTOCOLS

Practice protocols for each field will be posted on our website and distributed to all coaches and players prior to the start of activities for that division. Participants in each division should refer to the protocols for the field on which their activities will take place.

If games are permitted at some time in the future, gameplay protocols will be adopted and posted.

No player, coach, official, parent/guardian or other persons may be present for any practices, games or any other team activities if:

- (1) They, or anyone in their household, are experiencing any symptoms of COVID-19;**
- (2) They, or anyone in their household, have travelled outside of Canada within the last 14 days (including the United States);**
- (3) They, or anyone in their household, has received a positive diagnosis of COVID-19 for which they have not yet been cleared by a medical professional;**
- (4) They, or anyone in their household, have been in close contact with any person with confirmed COVID-19 within the last 14 days.**

Any persons meeting any of the above criteria must immediately leave the field (see Appendix A Illness Policy)



ADMINISTRATIVE REQUIREMENTS

All players, parents/guardians, coaches and other volunteers will be provided with a copy of the LMB RTP Guidelines and be required to sign and return the Participation Agreement (Appendix B), the Waiver and Release (Appendix C) and an updated LMB Medical Form (Appendix D) prior to participating in any LMB team activities.

Each team will be required to appoint a Team Safety Manager (“TSM”). **The TSM may not be a coach.** The TSM will be responsible for communicating, monitoring and implementing the safety and play guidelines contained in the LMB RTP Guidelines for their team. This will include ensuring that a verbal COVID-19 screening test is administered, and attendance is taken, prior to each practice or other team activity. (Note, it is not required that the TSM completes all safety protocols him/herself. These duties may be delegated to other team parents. However, the TSM will be responsible for ensuring that these duties are carried out and complied with, and for communicating with LMB.) **Teams that do not have a TSM will not be permitted to hold practices or participate in LMB activities.**

FACILITIES MODIFICATIONS

Dugouts (All Fields)

In accordance with Baseball BC requirements, dugouts are to remain locked and unused at this time.

Concessions and Clubhouse

Concessions - The concessions at Hillcrest Main Diamond will remain closed for the time being. The kitchen area inside Hillcrest Main Diamond is not large enough to ensure physical distancing. In addition, closing the concessions stand will eliminate a significant community contact point, and will encourage people to leave the Hillcrest Main Diamond immediately after games and practices.

Clubhouse - The upstairs clubhouse including the scorekeeping booth will be off limits to teams during practices.

Washrooms - Washrooms at the Hillcrest Main Diamond will be closed for the time being.

Field Maintenance - Team volunteers will be required to comply with cleaning requirements for all field maintenance equipment at every practice.

OUTBREAK PLAN

Any confirmed cases of COVID-19 among any coaches, players, volunteers or immediate family members are to be immediately reported to the LMB Registrar who will then notify the LMB Safety Officer. **Upon receiving notice of any confirmed case of COVID-19 by any coaches, players volunteers or immediate family members of any team, that team will immediately be suspended from all league activities, practices and facilities for at least 14 days. See Appendix A Illness Policy.**



**APPENDIX A
ILLNESS POLICY**

In this policy, “Team Member” includes a player, coach, volunteer, parent/guardian or spectator.

1. **Inform the LMB Registrar immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. **Assessment**
 - a. Team Members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Managers/coaches will visually monitor Team Members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the practice/activity.
 - c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self- assessment tool.
3. **If a Team Member is feeling sick with COVID-19 symptoms**
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. If they feel sick and /or are showing symptoms while at a practice/activity/league facility they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. No Team Member may participate in a practice/activity/attend a league facility if they are symptomatic.
4. **If a Team Member tests positive for COVID-19**
 - a. The Team Member will not be permitted to return to practice/activity/league facility until they are free of the COVID-19 virus.
 - b. Any Team Members who work/play closely with the infected Team Member will also be removed from the practice/activity/league facility for at least 14 days to ensure the infection does not spread further.
 - c. Close off, clean and disinfect their facility area immediately and any surfaces that could have potentially be infected/touched.
5. **If a Team Member has been tested and is waiting for the results of a COVID-19 Test**
 - a. As with the confirmed case, the Team Member must be removed from the practice/activity/league facility.
 - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - c. Other Team Members who may have been exposed will be informed and removed from the practice/activity/league facility for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d. The practice/activity/league facility space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. **If a Team Member has come in to contact with someone who is confirmed to have COVID-19:**
 - a. Team Members must advise their Team Safety Manager and coach if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the Team Member will be removed from the practice/activity/league



facility for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.

- c. The activity/league facility area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:

- a. Any Team Member who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the league facility and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the league facility.



APPENDIX B
PARTICIPATION AGREEMENT

This Participation Agreement (this Agreement) is required to be signed and returned to Little Mountain Baseball Association ("LMB") by all players, coaches, members, volunteers, and other participants while in attendance at LMB activities (collectively, "Participants").

The undersigned named Participant hereby agrees to abide by the following points when entering LMB facilities and/or participating in LMB activities under the LMB Return to Play (RTP) Guidelines:

- I agree to stay home if I, or anyone in my household is feeling sick or experiencing any symptoms of COVID-19.
I agree to stay home if I, or anyone in my household, has travelled outside of Canada (including the United States) within the last 14 days.
I agree to stay home if I, or anyone in my household, has received a positive diagnosis of COVID-19 and have not yet been cleared by a medical professional.
I agree to stay home if I, or anyone in my household, has been in close contact with any person with confirmed COVID-19 within the last 14 days.
I agree to regular symptom screening checks and will let my team and LMB know if I experience any of the symptoms of COVID-19.
I agree to abide by all LMB COVID-19 related policies and guidelines.
I understand that if I do not abide by the LMB COVID-19 policies and guidelines, that I may be asked to leave all LMB activities for up to 14 days to help protect myself and others around me.
I acknowledge that continued abuse of the policies and guidelines may result in suspension of my LMB membership temporarily.
I understand and agree that participation in LMB activities while LMB's COVID-19 policies and guidelines are in effect requires the active cooperation, assistance and volunteer efforts of all participants, including myself.
I acknowledge that there are risks associated with entering LMB facilities and/or participating in LMB activities, and that the measures taken by LMB and its volunteers, including those set out above and under the LMB RTP Guidelines will not entirely eliminate those risks.

The Participant acknowledges and consents to LMB collecting personal information about the Participant. This information includes, but may not be limited to, information provided by the Participant in the LMB Medical Form and the attendance of the Participant at LMB activities. The Participant further authorizes and consents to the use and disclosure by LMB of the Participant's personal information for the purpose of ensuring compliance with LMB's COVID-19 policies and guidelines, providing emergency medical attention and for disclosure to public health authorities for purposes of contact tracing.

Dated: _____.

Name of Player / Participant
(eg. coaches or other volunteers)

Signature

Name of Parent/Guardian 1
(If Player/Participant is a minor)

Signature

Name of Parent/Guardian 2
(If Player/Participant is a minor)

Signature



APPENDIX C
WAIVER AND RELEASE

**WARNING: READ CAREFULLY
THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS**

By signing this you will waive legal rights, assume all risks and agree to fully indemnify Little Mountain Baseball Association for any and all harm suffered by your child as a result of injury, property damage, illness and disease (including COVID-19)

I understand that this WAIVER OF CLAIMS, RELEASE OF LIABILITY, ASSUMPTION OF RISKS, AND INDEMNITY AGREEMENT (the “**Agreement**”) is made for the benefit of Little Mountain Baseball Association (“**LMB**”) and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, independent contractors, subcontractors, sponsors, successors and assigns (collectively, the “**Releasees**”).

In this Agreement, the term “**LMB Activities**” shall include all activities, programs, events, and services provided, sponsored, organized, and sanctioned by LMB, including, but not limited to, games, tournaments, practices, training, food and beverage, use of equipment, machines and facilities, nutritional or dietary programs, orientation or instructional lessons or sessions, conditioning programs, and all other activities, events, programs or services related to little league baseball.

PARENT/GUARDIAN: If this Agreement is being provided by the parent/guardian of a child being registered and participating in LMB Activities (the “**Minor**”) I confirm that I have full legal responsibility for the decisions of the Minor. I have spoken to the Minor and have made them aware of the Risks, as defined below. The Minor is being registered and participating in LMB Activities voluntarily and willingly.

ASSUMPTION OF RISKS: I understand that there are many risks associated with my participation, and if applicable the Minor’s participation in LMB Activities (the “**Risks**”). I UNDERSTAND THAT COVID-19 IS A SIGNIFICANT HEALTH RISK AND CARRIES A HIGH RISK OF TRANSMISSION THROUGH PHYSICAL OR SHARED CONTACT. I acknowledge that the Risks include, but are not limited to, serious personal injury, death, property damage, illness, and disease (i.e. communicable diseases such as COVID-19, MRSA, and influenza). Examples of the Risks include, but are not limited to personal injury, death, property damage, or illness resulting from:

- **HEALTH:** overexertion, dehydration, fatigue, traumatic injury, infections, rashes, and transmission of communicable diseases (including COVID-19, MRSA and influenza), bacteria, parasites or other organisms or mutations thereof.
- **CONDUCT:** my conduct, the Minor’s conduct (if applicable) and conduct of other persons, including any physical altercation between persons.
- **PREMISES:** defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on the field of play or other surfaces; extreme weather conditions; and travel to and from premises.
- **EQUIPMENT:** mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my ability or the Minor’s ability (if applicable).



RELEASE OF LIABILITY, WAIVER OF CLAIMS

I, on my own behalf and, if applicable, on behalf of my Minor, heirs, successors, assigns and legal representatives (collectively, the “Releasors”) freely accept and fully assume all responsibilities for any and all Risks. I, on my own behalf and on behalf of the Releasors, acknowledge and agree to:

- (a) waive any and all claims that I have or may have in the future against the Releasees;
- (b) release, waive and discharge the Releasees, from all liability for any and all present and future loss or damages and from all actions, causes of actions, claims, demands and liabilities of every nature or kind whether arising at common law or in equity, by contract, by tort or under any statute or otherwise in any way related to or connected with any personal injury or injuries which a Releasor may suffer as a result of his or her participation in any LMB Activities;
- (c) release, waive and discharge the Releasees from any and all liability for all loss, damage, expense injury, death, property damage, illness or disease that I, and all Releasors, may suffer as a result of the my participation or Minor’s participation (if applicable) in LMB Activities due to any cause whatsoever, whether arising from the NEGLIGENCE of the Releasees, BREACH OF ANY STATUTORY OR OTHER DUTY (including but not limited to the *Occupiers Liability Act*, R.S.B.C. 1996, c. 303), BREACH OF CONTRACT, MISTAKE or ERROR OF JUDGMENT of the Releasees, or otherwise;
- (d) release, waive and discharge the Releasees from all liability for all personal injury, death, property damage, illness, or other loss resulting from an infection, disease, virus, bacterium or other microorganisms (whether asymptomatic or not);
- (e) release, waive and discharge the Releasees from all liability for all personal injury, death, property damage, illness, or other loss resulting from public health emergencies, pandemics (such as COVID- 19), or epidemics, as declared as such by the World Health Organization or any governmental authority;
- (f) accepts and assumes any and all risks resulting from attendance and participation by a Releasor in LMB Activities and any injuries which occur from such activities or presence at facilities which such activities take place; and
- (g) TO BE LIABLE FOR AND TO HOLD HARMLESS AND INDEMNIFY the Releasees from all actions, proceedings, claims, damages, costs, demands including court costs and costs on a solicitor and client basis, and liabilities whatsoever nature or kind arising out of any way connected with the my participation, the Minor’s participation (if applicable) or the participation of our respective guests in LMB Activities.

REPRESENTATIONS: I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of LMB Activities other than what is set forth in this Waiver and Release.

JURISDICTION: I agree that this Waiver and Release and all terms contained within are governed by the laws of the Province of British Columbia. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province of British Columbia. Any litigation in any way relating to LMB Activities or to the matters addressed in this Waiver and Release must be instituted in the Province of British Columbia.

SEVERABILITY: If any provision in this Waiver and Release is held unenforceable, such provision shall be severed and shall be inoperative, and the remainder of this Waiver and Release shall remain in full force and effect.



LMB Return to Play Guidelines

June 27, 2020

I, FOR MYSELF AND THE RELEASORS, CONFIRM THAT I HAVE HAD SUFFICIENT TIME TO READ AND UNDERSTAND EACH TERM IN THIS AGREEMENT IN ITS ENTIRETY, THAT I HAVE READ THIS AGREEMENT IN ITS ENTIRETY, THAT I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY AGREEING TO THIS RELEASE AND HAVE AGREED TO THE TERMS FREELY. SUCH AGREEMENT TO THIS RELEASE WILL OCCUR BY COMPLETING, SIGNING AND RETURNING THIS RELEASE TO LMB.

Date: _____

Name of Participant (print)

Signature
(If Participant is not a Minor)

Name of Parent/Guardian 1
(If Participant is a Minor)

Signature of Parent/Guardian 1

Name of Parent/Guardian 2
(If Player/Participant is a Minor)

Signature of Parent/Guardian 2



**APPENDIX D
MEDICAL FORM**

Primary Emergency Contact

First name, last name: _____

Relationship to player: _____

Emergency contact cell phone: _____

Emergency contact home phone: _____

Secondary Emergency Contact

First name, last name: _____

Relationship to player: _____

Emergency contact cell phone: _____

Emergency contact home phone: _____

BC Services Card: _____

Physician Information

First name, last name: _____

Hospital of choice: _____

Physician phone number: _____

Medical History

If the answer to any of the following questions (below) is yes, please describe the condition and any relevant information including that which a first aid responder should be aware of.

- Does the player have any allergies (including seasonal allergies) that we need to be aware of?

_____ Yes _____ No

If yes, please provide additional details (attach additional sheets if necessary):

- Does the player have any other medical conditions that we need to be aware of?

_____ Yes _____ No

If yes, please provide additional details (attach additional sheets if necessary):



APPENDIX E
COVID 19 SCREENING TOOL AND ATTENDANCE FORM

1. Are you experiencing any of the following cold, flu or COVID-19-like symptoms, even mild ones:

- Fever, Chills, Cough or worsening of chronic cough, Shortness of breath, Runny nose, Loss of sense of smell or taste, Headache, Fatigue, Diarrhea, Loss of appetite, Nausea and vomiting, Muscle aches, Stuffy nose, Conjunctivitis (pink eye), Dizziness, confusion, Abdominal pain, Skin rashes or discoloration of fingers or toes

2. Are you experiencing any of the following:

- Mild to moderate shortness of breath, Inability to lie down because of difficulty breathing, Chronic health conditions that you are having difficulty managing because of difficulty breathing

3. Have you travelled to any countries outside Canada (including the United States) within the last 14 days?

4. Did you provide care or have close contact with a person with confirmed COVID-19?

Note: This means you would have been contacted by your health authority’s public health team.

If a player answers “Yes” to any of the above questions, that player may not participate in the practice / game and is required to leave the facilities immediately. The name of the player is to be reported to the LMB Registrar immediately for additional follow up.

Date of Event: _____ Time of Event: _____

Table with 2 columns: PLAYER / COACH / VOLUNTEER NAME, Survey Administered (✓). Multiple empty rows for data entry.