

ALBERNI JUNIOR BASEBALL ASSOCIATION – COVID 19 UPDATE JANUARY 20
RETURN TO PLAY

Transmission and Symptoms of COVID - 19

- It is important to understand how transmission occurs with this virus. Droplets from an “infected” person’s nose or mouth travels via cough or sneeze onto another person or object that is later touched. The virus then enters through the recipient touching their own eyes, nose or mouth.
- The main or primary symptoms include fever, cough, sore throat or difficulty breathing that are not related to a pre existing condition.
- Stuffy or runny nose, fatigue, loss of appetite, headaches and muscular aches and pain are minor symptoms of this virus.

Attendance at Events

What are considered events? These are defined as practices/drills/training. During any of these events:

- a. Any coach, player or parent that is experiencing, or has experienced in the 10 days prior, any COVID - 19 symptoms are not permitted to attend any event in any capacity.
- b. Any coach, player or parent that has arrived from outside Canada or has been in contact with a confirmed COVID - 19 case must self-isolate for 14 days and monitor for symptoms prior to attending any AJBA event.
- c. Verbal screening for all participants prior to participating in any AJBA event. If a COVID -19 symptom is identified during a verbal screening, the individual will not be allowed to participate and will be instructed to immediately leave the area. If unable to leave area immediately, they will be isolated until able to do so.

When participating in an event sponsored by AJBA you will be reminded to:

- Parents, please do a health check with your child before sending to the field. Do not send your child if he/she is experiencing even the slightest of symptoms.
 - No sharing of any equipment. Bats to be wiped down with disinfectant after each shared use.
 - Every player **MUST** have their own water bottle, glove, and helmet. Batting gloves can be worn.
 - Maintain physical distancing of 2 meters between individuals
 - Avoid touching eyes, nose and mouth
 - Adhere to all other protocols in place by our Association
- Attendance will be taken at all events which will include the name of all players, coaches and parent or guardian and driver.
- The date of the event of the event with records being on file for 30 days after which they will be destroyed.
- Absolutely no other players than those listed on the coaches roster.
 - No drop in players.
 - No parents permitted on field. Can observe from a distance.

Illness at an Event

2.)

Anyone attending or participating in an event that becomes ill while at the event should advise a coach or designated person who will assist.

The individual should sanitize their hands, and be provided with a mask, and sent home immediately.

If not able to leave immediately, they will be isolated until able to do so.

IF SEVERE SYMPTOMS are experienced by the individual, such as difficulty breathing or chest pains. ANYONE TO call 911 immediately.

Physical Distancing

In order to promote physical distancing please note the following

- No spectators
- Contact type activities are not permitted including games and drills that involve contact between participants (eg tagging)
- Cones or similar product to set the tone for social distancing to be set up for players during practice. This will serve as a reminder to players.

2 meters (approx.. 6 feet) distance must be maintained between all participants, and individuals from separate families, at all times while attending AJBA sponsored events. The required 2 meters of distancing will be considered when designing drills and activities for participants and enforced on the field.

Team huddles before, during and after the event are not permitted unless a distance of 2 meters can be maintained by all participants.

Food and Beverage Restrictions

When attending an event sponsored by AJBA none of the following are permitted:

- **No spitting** **No chewing gum** **No sunflower seeds**

Sanitization Protocols

Participants in the program which include all coaches, participants and other individuals are required to supply their own hand sanitizer for personal use.

You are encouraged to disinfect your own equipment and clothing after each event.

Participants and coaches must sanitize their hands immediately prior to each event.

AJBA will disinfect, or provide the supplies to disinfect any shared equipment that has been supplied by AJBA. Baseballs should be sanitized prior to every event and every effort will be given to limit the number of participants using one ball in a practice environment.

Field preparation equipment such as rakes, line marker, brooms, tractors etc. must be sanitized after each use. Disinfectant supplies will be kept at each diamond in order to wipe down touch points.

ENTRY AND EXIT GATES TO ALL FIELDS:

Tadpole Field:

All players and coaches to enter from the first base gate and must exit via the third base gate by the batting cage.

Mosquito Field:

All players and coaches to enter from the third base gate and must exit from the first base gate.

Pee Wee Field:

All players and coaches to enter via the first base gate and must exit via the third base gate.

Midget Field:

All players and coaches to enter via the first base gate and must exit via the third base gate.

Bleachers:

- To be decommissioned with tape and signage

Dugouts:

- No access signs posted. Dugouts will be taped off.
No coaches or players in the dugout until further notice.

Fence:

- To discourage touching, signage will be posted.

Equipment Storage:

- Sanitization station to be used before and after access.
- COACH ONLY ACCESS
- Any equipment used by a team must be sanitized before being returned, by the team that has used it.

Baseballs

- Coaches will need to use discretion and ensure that baseball are sanitized with wipes or spray disinfectant on a regular basis during practices.

Catcher's Equipment:

- Gear to be sanitized between each use if shared.

Batting Cage:

- Only one coach and one player at a time in the batting cage. ABSOLUTELY ONE COACH AND ONE PLAYER!
- Batting cage balls should be cleaned with soap and water or disinfectant after use.

Spectators:

NOT permitted at this time.

Parking:

- Signage will be posted in front parking lot.

Playground:

- Playground access to be determined by the City of Port Alberni

Bathrooms:

- Daily check of the Association washrooms to ensure bathroom is clean and soap and paper towels are adequate.

Masks:

- All participants (athletes, coaches, officials) must wear a mask indoors unless on the playing surface.
This to include all public areas such as bathrooms, office area, dressing room, etc.

Please know that the Alberni Junior Baseball Association is responsible for reviewing its COVID -19 policies and safety plan regularly and in response to new directives from our Provincial Health Authority.

ILLNESS POLICY

In this policy, "Team member" includes an employee, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) 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 workday/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 work, 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 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 the workplace/practice/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 workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- c. Close off, clean and disinfect their work/practice/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 workplace/practice/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 workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. The workspace/practice/activity 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 employer/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 workplace/practice/activity 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 workspace/activity 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 or the province 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 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 facility.