

Baseball Alberta



Return to Train Plan



Return to Train Plan

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Completion of these documents is **mandatory.



Return to Train Plan

INTRODUCTION

Baseball Alberta, like all of our members, is anxiously waiting for the day when we can return to the field. Before we return to the field, we must first receive confirmation from our provincial government, Alberta Health Services, and our insurers on when a Return to Train is permitted, and what procedures will need to be followed.

Each association must carefully consider when they are prepared to begin offering baseball training. Before we can start looking at having any baseball activities occur this summer, the municipal governments must allow **organized** sports to access fields. Baseball Alberta also advises all our member associations to work with their local city/municipality as each municipality may have different restrictions and limitations for on-field bookings and activity.

The Baseball Alberta Board of Directors and staff's focus continues to be the health and safety of our athletes, coaches, officials, volunteers and fans. We respect the orders and restrictions that have been put in place in our province by our Chief Medical Officer of Health and her team. We look forward to getting back to baseball activities when it is safe to do so.

We ask organizations at all levels of membership to actively communicate our official information updates by posting this information on their website, sharing it via email and using social media. Alberta Health Services encourages all Albertans to voluntarily download the ABTraceTogether mobile app to help identify and isolate positive COVID-19 cases.

For more information about the ABTraceTogether app, please visit:

<https://www.alberta.ca/ab-trace-together.aspx>

*It is important to note that these guidelines were published using the information available from Alberta Health Services (AHS) as of July 22nd, 2020 using the Guidance for Sport, Physical Activity and Recreation. All guidelines must adhere to the most recent public health orders as posted on the COVID-19 Orders and Legislation webpage.



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TIMELINES FOR A RETURN TO BASEBALL

The following timeline can only be implemented once government restrictions (provincial, municipal) have been lifted and Baseball Alberta resumes sanctioning activities. Phase 1 & 2 in this document refer to the timeline that Baseball Alberta will progress through our Return to Train plan and not Stage 1 & 2 of the Alberta Relaunch Strategy.



NO BASEBALL PHASE

All sanctioned Baseball Alberta activities are suspended.

Baseball Diamonds closed for organized sport use.

Phase 1

Return to Train: June 15, 2020 – Return to Modified Training (No Contact)

Conditions: All “Phase 1 - Return to Train” conditions are met.

Restrictions: **NO CONTACT; No league or exhibition games allowed**

Phase 2

Return to **Modified** Gameplay: Date July 1st, 2020 – Return to Modified Training & Games

Conditions: All “Phase 2- Return to Modified Games” conditions are met.

Restrictions: **NO CONTACT; No league games. Exhibition games allowed within association.**

* date is subject to change .



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GENERAL ACTIVITY REQUIREMENTS

*** A responsible person over 18 must oversee the activity to ensure health guidelines are adhered to.**

All baseball activities must adhere to these government mandates.

Requirement	Description / Application	Link to Resource
Social Distancing	<p>Keep at least 2 metres (about the length of a hockey stick) from other players and coaches when arriving at your session, as well as during training. Limit the number of times you leave your home. Ride sharing is discouraged wherever possible.</p> <p>Participants must remain 2 metres apart at all times. All drills to be created and implemented must ensure physical distance requirements are met. No dugout use is permitted. Parents should remain aware of the social distancing guidelines if they plan on staying for the duration of the training session. Players must only be at the premises while they are participating in the activity session.</p>	https://www.alberta.ca/pr-event-the-spread.aspx
Gatherings	<p>The activity must align with current gathering restrictions issued by Alberta Health Services.</p> <p>200 people maximum for audience-type community outdoor events, such as festivals, firework displays, rodeos and sporting events, and outdoor performances. Sports teams can train in region-only cohorts of up to 50 participants (players and coaches included). Teams in different cohorts should not train each other. Spectators should be kept out of participant spaces. Spectators must maintain 2 metres of distance between different households. Spectators are included in the outdoor gathering numbers, not the sport cohort numbers.</p>	https://www.alberta.ca/restrictions-on-gatherings.aspx
Hygiene	<p>Promote and facilitate proper hygiene measures for employees, volunteers and patrons.</p> <p>Activity organizers must ensure participants comply with all hygiene measures in effect. See link for further detail on hygiene measures.</p>	https://www.alberta.ca/infection-prevention-and-control.aspx
First Aid	<p>Activity organizers must ensure personal protective equipment is immediately available IF first aid treatment is required.</p> <p>Recommendation that a family member attend to injured player if available. If not possible, attending person must wear medical gloves and mask.</p>	https://www.alberta.ca/assets/documents/covid-19-guidance-for-wearing-non-medical-masks.pdf



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ORGANIZATIONAL GUIDELINES

Organizations providing baseball training must abide by these guidelines when organizing an activity.

Requirement	Description / Application
Waivers	All Participants (or parents/guardians if under 18 years of age) must sign an Informed Consent – Assumption of Risk Agreement plus provide a Declaration of Compliance prior to participating in any sanctioned baseball activity.
Scheduling	Activities must allow a buffer between sessions and avoid an overlap of players on the field and/or congestion during pick-up / drop-off.
Spectators	Parents should remain aware of the social distancing guidelines if they plan on staying for the duration of the training session. Parents choosing to stay at the session will be included in the total outdoor gathering number limit and are not allowed to enter designated participant-only spaces such as dug outs and playing fields.
Hygiene	All players and coaches must ensure that they have washed their hands prior to arriving at the diamond. Hand sanitizer containing at least 60% alcohol is an acceptable alternative. Make sure bathrooms are always stocked with soap and paper towels. Provide hand sanitizer and consider placing it next to the diamond entrance/exit and next to any shared equipment.
Signage	Ensure proper signage is visible to all participants attending the training session prior to their arrival. Signage requirements may differ between locations. Please check with your association or local municipality regarding signage requirements.
Equipment	<p>Ensure that all equipment is cleaned before and after use with disinfectant, concentrating on points of contact. Participants must bring their own personal equipment (helmets, gloves, bats, etc.- not to be shared). Ensure equipment not being used is in players individually marked bags. <u>Sharing equipment that is handled by hands or head, and other personal items should be minimized.</u></p> <p>Coaches to set up training equipment (sanitized prior to arrival) and distancing cones for each station. Coach to put on surgical gloves to handle set up of all sanitized equipment. Coach will be required to use own equipment for demonstration purposes.</p>
Food + Water	Staff/Coaches and Participants should eat at home before or after visiting the diamond or training facility. They should also use their own clearly labeled water bottles, which should be cleaned before and after each use. Do not bring other food (gum, sunflower seeds) to the facility. Concession operations must meet the government of Alberta guidelines.
Health Check	All staff/coaches and participants to provide verbal confirmation as per a “COVID-19 symptoms checklist” to ensure they are not experiencing any symptoms related to COVID-19.
Contact Tracing	Contact tracing logs for all participants and parents/guardians dropping off players must be completed for every training activity and be available to be accessed quickly to ensure efficient contact tracing. Contact Tracing logs can be done online or completed onsite by a responsible adult.
Cohorts	Cohorts and bubbles should remain together during Stage 2 of Relaunch and only play within the same geographical region as outlined by AHS. Sports teams can play in region-only cohorts of up to 50 people (including, coaches, umpires, players). For Stage 2 of Relaunch, activities should be restricted to modified games within the cohort . Participants should not seek sport, physical activity and recreation opportunities in other regions, or out of province. Cross-jurisdictional, or inter-regional, play should not occur during this stage. Baseball Alberta recommends that families stick to 1 cohort (sporting or other) for the summer to minimize the spread of the virus. Consider what additional opportunities you are engaged in that may pose a greater risk to your baseball cohort.



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COHORT INFORMATION

Cohorts and bubbles should remain together during Stage 2 of Relaunch and only play within the same geographical region as outlined by AHS. Sports teams can play in region-only cohorts of up to 50 people (including, coaches, umpires, players). For Stage 2 of Relaunch, activities should be restricted to modified games within the cohort. Participants should not seek sport, physical activity and recreation opportunities in other regions, or out of province. Cross-jurisdictional, or inter-regional, play should not occur during this stage. Once a team has established a cohort group of up to 50 on field individuals, they will not be allowed to form another cohort group without first suspending baseball activities with their original cohort group for at least 14 days. Practices within each individual team may continue during this 14 day period.

Baseball Alberta recommends that families stick to 1 cohort (sporting or other) for the summer to minimize the spread of the virus. Baseball Alberta will only allow your child to be a part of 1 cohort group for baseball. This is to limit the amount of potential spread between groups. Consider what additional opportunities you are engaged in that may pose a greater risk to your baseball cohort.

If your child is looking to join a cohort of another sport, Baseball Alberta has no jurisdiction over those groups; however you may be required to declare your participation with another sporting cohort upon registration. It is strongly recommended that individuals belong to only one sport or performance cohort to minimize the spread of the virus. AHS Guidance is in place during a pandemic to mitigate the risk of transmission and to keep group numbers to a manageable size should an outbreak occur.

Cohort Registry Application Form

Baseball Alberta is providing a cohort application form for all teams wishing to join an association cohort. We will form cohort groups with these applications to try and give all teams the opportunity to play modified games within their region. Cohort groups will be assigned based on location and indicated skill level. Although Baseball Alberta is requesting your cohort team preference, there is no guarantee we will be able to accommodate all requests. Umpires will also be assigned to your cohort group should we have enough umpires available in your region.

To view the application form, [click here](#).



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OUTBREAK RESPONSE PLAN

One of my participants (coach, player, volunteers, and parents) has contracted COVID-19, what should we do?

If you have symptoms including fever, cough, shortness of breath, difficulty breathing, sore throat or runny nose, you **MUST** self-isolate for 10 days after the onset of symptoms and until your symptoms have resolved (whichever is longer).

The rest of your cohort group **MUST** self-isolate for 14 days their exposure and monitor themselves for symptoms. This means that all baseball activity within your cohort must stop for the duration of the quarantine.

If you have been tested and are a confirmed case, please follow the additional measures that will be provided by your health professional regarding self-isolation. Insure you have made direct contact with your association so they can notify anyone you have been in contact with during your sessions.

If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

It is important to note that Baseball Alberta insurance will not cover any claims relating to communicable diseases or pandemics and that most policies now include specific pandemic exclusions.



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APPENDIX 1: RESOURCES

Alberta's Relaunch Strategy

<https://www.alberta.ca/alberta-relaunch-strategy.aspx#stages>

COVID-19 Info for Albertans

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Help Prevent the Spread

<https://www.alberta.ca/prevent-the-spread.aspx>

Guidance for Sport, Physical Activity and Recreation Document

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

BizConnect

<https://www.alberta.ca/assets/documents/covid-19-workplace-guidance-for-business-owners.pdf>

COVID-19 Info Posters

<https://www.alberta.ca/covid-19-information-posters.aspx>

List of Usable Disinfectants (Hard Surfaces Only)

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

ABTraceTogether

<https://www.alberta.ca/ab-trace-together.aspx>

COVID-19 Orders and Legislation

<https://www.alberta.ca/covid-19-orders-and-legislation.aspx>



[illegible]

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APPENDIX 4: STAFF/COACH CHECKLIST

Prior to Training Day

- ☐ Communicate with participants attending session a minimum 24 hours prior to training session.
Communication to include:
 - ☐ Communicate if they are feeling unwell or showing signs of COVID-19 Symptoms to not attend practice.
 - ☐ Social Distancing Guidelines
 - ☐ Individual Labeled Equipment (helmets, gloves, bats, etc.)
 - ☐ Gathering Restrictions both on field and in parking lots
 - ☐ Practice Plan Outline. Ensure staggered arrival times are listed.
- ☐ Coaches to disinfect and pack all training equipment and additional items to ensure safe training session. (A list of safe training items can be found on Appendix 1).
- ☐ Eat before you leave
- ☐ Use the washroom

At Training Session

- ☐ Ensure proper signage is visible to all participants attending the training session prior to their arrival.
- ☐ Set up established entrances & exits with traffic flow considerations.
- ☐ Set up training equipment (sanitized prior to arrival) and distancing cones for each station. Coach to put on surgical gloves to handle set up of all sanitized equipment.
 - ☐ Set up hand sanitizing stations for participant use before, during, and after training.
 - ☐ Individual hitting areas at least 40 feet apart between participants, marked with cones.
 - ☐ Individual throwing areas at least 30 feet apart between participants, marked with cones.
 - ☐ Individual fielding areas at least 30 feet apart between participants, marked by cones.
- ☐ Complete the contact tracing log for each participant (including coaches).
- ☐ Sanitize all shared equipment between sessions (tees, cones etc).
- ☐ Consider wearing PPE (masks, gloves) at all times, must wear PPE if dealing with an injured player
- ☐ Consider bringing personal hand sanitizer.

After Training Session

- ☐ Ensure participants have retrieved all their equipment prior to leaving the training area.
- ☐ Take down any established entrances & exits.
- ☐ All coaches and players to use sanitizing station before leaving the training area.
- ☐ Coach to sanitize all training equipment prior to returning items into storage or vehicle.
- ☐ Any team communication after training session to be done virtually. No post training meetings.



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APPENDIX 5: PLAYER CHECKLIST

Before you Leave For Your Session

- ❑ DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- ❑ Check for communication from coaches on practice plan, potential fields closures, etc.
- ❑ Eat before you leave – only water is allowed at training session.
- ❑ Thoroughly wash your hands with soap and warm water.
- ❑ Wash/sanitize all equipment (bats, gloves, helmets, water bottle, etc.).
- ❑ Mark all personal equipment with player initials.
- ❑ Use the washroom.

At Training Session

- ❑ Respect social distancing guidelines.
- ❑ Register with coach regarding contact tracing log. Report any symptoms during screening process.
- ❑ DO NOT share any personal equipment or water bottles with participants.
- ❑ Players to keep labeled equipment bag with them at all times.

After Training Session

- ❑ No loitering once the training session is complete.
- ❑ Exit through established exits.
- ❑ Wash at provided hand washing stations.
- ❑ Respect social distancing guidelines.
- ❑ Thoroughly wash water bottles with soap and warm water at home.
- ❑ Thoroughly wash equipment at home.



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APPENDIX 6: ASSOCIATION CHECKLIST

Government Requirements

- ☐ Federal / Provincial restrictions have been lifted to allow for baseball training to occur.

Municipal / Regional Requirements

- ☐ Municipal restrictions have been lifted to allow for baseball training to occur in my area.

Return to Train Requirements

General Requirements

- ☐ Only responsible individuals over the age of 18 to oversee activities.
- ☐ Social distancing measures of minimum 2 metres between individuals not in the same household implemented.
- ☐ Group sizes for training does not exceed the maximum of 50; inclusive of drop off/pick up, coaches, managers, and players at any given time during the sessions.
- ☐ Personal Hygiene measures are in place for all activities (training and administration).
 - ☐ Frequent hand washing / sanitization
 - ☐ Cough / Sneeze etiquette
 - ☐ Do not attend if feeling any Covid-19 symptoms
- ☐ Personal Protective Equipment has been provided to all staff, coaches, and/or volunteers for circumstances where social distancing cannot be maintained (example: First Aid)
- ☐ Process for Contact Tracing has been implemented and secure storage/retention of information is in place.
- ☐ Process for Equipment sign out / sanitization has been implemented and secure storage/retention of information is in place. Shared equipment must be sanitized after each session.

Operational Activity Requirements (ALL Waivers and Agreements must be emailed to operations@baseballalberta.com PRIOR to returning to train).

- ☐ Signed waiver forms collected for ALL participants, and coaching staffs PRIOR to attendance at any training sessions.
- ☐ Association Presidents must sign the Presidential Agreement prior to authorizing coaches and volunteers to return to train.
- ☐ Associations must ensure all coaches and volunteers sign the Coach/Volunteer Agreement form prior to attending any training session.



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APPENDIX 7: DRILL RECOMMENDATIONS & TUTORIAL VIDEO LINK

All activities are designed to be performed individually and performed with appropriate physical distancing from all other players / coaches present at the training session.

Hitting:

Hitting drills off of a batting tee into a fence (whiffle balls) or catch net.

Individual hitting areas at least 40 feet apart, marked with cones.

Examples: One handed stop swings
Two handed stop swings
Inside approach drill
Side toss with sibling or parent

Throwing:

Throwing drills into a fence or catch net.

Individual throwing areas at least 30 feet apart, marked with cones.

Examples: Elbows up (scarecrow)
Thumb down
Rock and fire
Long toss
With a sibling or parent as a partner

Fielding:

Individuals throwing a ball against a wall and fielding the ground ball from the wall.

Individual fielding areas at least 30 feet apart, marked by cones.

Examples: Short distance short hops
Longer distance groundballs – right at fielder and to the left and right
Back hands/forehands for short and longer distance
One handed short distance with fielder on both knees
All drills can be done with or without a glove.

Base Running:

One player at a time. Players kept at least 10 feet apart as they line up to await their turn, marked with cones.

Examples: Home to first base – straight through
Home to first base – with a turn
Leads and breaks – ground ball break
Leads and breaks – straight steal
First base to third base – receiving instructions from third base coach



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APPENDIX 8: YOUTH FORMS (MANDATORY)

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

(To be executed by Participants under the Age of Majority)

WARNING! By signing this document you will assume certain risks and responsibilities and waive certain legal rights. Please read carefully

Participant's Name: _____

1. **This is a binding legal agreement. Clarify any questions or concerns before signing. In consideration of the opportunity to participate as a Participant in** the spectating, orientation, instruction, training, participation in the sport of baseball, related baseball disciplines, activities, programs, travel to and from competitive events and associated non-competitive events, including the services of and offered (the "Activities") by Baseball Alberta its respective, directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, governing body, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the following terms:

Description of Risks

2. The Participant and the Participant's Parent/Guardian understand and acknowledge the following risks dangers and hazards (the "Risks") of the Activities and related disciplines which include without limitation:
 - a) strenuous and demanding physical exertion, strenuous cardiovascular workouts, rapid movements, exertion and tension on various muscle groups which may cause serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or the Participant's general health and well being.
 - b) Concussion or other related head injuries including but not limited to closed head injury or blunt head trauma.
 - c) Loss of or damage to equipment/property.
 - d) Exposure to contaminants, contagions, the **SARS-CoV-2 Virus** or other viruses or pathogens;
 - e) Exposure to extreme conditions and circumstances.
 - f) Contact with other participants, officials, administrators, spectators, or other natural or manmade objects, dangers arising from adverse weather conditions, imperfect field of play conditions, equipment failure or malfunction, inadequate safety measures and participants of varying skill levels.
3. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for **serious bodily injury, sickness, disease, contagion including but not limited to the SARS-CoV-2 Virus, COVID-19, permanent disability, paralysis, loss of life.**
4. The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming.
5. The Participant and the Participant's Parent/Guardian understand that these Risks may be caused in whole or in part by the Participant's own actions or inactions, the actions or inactions of others participating in or present during the Activities, or the negligent acts or omissions of the Organization.

We have read and agree to be bound by paragraphs 1-5



Terms and Attestation

6. The Participant and the Participant's Parent/Guardian attest, acknowledge and agree:
- a) That the Participant is in good physical and mental condition to participate in the Activities.
 - b) The Participant will comply with the rules and regulations for participation in the Activities including those that are a condition of use of the facility or venue in which the Activities occur.
 - c) **The Participant and the Participant's Parent/Guardian will comply with all rules and regulations of the Organization, Canada, Alberta and Public Health concerning matters of health and safety and specifically as they relate to the SARS-CoV-2 Virus and COVID-19.**
 - d) If the Participant observes a significant hazard or risk, the Participant will remove themselves from participation in the Activities and report the hazard or risk to the attention of an Organization representative immediately.
 - e) That the Organization does not undertake to provide health, accident, disability, hospitalization, personal property or other insurance for the Participant.
 - f) When the Participant practices or trains in the Participant's own space, the Participant is responsible for the surroundings and the location and equipment that the Participant selects.
 - g) That it is the Participant and the Participant's Parent/Guardian's sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity; and
 - h) That the Participant and the Participant's Parent/Guardian are responsible for the choice of the Participant's safety equipment, if required or recommended, and the secure fitting of the safety equipment.



We have read and agree to be bound by paragraphs 6

Release of Liability

7. The Participant and the Participant's Parent/Guardian hereby expressly assumes all such Risks and responsibility for any damages, liabilities, losses including loss of income, expenses, or related loss which they incur as a result of the Participant's participation in the Activities.

Jurisdiction

8. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the province of Alberta, Canada and they further agree that the substantive law of the Province of Alberta will apply without regard to conflict of law rules and that this Agreement may be raised as a defence to such action.

Severability

9. The Parties further agrees that if any portion of this agreement is found to be void or unenforceable the remaining sections of the document shall remain in full force and effect.



We have read and agree to be bound by paragraphs 7-9

Acknowledgement

10. The Participant and the Participant's Parent/Guardian acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives. The Participant and the Participant's Parent/Guardian further acknowledge by signing this agreement they have waived the right to maintain a lawsuit against the Organization on the basis of any claims from which they have released herein.

Name of Participant (print)

Signature of Participant

Date of Birth

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date



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APPENDIX 9: ADULT FORMS (MANDATORY)

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

(To be executed by Participants over the Age of Majority)

WARNING! By signing this document you will assume certain risks and responsibilities and waive certain legal rights. Please read carefully

1. **This is a binding legal agreement. Clarify any questions or concerns before signing. In consideration of the opportunity to participate as a Participant in** the spectating, orientation, instruction, training, participation in the sport of baseball, related baseball disciplines, activities, programs, travel to and from competitive events and associated non-competitive events, including the services of and offered (the “Activities”) by Baseball Alberta its respective, directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, governing body, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the “Organization”) the undersigned, being the Participant (collectively the “Parties”), acknowledge and agree to the following terms:

Description of Risks

2. The Participant understands and acknowledges the following risks dangers and hazards (the “Risks”) of the Activities and related disciplines which include without limitation:
 - a) strenuous and demanding physical exertion, strenuous cardiovascular workouts, rapid movements, exertion and tension on various muscle groups which may cause serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant’s body or the Participant’s general health and well being.
 - b) Concussion or other related head injuries including but not limited to closed head injury or blunt head trauma.
 - c) Loss of or damage to equipment/property.
 - d) Exposure to contaminants, contagions, the **SARS-CoV-2 Virus** or other viruses or pathogens;
 - e) Exposure to extreme conditions and circumstances.
 - f) Contact with other participants, officials, administrators, spectators, or other natural or manmade objects, dangers arising from adverse weather conditions, imperfect field of play conditions, equipment failure or malfunction, inadequate safety measures and participants of varying skill levels.
3. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for **serious bodily injury, sickness, disease, contagion including but not limited to the SARS-CoV-2 Virus, COVID-19, permanent disability, paralysis, loss of life.**
4. The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming.
5. The Participant understands that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in or present during the Activities, or the negligent acts or omissions of the Organization.



I have read and agree to be bound by paragraphs 1-5



Terms and Attestation

6. The Participant attests, acknowledges and agrees:
 - a) That the Participant is in good physical and mental condition to participate in the Activities.
 - b) The Participant will comply with the rules and regulations for participation in the Activities including those that are a condition of use of the facility or venue in which the Activities occur.
 - c) **The Participant will comply with all rules and regulations of the Organization, Canada, Alberta and Public Health concerning matters of health and safety and specifically as they relate to the SARS-CoV-2 Virus and COVID-19.**
 - d) If the Participant observes a significant hazard or risk, the Participant will remove themselves from participation in the Activities and report the hazard or risk to the attention of an Organization representative immediately.
 - e) That the Organization does not undertake to provide health, accident, disability, hospitalization, personal property or other insurance for the Participant
 - f) When the Participant practices or trains in the Participant's own space, the Participant is responsible for the surroundings and the location and equipment that the Participant selects.
 - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity; and
 - h) That they are responsible for the choice of the Participant's safety equipment, if required or recommended, and the secure fitting of the safety equipment.



I have read and agree to be bound by paragraph 6

Release of Liability and Waiver

7. The Participant hereby expressly assumes all such Risks and responsibility for any damages, liabilities, losses including loss of income, expenses, or related loss which they incur as a result of the Participant's participation in the Activities.
8. The Participant waives any and all claims that they may have now or in the future against the Organization and covenant not to sue the Organization.
9. The Participant forever releases the Organization from any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which they have or may have in the future, that might arise out of, result from, or relate to participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization. That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities.
10. The Participant agrees that if, despite this release and waiver of liability, assumption of risk and indemnity agreement, the Participant or anyone on their behalf, makes a claim against the Organization or any third party that claims indemnification from the Organization, the Participant WILL INDEMNIFY, SAVE AND HOLD HARMLESS the Organization from any litigation expenses, legal fees, loss, liability, damage or costs which any may incur as a result of such claim, to the fullest extent permitted by law.



I have read and agree to be bound by paragraphs 7 --10

Jurisdiction

11. The Participant agrees that in the event that they file a lawsuit against the Organization, they agree to do so solely in the province of Alberta, Canada and further agree that the substantive law of the Alberta will apply without regard to conflict of law rules and that this Agreement may be raised as a defence to such action. The Participant further agrees that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.



I have read and agree to be bound by paragraph 11



Acknowledgement

12. The Participant acknowledges that the Participant has read and understands this agreement, that the Participant has executed this agreement voluntarily, and that this agreement is to be binding upon the Participant, the Participant's heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. The Participant further acknowledge by signing this agreement the Participant has waived the Participant's right to maintain a lawsuit against the Organization on the basis of any claims from which the Participant has released herein.

Name of Participant (print)

Signature of Participant

Date



Return to Train Plan

APPENDIX 10: COVID 19 QUESTIONNAIRE AND ATTESTATION

I attest that I am not experiencing any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise (severe fatigue or feeling of being generally unwell).

If I develop these symptoms, I agree that I will leave the premises immediately and immediately inform the coach, Off-Field Manager, or other responsible adult who is supervising the activity.

I am aware that I must follow the safety and hygiene protocols of Dominion of Canada, Alberta, Public Health, and Baseball Alberta.

I attest that:

- I have not traveled internationally in the past 14 days.
- I have not traveled outside the province of Alberta in the last 14 days.
- I have not travelled to an area highly impacted by COVID-19 within my province in the past 14 days.
- I have not and do not believe that I have been exposed to a person with a confirmed or suspected case of COVID-19.

I attest that:

- I have not been diagnosed with COVID-19

OR

- I have been diagnosed with COVID-19 and been cleared as noncontagious by provincial or local public health authorities (confirmation from a medical practitioner will be required and maintained in a confidential file by the organization)

I acknowledge and agree that I will follow recommended guidelines, laws and protocols of Dominion of Canada, Alberta, Public Health, and Baseball Alberta in order to reduce the spread of COVID-19

I acknowledge that the forgoing statements are true.

Adult Participant: Printed Name _____

Date of Birth: _____

Participant's Signature: _____

Organization: _____

PARENTAL ATTESTATION (if participant is under the age of 18)

Name of Participant:

Printed Name of Parent/Guardian: _____

Parent/Guardian Signature _____





BASEBALL ALBERTA RETURN TO TRAIN/ PLAY

MEMBER ASSOCIATION PRESIDENTIAL ACKNOWLEDGEMENT/ AGREEMENT

I _____ have read, understand, acknowledge the guidelines put in place by Baseball Alberta's Return to Train/Play documents and will ensure that _____ and all of its staff, coaches, players and volunteers follow these guidelines during all baseball activities when they are permissible to resume in my association's jurisdiction. I understand that Baseball Alberta may release updates and/or changes to these documents, and it is my responsibility to ensure all stakeholders of my association are informed and agree to any updates and/or changes that are released.

X

President of Member Association

Date





Updated as of July 22nd, 2020

BASEBALL ALBERTA RETURN TO TRAIN/ PLAY
COACH/VOLUNTEER ACKNOWLEDGEMENT/ AGREEMENT

I _____ have read, understand, acknowledge the guidelines put in place by Baseball Alberta's Return to Train/Play documents and will ensure that I, along with those players and volunteers I am responsible for, are made aware of and will follow these guidelines during all baseball activities when they are permissible to resume in my association's jurisdiction.

X

Individual Responsible for Baseball Activities

Date

