

Baseball Alberta



Return to Baseball

Return to Baseball Plan

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Completion of these documents is **mandatory.



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INTRODUCTION

Baseball Alberta is excited to see many teams continuing baseball into the winter months and using our Return to Baseball Guidelines. As we move indoors, we must continue not to exceed any government mandates while we are training or participating in game like activities.

Each association must carefully consider the best approach to take when training and modified gameplay, just as each family can choose whether to participate in a Return to Baseball scenario. We recognize there are different levels of comfort from individuals and associations. Baseball Alberta will fully support associations who choose to stay with the Return to Train activities.

Baseball Alberta also advises all our member associations to continue 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 ask organizations at all levels of membership to actively communicate our official information updates by posting this information on their websites, 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>

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). 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.

*It is important to note that these guidelines were published using the information available from Alberta Health Services (AHS) as of October 2020 using the Guidance for Sport, Physical Activity and Recreation document. 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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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 from other players and coaches when arriving at your session, as well as during the session. Wear a mask in all indoor workplaces. Avoid overcrowded areas. Limit the number of people you come into close contact with.</p> <p>Participants must remain 2 metres apart at all times. All pregame warmups and drills created and implemented must ensure physical distance requirements are met. No usage of dugouts to store equipment, bags etc. Dugout only to be used during game play with a maximum of three people in the dugout at any time (more detail on page 7). When not in the dugout, players will have designated seating on the spectator bleachers. Parents should remain aware of the social distancing guidelines if they plan on staying for the duration of the session. Players must only be at the premises while they are participating in the activity session.</p>	<p>https://www.alberta.ca/pr-event-the-spread.aspx</p>
Gatherings	<p>The activity must align with current gathering restrictions issued by Alberta Health Services. EFFECTIVE NOVEMBER 24th</p> <p>No indoor social gatherings are permitted in any setting (private homes, public spaces or workplaces). Indoor close contacts must be limited to people in the same household. Outdoor social gatherings are limited to 10 people and must not have an indoor component. Attendees should remain distanced at all times and follow public health measures. Indoor group physical activities are prohibited unless: the group only involves members of the same household, the activity involves students at a school or post-secondary institution as part of an education program, or the activity involves students at a post-secondary institution. One-to-one indoor training, such as training with a fitness trainer or coach, is permitted.</p>	<p>https://www.alberta.ca/restrictions-on-gatherings.aspx</p>
Hygiene	<p>Stay at home if you are feeling sick. Wash and sanitize your hands often. Cover your coughs and sneezes. Avoid touching your face.</p> <p>Activity organizers must ensure participants comply with all hygiene measures in effect. See link for further detail on hygiene measures.</p>	<p>https://www.alberta.ca/infection-prevention-and-control.aspx</p>
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>	<p>https://www.alberta.ca/assets/documents/covid-19-guidance-for-wearing-non-medical-masks.pdf</p>



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ORGANIZATIONAL GUIDELINES

Organizations providing baseball programming 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 prior to participating in any sanctioned baseball activity. This waiver can be found on the Return to Baseball tab on the Baseball Alberta website
Scheduling	Activities must allow a buffer between games and avoid an overlap of players on the field and/or congestion during pick-up / drop-off.
Spectators	Spectators should be kept out of participant spaces (e.g., fields of play, courts, ice surfaces). With 2 metres of distance maintained between members of different households (with the exception of core/household cohorts), the following capacity restrictions apply (as of Nov 24th): Outdoor social gatherings are limited to 10 people and must not have an indoor component, cheering and yelling is strongly discouraged as it presents a high risk of spreading droplets, it is strongly recommended that spectators wear masks. No indoor social gatherings are permitted in any setting (private homes, public spaces or workplaces). For further information regarding indoor spectators, please follow your facilities current spectator guidelines.
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. Hand hygiene should occur before and after each activity.
Signage	Ensure proper signage is visible to all participants attending the session prior to their arrival. Signage requirements may differ between locations. Please check with your association or local municipality regarding signage requirements.
Equipment	Participants should be encouraged to bring their own equipment. Any shared equipment should be cleaned and sanitized at an increased frequency, and between each use. Where equipment is rented, operators should clean and disinfect between each use. Hands should be cleaned before and after using sporting gloves. Sporting gloves should be cleaned after each use. Discontinue use of equipment that is in disrepair, as these items cannot be effectively sanitized. Ensure equipment not being used is in players individually marked bags. Coaches to set up training equipment (sanitized prior to arrival) and distancing cones for each station. Coach will be required to use own equipment for demonstration purposes.
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 are to complete the “COVID-19 symptoms checklist” prior to arrival at the diamond to ensure they are not experiencing any symptoms related to COVID-19.
Contact Tracing	Team officials should record the names of all individuals in each cohort/mini-league to assist AHS should an individual test positive for COVID-19 and contact tracing is necessary. Contact tracing must be completed for each session 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. For more info on contact tracing and record keeping please see the Guidance for Sport, Physical Activity and Recreation Document.
Travel Guidelines	Where 2 metre physical distancing between individuals is maintained or the mini-league model is employed, travel for sport, physical and recreational activities is allowed. Tournaments, races and competitive events are permitted for sport, physical activity and recreational activities where participant can maintain 2 metre physical distancing at all times, or they follow the mini league model. If 2 metres distance or the mini-league model are not options, the tournament/event is not permitted. Tournament/events that compel a new cohort team to be formed for a short period (e.g., a weekend) are not permitted at this time. Nov 24th UPDATE: Indoor group physical activities are currently prohibited.



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COHORT INFORMATION

November 24th UPDATE: Indoor group physical activities are currently prohibited therefore, sport cohorts should not be participating in any group or team training. One-to-one indoor training, such as training with a fitness trainer or coach, is permitted.

When playing a sport or engaging in a physical activity that involves or requires multiple participants/players and where it is not possible to maintain a physical distance of 2 metres from other participants/players, the individuals in the group should form a cohort.

- The cohort should always include only the same people.
 - Cohorts limit the risk of disease transmission because they reduce the number of people with whom players/participants have close contact.
- More information on cohorts is available on Page 11.
- The maximum number of individuals that can form a cohort is 50.
 - The 50-person maximum includes any coaches/staff, instructors, participants, officials, and volunteers who consistently and routinely engage with participants at a distance of less than 2 metres.
 - Coaches, staff and officials who primarily interact with individuals or teams at a distance of 2 metres or greater do not need to be counted as part of the cohort. These individuals are required to wear a mask and perform proper hand hygiene if it becomes necessary to temporarily interact with cohorting participants at a distance of less than 2 metres.
- Transportation to and from activities should be arranged so that only cohort members, or members from the same household, share rides.
- 50-person mini-leagues can be formed for sports, physical activity and recreation that involve physical interaction of participants at a distance of less than 2 metres.
- A mini-league can be comprised of multiple teams, but to a maximum of 50 individuals.
 - Game play should be limited to teams in the same mini-league.
 - Teams that belong to other mini-leagues should not play each other.
- Individuals should limit the number of cohorts/mini-leagues they belong to.
- If an individual or team member wishes to change cohorts/mini-leagues, they should not participate in a new cohort activity for 14 days (this reflects the incubation period of the virus).
- If a mini-league comes to completion during Stage 2, a new mini-league comprised of new cohort teams may be formed, provided that there is a 14-day period between completion of play in the old mini-league and the beginning of the new mini-league.
- It is recommended that mini-leagues appoint a responsible person whose role is to ensure cohort rules and other public health guidance are followed. 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.

It is strongly recommended that individuals limit the number of cohorts/ mini leagues they are involved in. 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.

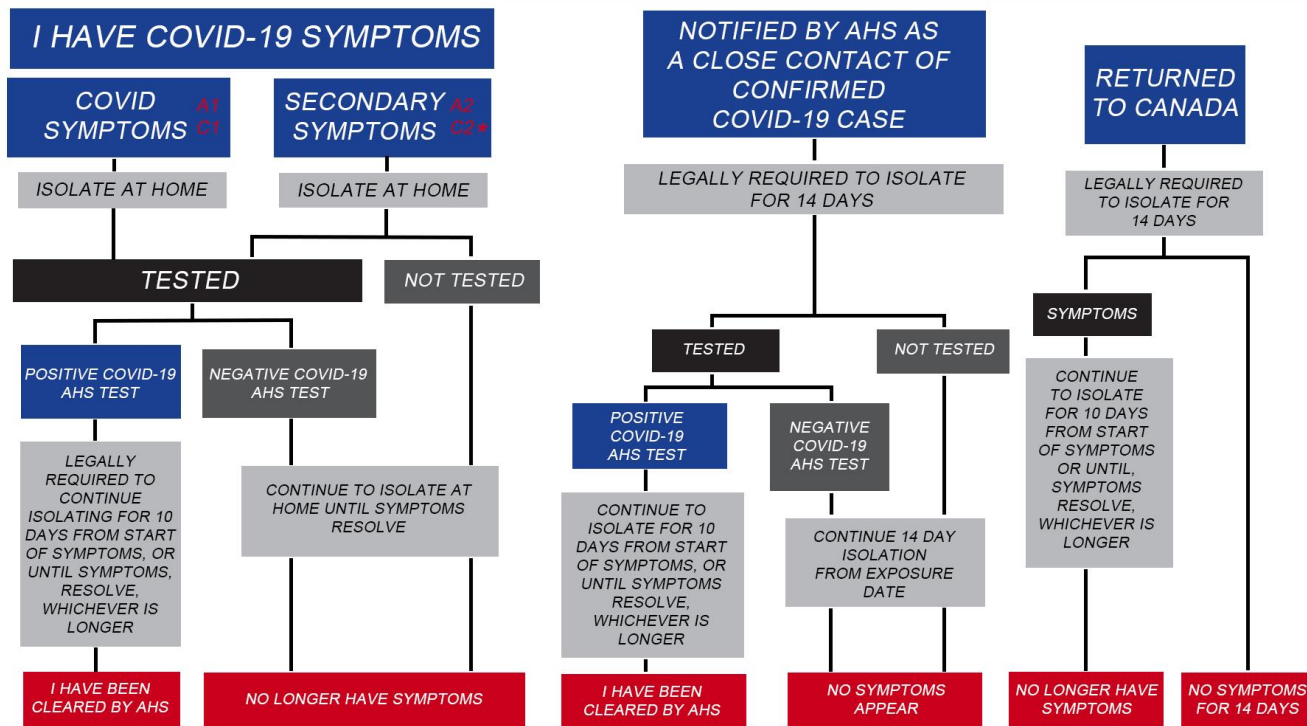


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OUTBREAK RESPONSE PLAN



CAN I PARTICIPATE IN BASEBALL?



RETURN TO BASEBALL

BASEBALLALBERTA.COM

ADULT 18 YEARS AND OLDER

A1 COVID-19 SYMPTOMS
COUGH (NEW OR WORSENING) FEVER, SHORTNESS OF BREATH, RUNNY NOSE, SORE THROAT

A2 SECONDARY SYMPTOMS
CHILLS, PAINFUL SWALLOWING, STUFFY NOSE, HEADACHES, MUSCLE OR JOINT ACHES, FATIGUE OR SEVERE EXHAUSTION, LOSS OF SMELL OR TASTE, PINK EYE, GASTROINTESTINAL ISSUES

CHILD UNDER 18 YEARS

C1 COVID-19 SYMPTOMS
COUGH (NEW OR WORSENING) FEVER, SHORTNESS OF BREATH, LOSS OF SMELL OR TASTE

C2 SECONDARY SYMPTOMS
CHILLS, PAINFUL SWALLOWING, STUFFY NOSE, HEADACHES, MUSCLE OR JOINT ACHES, FATIGUE OR SEVERE EXHAUSTION, LOSS OF SMELL OR TASTE, PINK EYE, GASTROINTESTINAL ISSUES, RUNNY NOSE, SORE THROAT

* ONLY 1 SECONDARY SYMPTOM. STAY HOME & MONITOR FOR 24 HOURS. IF IMPROVED AND FEEL WELL, RESUME ACTIVITIES. 2 OR MORE SECONDARY SYMPTOMS, FOLLOW FLOW CHART

ALBERTA.CA/COVID19

If an attendee tests positive, AHS will only request information about the attendee’s participation in sport, physical activity or recreation if it is deemed that a potential exposure is likely to have occurred during such activity. When interviewing a person who has tested positive, AHS public health investigators will determine if there are close contacts that should be made aware/notified based on the period of infectivity and the organization’s compliance with public health guidance. This might involve a call to the team representatives or players, but only if necessary. It is important that all Cohorts keep daily program attendance to share with AHS if tracing is required. 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>

Regional Map

<https://www.alberta.ca/maps/covid-19-status-map.htm>

Cohort Guidance Document

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>



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APPENDIX 2: CONTACT TRACING LOG (template)

Date of Session:

Session Start Time: _____

Session End Time: _____

Overview

This tool has been developed to support schools, activity organizers, employers, businesses and facility operators in reducing the risk of transmission of COVID-19 among attendees/staff. The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should complete this checklist prior to participating in the activity or program. Children and youth may need a parent to assist them to complete this screening tool.

If an individual answers **YES** to any of the questions, they **must not** be allowed to attend or participate in the activity or program. *Individuals with fever, cough, shortness of breath, runny nose, or sore throat, are required to isolate for 10 days per [CMOH Order 05-2020](#) unless they receive a negative COVID-19 test and are feeling better. Use the [AHS Online Assessment Tool](#) to determine if testing is recommended and follow information on [isolation requirements](#).

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

Screening Questions

1.	Does the attendee have any new onset (or worsening) of any of the following symptoms:	CIRCLE ONE	
		YES	NO
	• <i>Fever*</i>	YES	NO
	• <i>Cough*</i>	YES	NO
	• <i>Shortness of breath / difficulty breathing*</i>	YES	NO
	• <i>Runny nose*</i>	YES	NO
	• <i>Sore throat*</i>	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Nasal congestion	YES	NO
	• Feeling unwell / fatigued	YES	NO
	• Nausea / vomiting / diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the attendee travelled outside of Canada in the last 14 days ¹ ?	YES	NO
3.	Has the attendee had close contact ² with a confirmed case of COVID-19 in the last 14 days?	YES	NO
4.	Has the attendee had close contact with an individual who has any one of the first 5 symptoms on this list (shaded) AND who is a close contact of a confirmed case of COVID-19 in the last 14 days?	YES	NO

¹ Individuals legally required to quarantine for 14 days when entering or returning to Alberta from outside Canada

² Face-to-face contact within 2 metres. A health care worker in an occupational setting wearing recommended personal protective equipment is not considered to be a close contact.

The log can be electronic or completed on site by a responsible adult. The information collected on this document is being collected to assist in the management of the COVID-19 pandemic. This information will be kept in a safe and secure location and will be provided to Alberta Health Services on request if it is required for contact tracing purposes. **(Association name)** will not use this information for any other purpose and will destroy this record after six weeks. Under Privacy Regulations you have a right to access and correct any information we hold about you.



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APPENDIX 3: EQUIPMENT SIGN OUT / SANITIZATION LOG (template)

Date	Full Name	Email	Phone	Time IN	Time OUT	Equipment	Confirm Sanitization

The information on this document is being collected to assist in the management of the COVID-19 pandemic. This information will be kept in a safe and secure location and will be provided to Alberta Health Services on request if it is required for contact tracing purposes. (Association name) will not use this information for any other purpose and will destroy this record after six weeks. Under Privacy Regulations you have a right to access and correct any information we hold about you.



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APPENDIX 4: STAFF/COACH CHECKLIST

Prior to Session

Host a virtual parent meeting prior to the season to educate families of the Return to Baseball

Guidelines

- Communicate with participants attending session a minimum 24 hours prior to session.
Communication to include:
 - Practice Plan Outline
 - Social Distancing Guidelines
 - Individual Labeled Equipment (helmets, gloves, bats, etc.)
 - Gathering Restrictions both on field and in parking lots
 - Insure all participants have signed an Informed Consent – Assumption of Risk Agreement Waiver
- Coaches will disinfect and pack all equipment, and any additional items to ensure safe gameplay. (A list of safe items can be found on Appendix 1).
- Eat before you leave.
- Use the washroom before you leave.
- Ensure each participant completes the contact tracing log (including coaches)
- Insure all participants have signed the Covid-19 Association Questionnaire and Attestation Form within 24 hours of their program start date.

During Session

- Ensure proper signage is visible to all participants attending the session prior to their arrival.
- Set up established entrances & exits with traffic flow considerations.
- Track all individuals present at each baseball activity. Ensure they completed and passed the checklist.
- Set up hand sanitizing stations for participant use before, during, and after gameplay.
- Sanitize all shared equipment between sessions (tees, cones etc).
- Maintain 2 metre distance from all participants where possible.
- Consider bringing personal hand sanitizer.
- No spitting, chewing of gum, or sunflower seeds.

After Session

- Ensure participants have retrieved all their equipment prior to leaving the area.
- Take down any established entrances & exits.
- All coaches and players to use sanitizing station before leaving the area.
- Coach to sanitize all equipment prior to returning items into storage or vehicle.
- Teams must respect social distancing guidelines when having a post game meeting.



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APPENDIX 5: PLAYER CHECKLIST

Prior to Session

- Insure you have signed an Informed Consent – Assumption of Risk Agreement
- 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 any potential updates.
- Eat before you leave – only water is allowed at 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.
- Complete the contact tracing log. Report any symptoms during screening process. Individuals that answer “yes” to any of the questions must not attend the session
- Insure you have signed the Covid-19 Association Questionnaire and Attestation Form within 24 hours of the program start date.

During Session

- Respect social distancing guidelines.
- DO NOT share any personal equipment or water bottles with participants.
- Players will have a designated spot on the spectator bleachers to use while not on the field.
- Players to keep labeled equipment bag with them at all times.
- No spitting, chewing of gum, or sunflower seeds.
- Members of the same cohort group will not always have to remain 2 metres apart. Protocols will be in place to limit these instances.

After Session

- No loitering once the gameplay 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.
- Teams must respect social distancing guidelines when having a post game meeting.



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APPENDIX 6: ASSOCIATION CHECKLIST

Government Requirements

- Federal / Provincial restrictions have been lifted to allow for a Return to Baseball to occur.

Municipal / Regional Requirements

- Municipal restrictions have been lifted to allow for a Return to Baseball to occur in my area.

Return to Baseball 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, however members of the same cohort group will not always have to remain 2 metres apart. Protocols will be in place to limit these instances. .
- Cohort group size does not exceed the maximum of 50 participants
- Personal Hygiene measures are in place for all activities (on field 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.
- Insure all participants have signed an Informed Consent – Assumption of Risk Agreement before engaging in baseball activities.
- Insure all participants have signed the Covid-19 Association Questionnaire and Attestation Form within 24 hours of their program start date.

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

**Waivers and Agreements will only need to be submitted at time of registration (Waivers and Agreements can be found on the Return to Baseball tab on the Baseball Alberta website.



Updated as of November 30th, 2020