Return to Baseball Plan

The Alberta Government has updated Covid-19 restrictions province wide with new restrictions taking effect as of April 6th, 2021. Baseball Alberta will update further details as they continue to be made available.

Youth and Collegiate Sport and Recreation Activities

Mandatory restrictions – Provincewide – Revised April 15th

Eligible participants include:

- Youth 18 years old and under (except for Calgary youth in grades 7 to 12 - see below)
- Members of a collegiate or university athletic program, if over 18 years old
- Coaches or trainers

Note: 19 Year olds ARE NOT permitted to participate in youth team sport activities until current restrictions are lifted.

NEW FOR CALGARY REGION

Effective April 19, all indoor sport and recreation activities are not permitted for grade 7 to 12 youth in the Municipality of Calgary.

- Outdoor sport and recreation activities and 1-on-1 indoor fitness with a trainer or coach are still permitted.
- Indoor activities may be moved outdoors, provided all safety requirements for outdoor physical activities are followed.
- Teams inside of Calgary cannot move activities to outside of Calgary.

FOR ALL OTHER REGIONS

Limited group physical activities allowed

- Lessons, practices and physical conditioning activities are allowed for indoor and outdoor minor sports/activities and school athletics (for example, school sport activities that are outside of a physical education class or related part of the school curriculum).
- Games are not allowed.

Safety requirements

- Maximum of 10 total individuals, including all coaches, trainers, and participants per group.
    - Indoor and outdoor playing surfaces (for example, arena, field, court or swimming pool) may be occupied by more than one youth group, as long as 3-metres of physical distancing can be maintained between groups of 10 and the groups do not intermingle.
- Physical distancing must be maintained between participants at all times:
    - 3 metres physical distance for indoor activities
    - 2 metres physical distance for outdoor activities
    - coaches or trainers may enter physical distancing space for brief interactions with participants (for example, to correct form or technique)
- Participants must be masked at all times, except during high intensity physical activity. Coaches and trainers must remain masked at all times.
- Access to change rooms must be limited, including accelerated arrival and departure, emergencies (for example, first aid) and washroom use.

One-on-one training is permitted

- One-on-one training with a fitness trainer or coach is allowed, with restrictions.
- Sessions have to be scheduled or by appointment. No drop-in or groups allowed.

One-on-One safety requirements:

- 3 metre physical distancing must be maintained at all times, regardless of the type or intensity of exercise. This includes between pairs of trainers and clients – sessions cannot interact.
- 2 metre physical distancing is required in all other areas of the facilitly, such as entryways and exits, change rooms, etc.
- Trainers must be professional, certified and/or paid trainers who are providing active instruction and correction. Passive supervision of a physical activity is not considered training.
- Each trainer can only interact with their assigned client, and each client can only interact with their assigned trainer. No interaction between clients or between trainers is allowed
- ‘Cycling through’ multiple trainers (as in circuit training) is not permitted.
- Masks must be worn by:
    - trainers at all times
    - clients at all times during low intensity exercise – masks are not required during high intensity exercise

***Please note: Starting February 8th, Baseball Alberta insurance will be valid for all baseball training activities that follow the current public health measures. Associations looking to start 1-on-1 training or group training sessions that follow the public health measures must ensure all players / coaches are registered with their Association. The required waiver forms for players are included in the RAMP registration set up. For Associations not using RAMP as their main registration platform, please download the appropriate waivers from the Baseball Alberta website.**

ALL participants (coaches & players) must sign:

- Return to Baseball Questionnaire and Attestation
- Waiver / Acknowledgement of Risk (17 & Under) to be signed by parent or legal guardian
- Waiver / Acknowledgement of Risk (18 & Older) to be signed by player or coach
- Individual Contract Tracing Log – to be completed within 4 hours of start of session.
- Association Contract Tracing Log – to be completed by responsible adult for each session.

Associations must collect and store all forms as well as track all individual and group sessions using the Contract Tracing Logs.

For further details regarding the new stronger public health measures please visit: https://www.alberta.ca/enhanced-public-health-measures.aspx

The Return to Play guidelines will be available to associations and posted on our website once the current health measures are lifted and we are able to return to baseball.