

Return to Baseball Plan

The Alberta Government has updated Covid-19 restrictions province wide with new restrictions taking effect as of March 1st, 2021. Baseball Alberta will update further details as they continue to be made available.

Step 2 for Outdoor Sport and Recreation Activities

Step 2 changes came into effect March 1. All other restrictions remain in effect.

School and team sport activities are permitted

Children and youth will be allowed to participate in limited school and team sport activities.

- Lessons, practices and conditioning activities are allowed for indoor and outdoor, team-based, minor sports/activities and school athletics.
- Games are not allowed.
- All participants must be 18 years old or younger, except coaches or trainers.
- Maximum of 10 total individuals, including all coaches, trainers, and participants.
 - A playing surface (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 the training activity. Coaches/trainers/etc. 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.

Safety requirements:

- One-on-one sessions cannot interact with others and there must be a minimum of 3 metres distance between sessions in the same facility.
- 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.
- Trainers should remain masked during the session. Clients are not required to wear a mask while doing high intensity exercise.
- Regardless of the type or intensity of exercise, trainers and clients must be separated by 3 metres at all times.
- More than one trainer and client 'pair' are allowed into the facility, studio, rink, court, pool, ice surface, etc. so long as:



- Each trainer and client stays 3 metres away from all other trainers and clients at all times, including in entryways and exits.
- 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.
- No 'cycling through' multiple trainers as in circuit training.

***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.

