BASEBALL SASK

2021 RETURN TO TRAIN & PLAY PROTOCOL

APRIL 28, 2021

NOTE: ALL UPDATES IN THIS RELEASE WILL BE HIGHLIGHTED IN YELLOW

UPDATE ON THE UPCOMING BASEBALL SEASON IN SASKATCHEWAN

What a crazy past 12 months that we have had trying to navigate our day-to-day activities amidst the Covid-19 pandemic. Fortunately, in 2020, we were eventually able to play the great game that we love. We are all crossing our fingers that we are able to do the same in 2021. Last year proved that we can all do what it takes, and we will be ready to do so again.

We are planning to have a season in 2021, we just don't fully understand what that will look like yet.

Once we receive further details from the Government of Saskatchewan and Saskatchewan Health Authority, we will be sure to keep our membership updated in this document.

For the time being, please see detailed below what is and is not currently allowed based on the Re-Open Saskatchewan Plan.

BASEBALL SASK ACTIVITIES (INDOOR AND OUTDOOR)

COVID-19 droplet transmission is much more likely when individuals are in close contact. The likelihood of transmission between individuals participating in sport, physical activity and recreation in an indoor setting is significantly higher. Transmission is less likely in an outdoor setting, where air flow is greater and there is more space for individuals to keep physically distanced.

COVID-19 can also be transmitted if someone touches a contaminated surface and then touches their face without washing their hands. Many activities involve shared equipment among participants, coaches/staff, instructors, officials or volunteers. The virus does not enter the body through skin; it enters through the eyes, nose or mouth when an individual touches their face. This is why regular hand hygiene and cleaning of high-touch surfaces are so important.

Each facility must establish a plan for how to avoid physical contact and the risk of COVID-19 transmission between participants.

Guidelines for General Operation

- The current public health restrictions prohibit team sporting activities such as games but does allow individual conditioning in groups of 8 players and 1-2 coaches.
- Designate one or more people to be responsible for ensuring compliance with these guidelines. This should not be someone engaged in other critical duties (e.g. coach, manager, instructor).
- Contactless fundraising activities are permitted.
- Staff and participants should be given information on physical distancing and other requirements prior to attending. Staff should discourage gathering.
- Signage must be posted to caution patrons about the risks of COVID-19.
- Encourage participants to arrive no more than five to 10 minutes before the scheduled activity to reduce people gathering in groups.

- When participating in any sport or activity, contact must be avoided.
- Encourage patrons to limit their time spent in the facility, as well as maintain physical distancing when returning to their vehicles or homes.
- Registration processes should be completed online whenever possible; however, if in-person registration is required, physical distancing and disinfecting pens between uses is required.
- Instruction is permitted with no contact, appropriate physical distancing.
- Spectator maximum capacity for the facility is 30 people as long as two metres of physical distancing can be maintained from other members of the public not included in their household group.
- Spectators should be limited as much as possible and priority given to parents and others needed to support the players, particularly for sports involving young children.
- Discourage gatherings of spectators in common areas.
- Spectators (excluding parents and guardians where necessary for player support) **MUST** be kept out of participant spaces (e.g. fields of play, courts, bench areas, change rooms).

Indoor Training

Large Floor Spaces (i.e. high school gym or large indoor facility) can be used for multiple groups of individuals for the purpose of conditioning and training if the following requirements are met:

- Physical distancing of five metres between groups of participants, and three metres for high intensity and two metres for low intensity activities between participants is maintained.
- Barriers/markings for other surfaces are required to prevent interaction and physical contact between groups of participants.
- Each group is limited to eight participants or less.
- Maximum number in the facility is 30, not including coaches and staff.
- Area is well ventilated.
- Groups are managed to avoid queuing or crowding (e.g. start and end times must be staggered between groups to prevent larger numbers in change rooms and walkways).

Outdoor Training

Many of our Member Groups are contacting Baseball Sask asking what the status is regarding outdoor training and how/if they can start planning their Outdoor Evaluations for the upcoming 2021 Baseball Season.

After reviewing the **Saskatchewan Re-Open Plan** , the following is now detailed for Outdoor Sport Training:

Update (APRIL 28, 2021)

- Age distinction removed for group training and conditioning for both team and individually practiced sports both indoors and out
- 19+ can now join 18 and under for training and conditioning in groups using the same format as 18 and under have been using, i.e.
    - Groups of 8, plus a coach or two

- Non-contact only
- 3 meters of physical distancing among all participants
- Masks are not required outdoors as long as physical distancing of 3 meters is maintained, but we encourage wearing them.
- Training and conditioning only
- Individual groups of eight (8) participants or less may share a diamond with other groups of eight (8) participants or less if they maintain 5 meters of physical distancing between the groups. Individual groups of eight (8) must remain in their own group throughout the training session. If coaches move to a different group in a training session, they must wear a mask. Please note the maximum group size outdoors is ten (10) people.
- Maximum group size on a diamond is limited to 30 persons.
- Non-essential travel, including interprovincial travel, is strongly discouraged. Travel is not recommended in or out of the Regina area unless absolutely necessary.
- Competition remains prohibited for all ages in team sports. This includes tournaments

However, depending on where you are located, you will need to contact your local Minor Ball Club to see what their position is on Outdoor Training and scheduling Player Evaluations. Based on the local Covid-19 situation, they may not be in a position to allow this yet and they will make the decisions at the local level.

Conditioning & Training

- Inter-provincial and intra-provincial team/mini-league competition is not permitted at this time.
- The Age distinction has been removed for group training and conditioning for both team and individually practiced sports both indoors and out.
- 19+ ages can now join 18 and under for training and conditioning in groups.
- maximum of 8 participants in a group, plus coaches (Maximum outdoor group size is 10 people)
- Non-contact only
- Participants within a group must maintain 3 meters of physical distancing.
- Masks are not required outdoors as long as physical distancing of 3 meters is maintained, but we encourage wearing them.
- Individual groups of eight (8) participants or less may share a diamond with other groups of eight (8) participants or less if they maintain 5 meters of physical distancing between the groups. Individual groups of eight (8) must remain in their own group throughout the training session. If coaches move to a different group in a training session, they must wear a mask. Please note the maximum group size outdoors is ten (10) people.
- Maximum group size on a diamond is limited to 30 persons.
- Non-essential travel, including interprovincial travel, is strongly discouraged. Travel is not recommended in or out of the Regina area unless absolutely necessary.
- **Games and Tournaments are not permitted.**

Participant Health and Illness

- Patrons/staff who are sick or symptomatic must not enter/participate. Participants, spectators and volunteers should use the Government of Saskatchewan's self-assessment tool for COVID-19 and follow the subsequent directions.
- Participants, coaches, instructors and spectators should continuously self-monitor.

- Organizers must keep a record of attendees. All players, spectators, staff and volunteers should be provided with a sign-in on arrival option, with name, phone number and/or email to facilitate contact tracing, if necessary. Records of attendance must be retained for a minimum of one month. Where possible, do not use a common pen. Providing this information is voluntary for attendees and can only be used for the purposes of COVID-19 contact tracing.
- If a person becomes sick, they should immediately stop participating and return home.
- If a person becomes sick or injured, and first aid or further care is required:
    - Try to limit the number of individuals in contact with the sick person.
    - Place a mask over the individual's mouth and nose if they are not able to do so. Maintain a safe distance until the mask is in place.
- First aid providers caring for people should follow standard precautions. Those who provide direct care requiring close or direct contact should wear a mask.
- Following care, first aid providers should discard the mask and gloves following standard procedures and perform hand hygiene.

Physical Distancing

- Physical distancing must be observed at all times, with a minimum of two metres of space between individuals and spectator groups from different households.
- Areas of congregation (e.g. benches, bleachers) must be set up and used in a way that adheres to physical distancing requirements (i.e. only allow every other row in bleachers, use visual cues, etc.).
- Pylons or other markers should define the group space.
- Schedules should be staggered, and the duration of the activity should be specified to promote physical distancing and allow for adequate cleaning and disinfection between uses.
- Wherever possible, promote physical distancing by:
    - Promoting one-way traffic flow to avoid individuals from inadvertently interacting.
    - Placing stickers or signage on the wall/floor every two metres.
    - Spacing seats or assigning seating at two-metre distances.
    - Reducing capacity in each venue in the facility.
    - Consider physical barriers (e.g. Plexiglas) at patron contact points.

Cleaning, Disinfection and Hand Hygiene (Indoor and Outdoor)

- Increase the frequency of cleaning and disinfecting of commonly touched surfaces and shared equipment, such as vending machines, water fountain handles, doorknobs, handrails, light switches, countertops, tables, equipment handles and consoles.
- All frequently touched surfaces should be cleaned and disinfected prior to a new group being provided access to field space, including benches, dugouts, bleachers, railings, picnic areas, gates, etc.
- Encourage participants to bring their own equipment to the facility.
- Participant-owned equipment, including sport gloves, should be visibly clean.
- Shared equipment (e.g. baseball gloves, baseballs, bats, etc.) must be disinfected frequently.
- Participants should clean their hands before and after using shared equipment
- Place hand sanitizer approved by Health Canada (DIN or NPN number) in dispensers or soap and water handwashing stations near doors, common use equipment, washrooms/locker rooms, courtside and team areas, and other high-touch locations for patrons and staff. Patrons should be encouraged to bring their own hand sanitizer when possible.

- Hand hygiene should be performed prior to play and contacting shared equipment, as well as through the duration of the activity (i.e. intermissions, breaks, etc.) and at the end.

Conduct

- Spitting (includes seeds, tobacco and fluids) and other similar activities increase the risk of transmission of COVID-19 and are not permitted.
- Individuals must not share personal items (i.e. equipment or beverage containers).
- Congratulatory gestures such as high fives and handshakes are not permitted.
- Spectators, participants and players, staff, coaches and volunteers should try to minimize cheering and whistling as much as possible to control the spread of COVID-19.
- Intentional contact during sport or activity must be avoided. Modifications to activities that avoid physical contact are required.

****NOTE****

The information in this document may change at any time based on any new updates made by the Government of Saskatchewan and Saskatchewan Health Authority. The most recent version will be dated on the cover page of this document.

The latest information will always be found in the link below from the Baseball Sask website:

https://www.baseballsask.ca/about/return-to-train-and-play-covid-19