

**COVID-19 PROTECTION
&
RETURN TO TRAIN
GUIDELINES**

June 17, 2020

PURPOSE:

The Return to Train Guideline (RTG), will be used as Cranbrook Minor Ball Association's requirements to protect players from injury and/or illness while under restrictive measures for COVID 19 (Coronavirus).

Procedures within the RTG, was developed on principles provided by ViaSport, Baseball Canada, Softball Canada, Baseball BC, Softball BC, & Little League Canada and developed to satisfy the BC Provincial Health Order and Restart Plan regarding COVID 19 (Coronavirus), limiting contact between players, providing measures for social distancing and not exceeding gatherings above 50 people.

Phase 3 of BC's Restart Plan is targeted for late June/early July, at which time easement on COVID 19 (Coronavirus) restrictions are expected to allow for more social engagement including internal travel/resorts, restaurants/pubs and theaters.

Through execution of the RTG, Cranbrook Minor Ball Association requests approval to commence skill development practices, beginning June 23, 2020. Due to a possible second wave of COVID 19 (Coronavirus) occurring in fall 2020, Cranbrook Minor Ball Association will end the development practices by July 31st. Approval for a fall practice program for September/October may be requested in August providing the Provincial Health Order permits.

Please note this Return to Train Guideline does not guarantee or claim to guarantee elimination of the spread of COVID 19 (Coronavirus) during a baseball and/or softball practice. Through adherence by all Cranbrook Minor Ball Association players, coaches, and parents to the RTG, risk, exposure to and spread of COVID 19 (Coronavirus) would be mitigated.

SCREENING FOR COVID 19 (CORONAVIRUS):

To ensure a safe practice environment, players, coaches or parents exhibiting any of the following symptoms will not be permitted to participate in practices nor visit the practice facility.

Generalized Symptoms:

- Fever or Chills
- Cough (new or worsening)
- Shortness of Breath (new or worsening)
- Pneumonia
- Upper respiratory tract Infection (ex. Rhinorrhea, Sore throat)

Mild Respiratory and/or Gastrointestinal Symptoms:

- Sore throat / painful swallowing
- Mild to moderate shortness of breath
- Stuffy or runny nose
- Loss of sense of smell
- Headache, muscle aches, fatigue or loss of appetite
- Gastrointestinal symptoms: nausea, vomiting, and/or diarrhea

Players, Coaches or Parents will not be permitted to participate in development practices or visit the facility, if they have experienced any of the following:

- Travelled outside of Canada within the past 14 days;
- Instructed in the past 14 days to self-isolate;
- Cared for, or had close contact with any persons with probable or confirmed symptoms of COVID19 (Coronavirus);
- Any member of a household has been ill in the past 14 days;
- Tested for COVID19 (Coronavirus) and results are pending;
- Work in any environment where cases of COVID19 (Coronavirus) have been diagnosed or an outbreak has been declared.

HYGIENE BEST PRACTICES:

Cough and Sneeze Etiquette:

Players are expected to follow cough/sneeze etiquette, which is a combination of measures that minimizes the transmission of diseases via droplet or airborne routes. Cough/sneeze etiquette includes the following components:

- Turn your head away from others and cover your mouth and nose using your elbow, a sleeve or tissue when coughing or sneezing.
- Use tissues to contain secretions and dispose of them promptly in a waste container, in a manner where those cleaning the container do not come in contact with wasted material.
- Do not shake hands, or touch others. Be cordial, smile and wave.
- Wash your hands often, and always after coughing, sneezing, or blowing your nose. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

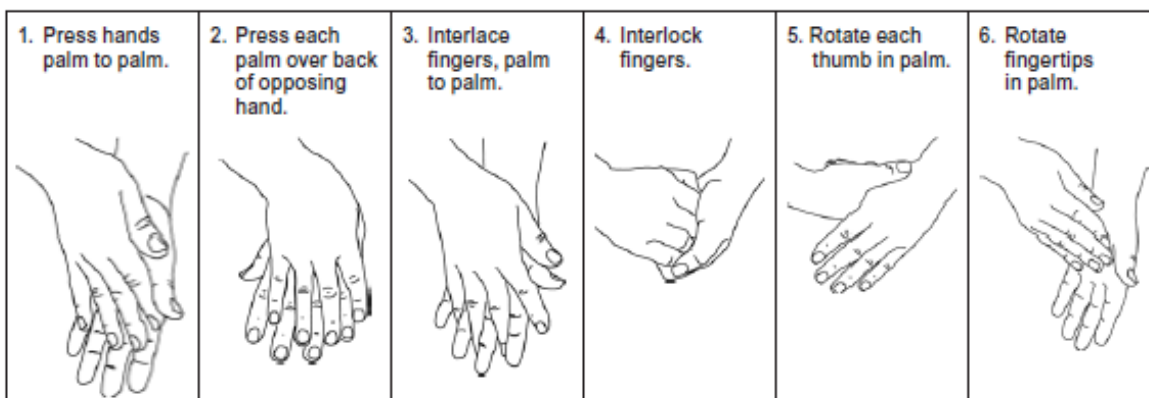
Hand Washing/Sanitizing

Hand washing or sanitizing is one of the best ways to minimize the risk of infection and transmission. Proper hand washing/sanitizing helps prevent the transfer of infectious material from the hands to other parts of the body — particularly the eyes, nose, and mouth — or to other surfaces that are touched. ***Wash/Sanitize your hands immediately:***

- When arriving at the field of play, when you leave the field of play, and often throughout the training session. (each player will be responsible to provide their own hand sanitizer).
- After handling materials that may be contaminated.
- Before eating, drinking, or touching your face for any other reason.

Hand Washing/Sanitizing Procedure:

Use warm water and soap or an alcohol-based hand sanitizer for at least 20 seconds.



FOUNDATIONAL REQUIREMENTS:

These activities shall not be permitted:

- No sharing of water bottles or food of any kind
 - No spitting, chewing gum or sunflower seeds
 - No sharing of personal helmets
 - No sharing of catcher's gear unless disinfected between personal uses
 - No sharing of any other equipment unless disinfected between personal uses
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- A Safety Observer will be designated for each group to ensure that the CMBA Return To Train Guidelines are being stringently adhered to.
 - All requirements in place for outdoor team sports, as dictated by Health Canada, The Interior Health Authority and Government of British Columbia, in regard to the maximum number of people permitted in outdoor gatherings, physical distancing and other protective rules, shall be observed by Cranbrook Minor Ball Association and its membership.
 - Anyone taking part in baseball shall observe proper hygienic practices while participating in any Cranbrook Minor Ball Association sanctioned events.
 - Anyone displaying **ANY** illness symptoms **WILL NOT** be allowed to participate.
 - Anyone who has been in contact with someone who is sick or not feeling well should also consider not participating.
 - Ride Sharing to be discouraged whenever possible.
 - Bases and baseballs are to be disinfected after each session.
 - All participants to disinfect their equipment after each event.
 - All uniforms or clothing to be washed after each event.
 - All participants to shower/bath at first opportunity after each event.
 - No sharing of personal items like phones, wallets, etc.
 - All commonly touched surfaces at the ballfield – benches, hooks on the back of the dugout, gates that are touched shall be disinfected at the end of each game/practice by the team using that area.
 - For any baseball facilities that have bathrooms and/or canteens, both areas shall be thoroughly cleaned and disinfected before each evening in use. If these areas are being used for an entire day, these areas also should be cleaned and disinfected throughout the day as well.

- Physical distancing must take place in and outside the dugout, including players, parents coaches. Therefore, there can only be as many people in a dugout at one time as is permitted by physical distancing.
- For example, if a dugout is twenty feet long, there could be no more than four people in the dugout at once, and each person must stay at least six feet away from other people.
- If possible, hand sanitizer should be available to all players and coaches to use throughout the practice.
- All gear should be sanitized after each practice.
- All team meetings before, during or after the practice for coaching or teaching purposes shall respect physical distancing requirements.
- At any facility with more than one baseball field, each player, coach, official or person involved at a field must stay at the field their practice is taking place. They cannot go over to the other field(s) and watch as they may contribute to the breaking of the maximum number of people permitted in an outdoor gathering. Each field is considered one outdoor gathering, so long as people do not cross over into other fields

PRACTICE:

Practice or training, will be conducted in a controlled environment. Practices will accommodate training in smaller group sizes in accordance to The Government of British Columbia, in an effort to adhere to social distancing practices and mitigate transmission risk.

- All Foundational requirements to be met as outlined above.
- No team huddles before, during or after the practice for coaching or teaching purposes
- All drills to be created and implemented ensuring social distancing requirements are met.
- Only 1 team to practice at a time. No joint practices.

GAME:

- There will be no games with opposing teams from outlying associations to be played during the Return to Train Phase.
- Modified or inter-club games may be introduced at the discretion of Cranbrook Minor Ball Association, granted that all safety guidelines are strictly enforced. (ie: social distancing, non-contact)

FACILITY ADAPTATIONS:

- Indoor Events (practice, cage, meeting, other) are permitted. However, it is mandatory to follow current Phase guidelines for number of people indoors as per Government of British Columbia guidelines. Social distancing must also be maintained. Outdoor hitting facilities can be used permitting providing social distancing requirements are adhered to.
- No changing or dressing rooms permitted.
- Signage advising and educating on socials distancing measures in place should be present at every field and facility utilized.
- All field prep equipment to be disinfected and cleaned after every use.
- All fan seating to be configured with social distancing requirements adhered to.
- Number of parents or fans attending (Including teams on the field) must not go above the current maximum outdoor social gathering limit.
- No gathering around the park until your scheduled start time (please wait in your car). Athletes must leave the park immediately after the practice.

GENERAL RECOMMENDATIONS:

- Attendance must be taken at every event for all people in attendance including parents.
- Participants will be required to complete a COVID-19 self-assessment prior to participating in training sessions.
- Participants and/or parent/guardian will be required to complete and sign Assumption of the Risk and Waiver of Liability form, relating to Coronavirus/COVID-19.
- Protocols to disinfect, after every use, team and personal gear (catchers) need to be in place.
- All discussion or coaching through any means to include reminders to players regarding social distancing, no spitting, no face touching, no contact between the athletes.
- All activity and protocols shall follow the “Transition Measure” as outlined by ViaSport and detailed below.

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept
Restrictions in Place	<ul style="list-style-type: none"> • Maintain Physical Distance (2m) • No non-essential travel 	<ul style="list-style-type: none"> • Maintain Physical Distance (2m) • No non-essential travel • No group gatherings over 50 people
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> • Increased hand hygiene • Symptom Screening in place
Facility	<ul style="list-style-type: none"> • Outdoor or within home • Facilities and playgrounds closed 	<ul style="list-style-type: none"> • Outdoor is safest • Indoor facilities slowly re-opening
Participants	Individual activities	<ul style="list-style-type: none"> • Small Groups • No or limited spectators
Non-contact Activities	<ul style="list-style-type: none"> • Low risk outdoor activities can occur (biking, running, etc). • Virtual activities 	<ul style="list-style-type: none"> • Fundamental movement skills • Modified training activities, drills
Contact Activities	Should not occur	<ul style="list-style-type: none"> • Should not occur • Contact sports should look for non-contact alternatives to training
Competition*	Should not occur	In club play or modified games may slowly be introduced
Equipment	No shared equipment	<ul style="list-style-type: none"> • Minimal shared equipment • Disinfect any shared equipment before, during and after use

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

CONCLUSION:

Cranbrook Minor Ball Association feels as though getting participants Back to Training will be extremely beneficial to the overall physical, mental, & emotional well-being of the players, parents and coaches. With the approval and support of the City of Cranbrook for CMBA to provide this training outlet for baseball/softball skills while in a safe environment, Cranbrook Minor Ball Association looks forward to getting our players back on the field as soon as possible while strictly following and enforcing our detailed COVID-19 Protection & Return to Train Guidelines.

It is the expectation of Cranbrook Minor Ball Association that all players, participants, coaches, volunteers, spectators and directors will adhere to and respect these safety protocols, not only for their own safety, but for the safety of all participants. Failure to abide by these guidelines will result in strict enforcement and potential repercussions to those violating the safety protocol.

Adopted by the Cranbrook Minor Ball Association Executive Board on June 17, 2020.