

# **2021 Season COVID-19 PROTECTION PLAN**

4/14/2021

## **PURPOSE:**

The Return to Play Guideline (RTP), 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 RTP, 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.

The province is currently in Phase 2 / Stage 1 for sporting activities for athletes 22 years of age and under. As all of the athletes within CMBA are under the age of 22, this permits our athletes to participate in practices within their team. We are optimistic that BC will get to Stage 2, in which at that time will allow for games within our "house league" divisions.

Through execution of the RTP, Cranbrook Minor Ball Association requests approval to commence skill development practices, beginning April 26<sup>th</sup>, 2021 through to the end of our house-league season, which will commence the final week June 2021. Approval for summer and fall practice programs may be requested in June, providing the Provincial Health Order permits.

Please note this Return to Play 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 RTP, 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.

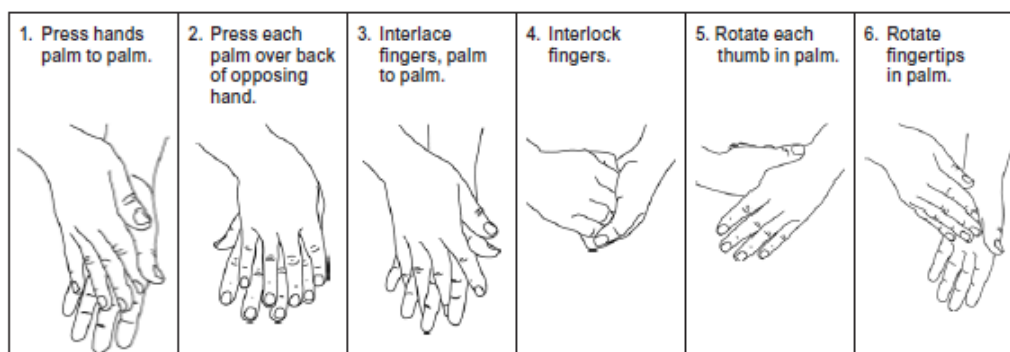
### ***Hand Washing/Sanitizing***

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 and bats
  - No sharing of catcher's gear unless disinfected between personal uses
  - No sharing of any other equipment unless disinfected between personal uses
  - No high fives, fist pumps, or physical contact of any sort.
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- Field activity will be limited to assigned group of players within the team and designated coaches only.
  - A Safety Observer will be designated for each group to ensure that the CMBA Return to Play Guidelines are being stringently adhered to.
  - Verbal Self-Declaration will need to be conducted prior to each training session. Anyone displaying ANY illness symptoms WILL NOT be permitted to participate.
  - Completed and Signed Waiver of Liability MUST be submitted prior to first training session.
  - No spectators shall be permitted to remain in and or around the field, or in the bleachers.
  - 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 or softball, shall observe proper hygienic practices while participating in any Cranbrook Minor Ball Association sanctioned events.
  - 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.
  - Players, Parents, Family Members, Spectators are not permitted in dugouts. Entry into dugouts will only be available to coaches.
  - Player gear bags, will be hung on the outfield fence, with each gear bag being hung 6 feet in distance apart. Where the players must hang their bags, will be clearly identified.
  - If possible, hand sanitizer should be available to all players and coaches to use throughout the practice. Providing your own personal hand sanitizer is the best option.
  - 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 within CMBA or outlying associations to be played during the Return to Play Phase.
- Modified or inter-club games may be introduced at the discretion of Cranbrook Minor Ball Association, and as per the guidance of the Provincial Health Authority and ViaSport, 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.
- 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:**

- Participants will be required to complete a verbal 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) will 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, Baseball BC and Softball BC as detailed below.

Baseball BC RTP Summary				
	Phase 1	Phase 2	Phase 3	Phase 4
<u>Restrictions</u>	No community programming	Maintain Social Distance No non-essential travel	Maintain Social Distancing	Refer to PHO & local health Authorities
<u>Programming</u>	No community programming	In club programming permitted	Cohort Game Play Permitted	Tournaments and provincial play possible
<u>Equipment</u>	No community programming	No shared personal equipment	Minimal shared equipment	Some shared equipment
<u>Activity / Competition</u>	No community programming	Team practice only at Stage 1  In club game play permitted in Stage 2	Interclub or Regional game play permitted within Cohorts	Provincial Competitions and larger scale events may return (TBA)

## RETURNING TO BASEBALL - PHASES

**Any movement between phases will be decided through collaboration with viaSport and the Provincial Health Office and announced by Baseball BC. Individual organizations may not move from one phase to another without approval from Baseball BC. (See also Appendix A – viaSport Guidelines).**

### VIASPORT PHASE 2

**Phase 2 in the viaSport Guidelines is referred to as “Transition Measures.”**

This phase applies to Baseball and informs the baseball specific measures in the “Baseball BC Phase 2”. Important to note about this viaSport phase is the following:

- Refer to PHO or local health authorities for current restrictions.
- Physical distance required between participants
- No non-essential travel
- Increased hand hygiene
- Symptom screening in place
- Preferred outdoor activity only
- No or limited spectators
- No contact-type activities
- Minimal shared equipment – if shared need to disinfect before, during, and after

See the viaSport Guidelines for all the requirements of this phase.

**Phase 2 Guidelines and Recommendations (Stage 1)**

- **Full team training and development sessions permitted.**
- **Refer to PHO or local health authorities for current restrictions.**
- viaSport Phase 2 guidelines are required to be adhered to in all programming.
- All Baseball BC Personal Health and Hygiene Recommended Guidelines to be reviewed and enforced as outlined above.
- Three (3) meters physical distance is required between participants at all times. This includes during drills, activities, and team discussions/huddles. This requirement applies before, during, and after an event.
- Please note that athletes are only permitted to participate on one team at any one time.
- No dugout use permitted.
- No shared use of personal equipment.
- Baseballs should be sanitized prior to every event and every effort given to limit the number of athletes using one ball in a practice environment.
- Any team issue bats should be sanitized prior to every event and between every use by different athletes. No other team equipment should be shared.
- No changing or dressing rooms permitted.
- Indoor practices are permitted so long as the facility is operating in accordance with Provincial, Regional, and Municipal COVID-19 regulations. Anyone practicing indoors must amend their COVID-19 safety plan to detail how they will continue to abide by all other requirements of Phase 2 when practicing indoors.

**Spectators**

- All bleachers and stands should be closed to spectators.
- If an organization allows spectators, they must implement a strategy to ensure that physical distancing is maintained and minimize opportunities for interaction between athletes and the spectators while at the venue.
- The number of spectators permitted must be consistent with current PHO orders considering maximum group size permitted.

**Phase 2 Guidelines and Recommendations (Stage 2)**

- **All guidelines listed above are applicable with the following notable changes.**
- **Modified and in club game play is permitted.**
- **Refer to PHO or local health authorities for current restrictions.**
- Only game play between teams from the same club are permitted in this phase
- Any modified or in club game play permitted in this phase to follow Baseball BC Phase 3 Game Play Guidelines and Recommendations during game play.
- Participants do not need to maintain physical distancing during brief game related interactions occurring during the normal course of play; however, minimized physical contact is still advised. Intentional physical contact not related to game play, such as high fives, is not permitted. Physical distancing should be maintained between all participants when off the field of play.
- All players to sanitize their hands when returning to the dugout from the field, after each at bat and as required.

- Baseballs need to be new or disinfected every time they are entered into play.
- Umpires must comply with social distancing requirements and may need to use alternate positioning to comply
- On field pre-game home plate meetings should adhere to physical distancing requirements.
- The BC Baseball Umpires Association (BCBUA) Line Up Exchange Protocols should be utilized if on field pre-game home plate meetings are held.
- No mound visits by catcher or coach unless physical distancing requirements are adhered to.
- No postgame handshakes.
- All scorekeeping, announcing and scoreboards operation to be performed outside and not in buildings or booths with social distancing requirements in mind.
- All bleachers and stands should be closed to spectators.
- Practices and training are still expected to follow all Phase 2 requirements and Guidelines as listed above.

## CONCLUSION:

Cranbrook Minor Ball Association feels as though getting participants Back to Play, 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.

## REFERENCES / RESOURCES:

**BC Restart Plan** <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-recovery/covid-19-provincial-support/bc-restart-plan#getting-back-to-work>

**BC Ministry of Health** <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

**BC Centre for Disease Control** <http://www.bccdc.ca/health-info/diseases-conditions>

**Canadian Centre for Disease Control** <https://www.cdc.gov/>

**Health Canada** <https://www.canada.ca/en/health-canada.html>

**Baseball Canada** <https://www.baseball.ca/document-hub---return-to-play-by-province>

**Baseball BC** <https://www.baseball.bc.ca/uploads/files/news/Baseball%20BC%20RTP%20Guidelines%20-%20FINAL.pdf>

**Little League** <https://www.littleleague.org/downloads/best-practices/>

**ViaSport** <https://www.viasport.ca/news/covid-19-updates-sport-organizations>

**Softball Canada** <https://softball.ca/returntoplay>

**Softball BC** <https://www.softball.bc.ca/softball-bc-return-to-play-guidelines-and-appendixes/>

*Adopted by the Cranbrook Minor Ball Association Executive Board on Apr. 14, 2021.*