



South Edmonton Elite Baseball Association

April 27, 2020

Dear SEEBA Members,

We are writing today to reach out to all members, we trust you and your families are staying safe and healthy during this Global Health Pandemic. The SEEBA Board has continued to correspond regularly as more information arises from Alberta Health Services, Baseball Alberta and Baseball Canada. The SEEBA Board conducted a regular Board Meeting on April 23, 2020 to discuss strategies moving forward as more information becomes available.

Some recent updates we wish to make you aware of:

1. Baseball Alberta has cancelled all sanctioned events until May 31, 2020
2. The City of Edmonton has cancelled all field bookings until June 1, 2020 at the earliest and this may change as more information becomes available from AHS
3. Baseball Canada has cancelled all 2020 National Championships (This did not come as a surprise since National Championships are held across the Country in different regions and require significant travel)
4. We hope to continue to receive updated information from AHS, Baseball Alberta and the City of Edmonton as it becomes available to determine probability of a shortened 2020 season for AAA Baseball

During the SEEBA Board of Directors meeting held on April 23, 2020, you Board has committed to the following:

1. Continue to support the Coaches, Managers and Players and look at ways to keep teams engaged during the next six weeks using virtual methods for training, phone and other technology which may be available
2. If it is determined that Baseball Alberta will be able to run a shortened season, commitment to Players and Parents that SEEBA Board of Directors will evaluate registration fees when a new season is confirmed and adjust accordingly
3. If it is determined that there will not be a 2020 season, SEEBA will be providing full refunds to all members of their registration fees paid
4. We are committed to continue working with our Coaches to ensure they are taken care of as well during this difficult situation

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PO Box 32087, Millbourne RPO, Edmonton, AB T6K 4C2



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We hosted a Zoom Video call with all coaches and managers of the three teams on April 23, 2020 and we will be committing to the following for the teams:

1. A minimum weekly contact from Head Coach to keep players engaged and provide weekly training that can be completed independently and reported back on weekly contacts
2. Providing additional training tools for Coaches to ensure they have all tools necessary to keep players and teams engaged
3. Parents and Players who have questions are encouraged to reach out to either their Coach, Team Manager or Chris March, President of SEEBA at chris.march@shaw.ca or 780-863-1100
4. Provide health resources for all SEEBA members to ensure they have access to any Health Services they may require during the Global Health Pandemic. Information for various Health Agencies are provided as an appendix to this document as well as the AHS E-News Covid-19 PDF is attached and posted on the SEEBA website

We will continue to monitor the developing situation and provide information as it becomes available. We thank you for choosing to be apart of the SEEBA Edmonton Expos program and appreciate your understanding and patience as we navigate the current situation.

First and foremost, the Health and Safety of our Players, Coaches, Team Staff, Parents and all Stakeholders is our top priority and will continue to be as things develop.

Stay Safe and Healthy,

On behalf of the SEEBA Board of Directors

A handwritten signature in black ink, appearing to be "Chris March", with a long horizontal line extending to the right.

Chris March
SEEBA President
(780) 863-1100
chris.march@shaw.ca



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Appendix 1

Health Resources:

Mental Health Resources for Individuals

ALBERTA - 211 (free confidential service offering information and referral to a wide range of community services)

Text4Hope

Supporting Mental Health & Wellness in a time of Stress & Isolation

Text **COVID19HOPE** to **393939** to subscribe.

The program provides one-way communication and does not replace other mental health therapies and supports. It is a helpful option for people in self-isolation who can't access face-to-face services, as well as those in remote locations.

Text messages are free, dependent on the user's cell phone plan. Some users may be charged per text message depending on their cell phone plan with their current provider. We encourage users to check with their provider. If they are unable to sign-up due to potential costs, we encourage them to visit [Help in Tough Times](#) where free resources are available, including variety of mental health related podcasts and videos for download.

Distress Line

780.482-4357 (HELP) is 24-hour distress line available 7 days a week. Confidential, non judgemental and short-term crisis intervention, emotional support and resources

Kids Help Phone (Phone, text or live chat available)

<https://kidshelpphone.ca>

Mental Health First Aid

<https://www.mhfa.ca/en/course-search> (Virtual courses now available)

United Way Alberta Capital Region

Comprehensive List of Community Resources including:

- World Health Organization
- Gov't of Canada (COVID & Financial support links)
- Gov't of AB
- Edmonton, St Albert & Leduc Food Bank
- City of Edmonton Services info

https://www.myunitedway.ca/covid-19-info/?utm_medium=cpc&utm_source=google-search&utm_content=donate-search&utm_campaign=covid-19

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Mental Health Resources for Employers

Canadian Association for Mental Health

Mental Health Meter: <https://cmha.ca/mental-health-meter>

Workplace Mental Health Collaborative

<https://cmha.ca/programs-services/workplace-mental-health>

Resources for Employers to foster Psychologically Safe Workplaces

Mental Health in the Workplace (Workplace Strategies for Mental Health)

<https://www.workplacestrategiesformentalhealth.com>

Sample audit tool available for download with permission

Weathering the Perfect Legal Storm by Martin Shain S.J.D

https://www.workplacestrategiesformentalhealth.com/pdf/weathering_the_perfect_legal_storm_BEV_E.pdf

***Guarding Minds at Work**

Assess, protect and promote psychological health and safety at work

<https://www.guardingmindsatwork.ca>

***Psychologically Safe Leader Assessment**

<https://psychologicallysafeleader.com>

Free, online resource to help companies and leaders foster psychologically safe workplaces using the National Standard for Psychological Safety.